



Anthroposophical Society PORTLAND BRANCH

Newsletter

December 2017

How Can We Unite With the Christmas Feeling, 'Peace on Earth', in These Times?

by Valerie Hope

The following is excerpted from *The Christmas Thought and the Secret of the Ego*, Rudolf Steiner, Dornach, December 19, 1915

Today we bring to mind the words that resound out of the depths of earthly evolution's mysteries:

Revelation of the divine in the heights of being, and peace to those on earth who are of good will.

Especially this year as Christmas approaches, we must think of the kinds of feelings that unite us with these words and their deep and universal meaning – that deep meaning for the world experienced by countless people in such a way that the word peace resounds through it, the word peace in a time when peace is utterly absent in the widest circles of humanity. How do we think of these Christmas words in this time?

This Christmas season we may well ask ourselves the same question that Rudolf Steiner opened his lecture with in December of 1915, as the tragedy of WWI raged in Europe. As we look about the world that we are creating today, rife with hatred, suffering humanity, and degradation of our Earth - the body of Christ - how might we find our way to an experience

of the Christmas Words above? Let us see how Rudolf Steiner continued his talk:

Nevertheless, it is a thought that, perhaps in connection with these words resounding through the world, touches us ever more deeply in the present than in other times. One thought! Nations confront one another full

of animosity. Blood, so much blood saturates our earth. We have witnessed and must feel countless deaths around us in this time. Infinite suffering weaves around our inner atmosphere of feeling. Hate and antipathy race through spiritual space and can easily show how far human beings in our time still are from that love spoken about by the One whose birth is celebrated at Christmas. One thought, however, is especially predominant. We think how enemy stands against enemy, opponent against opponent, how human beings can bring death to each other and how they then can go through the same portal of death with the thought of the divine leader of light, the Christ Jesus. We think of how, all over

the earth, where there is war and pain and discord, those who are otherwise in such discord can be united. **Within their deepest hearts** (emph. added) they carry their connection with Him who entered the world on the day we celebrate at Christmas.

We think how through all animosity, through all an-



Albert Steffen *Mother with Child and Rose*
Pastel 30 X 43 cm.

tipathy, through all hate, a feeling can impress itself into all human souls everywhere in these times, can impress itself in the midst of blood and hate: the thought of the innermost link with the One, with Him who thereby united hearts through something higher than what is able to separate human beings on earth. And so it is nevertheless a thought of infinite greatness, a thought of infinite depth of feeling, this thought of the Christ Jesus who harmonizes human beings no matter what their discord might be, no matter what goes on in the world.

If we take hold of the thought in this way, we will want to grasp it even more intensely, especially in our time. Then we will have an intimation of how strongly this thought is connected with what must become great and strong and powerful within human evolution. If this were to happen, much that must still be fought for in such a bloody way at this time could be achieved in another way by human hearts, by human souls.

That *He* makes us strong, that *He* strengthens us, that *He* teaches us all over the earth really to feel in the truest sense of the word the Christmas verse, transcending everything that separates us: those who truly feel themselves connected with the Christ Jesus must promise this to themselves on Christmas night again and again.

Later in this lecture, and skipping over much in it that is profound and illuminating, Rudolf Steiner continues:

If it is only the outer course of events that is considered, one does not see (the meaning of earth existence). This is what happens to Haeckel. (In his book¹ he basically posits that one cannot believe in a Divine Providence in the face of then current material world events. ed.) Then the situation must remain with the recognition that this life has no meaning. This is what Haeckel means. Looking for meaning is not permitted! But is it not so that another might come and say something further: that if we look only at these contemporary events externally, pointing out that countless bullets are destroying human lives, if we look only at these events and no meaning results, **then precisely because of this we must seek for this meaning in a deeper way.** (emphasis added) It is precisely events such as these that show us that we cannot amply look for and believe in meaning by looking just at what is going on now on the earth — by seeing only that these human souls vanish like their bodily natures. Instead we must look at what they are now beginning as they pass through the portal of death. In short, another person could come and say that precisely because no meaning can be found in the outer events, the meaning must be looked for outside the outer, the meaning must be looked for in the super-sensible.

... something spiritual must be active in the world; we must be able to unite ourselves with the spiritual. It is impossible for people to find a meaning for the earth, a real meaning, because our educated people do not yet understand that it is necessary to permit the power to work upon them that once so wonderfully conquered hearts, souls: the power that arose on looking at the Christmas mystery, from which a profane comprehension evolved into a sacred comprehension. Scholars are unable to grasp this yet; they cannot yet unite the Christ impulse with what they see in the outer world, and thus it is impossible for them to find a meaning for the earth... But if the earth is to have a real and true meaning for us, we cannot bypass Christ. For this reason everything depends on our being able to awaken in ourselves something that will open the view into the spiritual world.

Rudolf Steiner goes on to describe that, "If the Mystery of Golgotha continues to live on in the human soul through earthly existence... a path is opened on which we can find the consciousness in which our own "I" flows together with the earth "I" — for this earth "I" is the Christ. Through this, we develop something in the human being that must become greater and greater if the earth is to

**The Portland Branch
of the Anthroposophical Society
Invites you to**

Save The Dates!

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

12/1, 8, 15

**Making Space for Christmas,
with Dr. John Takacs**

2/23-25

**Meeting the Challenges of Child
Development in Education and the
Healing Arts with Dr. Michaela Glockler**

3/4, 12-4 pm

Portland Branch Annual Gathering

move toward the development for which it was destined from the beginning.

...By looking up to this Christmas thought, we wish to attempt to see from what surrounds us not the meaninglessness of earthly evolution; rather, in the suffering and pain, in the strife and hate, we hope to see something that ultimately helps humanity forward, something that really brings humanity a bit forward.

It is not so important to look for causes, which anyway are so easily concealed in partisan strife. It is much more important for what happens today to focus on the possible effects, those effects that we must picture to ourselves as healing, as bringing healing for humanity.

Especially today we wish to enclose the sacredness of this thought in our souls, we wish to hold it for the time surrounding Christmas, which can be a symbol for the evolution of light also in its outer course. In these days, at this time of year, darkness, earth darkness, will be here to the greatest degree possible on earth. When the earth lives in this deepest outer darkness, however, we know that the earth soul experiences her light, beginning to awaken to the highest degree.

The time of Christmas, then, is connected with the time of spiritual awakening. And with this time of spiritual awakening, the memory of the spiritual awakening for earthly evolution through the Christ Jesus shall be united. We therefore have the institution of the Christmas festival especially at this time.

Let us unite the Christmas thought with our soul in this cosmic, and at the same time earthly, moral sense. Then, reinforced and strengthened with this Christmas thought as best as we can, let us look upon everything surrounding us to want what is right for the progress of events, also wanting what is appropriate in the development of deeds of the present time.

**Revelation of the divine in the heights of being,
and peace to those on earth
who are of good will.**

Dear Friends, perhaps we can see a glimmer of hope in the heartfelt responses that many of our fellow human beings are giving to the darker activities in our world today. It will be up to us to keep striving to make something spiritual active in the world - to cross the bridge into the spiritual world which Christ made possible:

Christ appeared among the dead — and for the first time there could be proclaimed in the spiritual world an event of the physical world which forms the beginning of a bridge leading over from the physical into the the spiritual

world. ²

¹World War Thoughts about Life, Death, and Infinity and Religion by Ernst Haeckel

²The Christmas Mystery, Novalis the Seer, Rudolf Steiner, Berlin, December 22, 1908

The Foundation Stone Meditation Panel Four

At the turning point of time
Came the cosmic spirit light
Into the earthly stream of being.
Night darkness
Had reached its power's end;
Light, bright as day,
Rayed forth in human souls;
Light
That gives warmth
To simple hearts of shepherds;
Light
That enlightens
The wise heads of kings;
Light divine,
Christ-Sun,
Give warmth
To our hearts;
Enlighten
Our heads,
That good may become
What from our hearts
We are founding,
What from our heads
We shall guide
With our purposeful willing.

Translation: Ernst Katz, 1996

Stefan Schwabe

March 5, 1946 – Sept. 23, 2017

Since April of 2016 we have been privileged to print Stefan Schwabe's translation of Rudolf Steiner's Calendar of the Soul. In his own words he calls it: "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 will." St. Michael's Feast 2011.

Stefan was a member of the Nelson, Canada Anthroposophical group, and his work on the Calendar was forwarded by a dear friend there. He crossed the threshold on September 23, and his daughters have shared the following account of his passing.

In today's day and age, "conscious living" is where it's at; being present in the moment and the now, living life forward and not dwelling on the past and the things we cannot change - yet who embraces "conscious dying" ?

In his last week, Stefan was an inspiration to many of his friends and family in the face of imminent approaching death, demonstrating how this last step in life can be experienced with grace and trust. He returned home and moved his bed into the porch, his previous work space, where he could hear the birds, see the chestnut tree he'd planted and where the day's light generously flooded the small room. He had stopped taking the antibiotics for his lung infection, stopped eating, and really stayed in the present moment to what was happening to his body, the changes, and how it felt, consciously.

Stefan was generous and visited with almost everyone who wanted to say goodbye, and stayed this way until a few hours prior to his departure, whereupon he told us, his daughters, that he had decided to go, that everything was going to be alright and that this was the way of the Spirit.

Stefan often made reference to the holy trinity, the "father, son and the holy ghost", and as fate would have it, on the last night of his life, a friend brought over fresh, home-made bread which we broke by hand and toasted his life with a cup of wine, much like in The Last Supper. The energy in our living room that night was serene and peaceful, like the quiet before a storm, with a stillness and knowing....

At 1:30 in the morning his spirit departed for another reality with three deep breaths, which we believe catapulted his Being over the threshold, similar to passing over the threshold into sleep. The morning found him with a most beautiful, heart-warming and knowing smile on his lips, as if he'd been let in on the secret. This smile alone changed everything we didn't know about death, took away some of the fear and uncertainty of "what now?", and made this experience of losing a loved one OK.

What a truly generous gift of passing over into one's own death with such consciousness and grace. Way to set the example, Stefan. We love. You will forever live on in our hearts and souls. Thank you for everything. Thank you for your graciousness and generosity in changing our ideas of what it means to die. We are forever grateful. Thank you, dad. *Debora, Sheyla, Felicia, Savanna*

Soul Calendar Verse at Stefan's Passing, Twenty-fifth Week

I may now own my Self
And radiate and spread my light
In Space and Time so dark.
The natural Being seeks to sleep,
The depths of soul shall wakeful be
And wakeful, bring the sun's warm glow
To frigid tides of winter.

Calendar of the Soul

35. (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. (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. (December 15 - 21)

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. (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.

Calendar translation by Stefan Schwabe

Report on the October 'Rise Up' ASA Conference

by Daniel Bittleston, Santa Cruz Branch

If you went to a conference that aimed to give you new and renewed connections, a sense of community, and a resounding, courageous 'yes' to the world, to the work and ideas that Rudolf Steiner has inspired, and to the mission of mankind, how would you decide how successful it was? Well, it is my task to give you a report on the conference in Phoenix, Arizona last weekend. A challenge! Here we go:

This conference began most auspiciously with an awe-inspiring preconference presentation on Wednesday and Thursday by the star-wise storyteller Mary Stewart Adams, who guided an enthusiastic audience through *The Deeds of Rudolf Steiner Written in the Stars*. At the same time, an impressive gathering of young people explored potential activities under the title 'How We Will Rise Up!'

On Friday morning in the spacious auditorium of the Heard Museum of Native Cultures and Art, a gathering of probably fifty members of the School of Spiritual Science heard a gentle, loving and deeply serious reading of Rudolf Steiner's Seventh Lesson followed by a discussion.

After a warm welcome from our lovely new programs Director Laura Scappaticci, who graciously maintained continuity and timing throughout the conference, we were led into some lovely, lively singing by Grammy nominated singer-songwriter Teri DeSario.

Then activist Shepha Vainstein of ReGeneration, under the title "To Humanize Instead of Demonize: Embodying the Sophia During Times of Social Crisis" shared with us some of the extraordinary work she has initiated in Jewish and Arab trauma zones. She described a wealth of new scientific understanding, including the awareness that depression, heart disease and diabetes are all related to adverse childhood experiences. Shepa reported that Rudolf Steiner founded Waldorf education with awareness that the children of that time were still traumatized by the First World War, and stated that it is clearly our task to nurture the spirit of childhood in times of toxic stress.

The whole conference breathed with a rich alternation of presentations, artistic activity and conversation. Far too much to be shared here. Just one or two moments more have to be mentioned:

Individuals stepped into the shoes of prisoners and read their words in a moving evening of Anthroposophical Prison Outreach Poetry. (See Kim Sinclair's moving

account in this newsletter)

At least a hundred people were led by indomitable speech artist Kim Snyder-Vyne to recite the entire Foundation Stone Meditation, bringing it to life line by line and then speaking it at an amazing Rock, Wind, Earth and Sky social event on Saturday evening.

In a youth led panel discussion entitled "Rise Up! The Future Isn't What It Used To Be!" we heard the startling stories of young people plumbing depths of despair and hopelessness and then finding their feet with the help of wonderful people in anthroposophy.

We chose sunshine or shady spots for numerous heartwarming conversations with new and old friends.

We were entertained and challenged by lively eurhythmy, indoors and out, led by the irrepressible Rachel Schmid, who teaches First through Twelfth Grades at the nearby Desert Marigold (charter Waldorf) School.

Many other wonderful people shared their skills and insights in classes and research sessions. The full program, pictures and more articles can be found online at www.anthroposophy.org.

Here Come the Holy Nights Readings

by Tom Klein

The time for The Holy Nights Readings is fast approaching. For those who have not yet attended, the readings are every evening during the twelve nights after Christmas. They begin on December 26th and continue until January 6th. Each evening from 7:30 to about 9 pm we read from a lecture series. We 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 14 people each evening and 36 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 Year's Eve. This is an old ritual where people drop molten lead into water and try to see the coming year in the resulting structures.

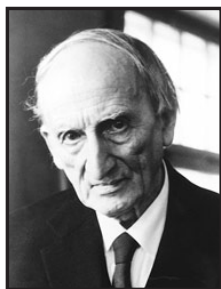
This year we will be reading the lecture series, *The Gospel of St. John*, which we last read in 2010.

Please call (503-777-3176) and reserve an evening to host. I look forward to seeing you all during the Holy Nights.

Lukas Community Job Opening: Houseparent Family or Couple Wanted

The Lukas Community is an Anthroposophical community serving the lifelong needs of adults with developmental challenges. The community is made up of forty people in four beautiful houses on 65 acres in rural southern New Hampshire. Houseparents live with and care for our residents in beautiful extended-family homes and participate in our diverse therapeutic programs. We have a need for a young family to live and work with our residents, to include arts, crafts, animals, therapeutic gardens, dance and music, and frequent excursions into the natural and cultural worlds surrounding our lovely community. Applicants should be compassionate and hardworking, and have experience with Anthroposophy and developmental challenges. Couples and small families are welcome. Complete benefits package includes medical/dental, retirement, eight weeks paid vacation, two days off per week, room and board in a private apartment and more. The position will start in the summer. For more information visit www.lucascommunity.org To apply please send a resume and cover letter to Kristen Stanton at Lukas@Lukascommunity.org or The Lukas Community, PO Box 137, Temple, NH 03084

" We artists live in a world of semblance, but we have been enabled to see that semblance, this glory, comes from a light that is the very foundation of all being – comes from the Word."



Albert Steffen
Dec. 10, 1884
July 13, 1963

Another Way to Donate to the Portland Branch

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

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, valerieannhpdx@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 2017:

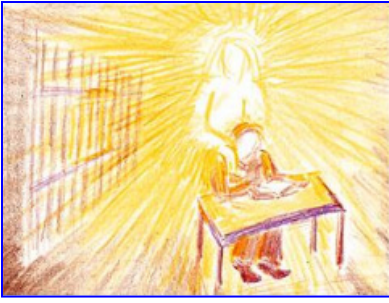
Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, Julie Foster, Kevin Gregg, Christopher Guilfoil, Helen Homola, Valerie Hope, Lauren Johnson, Tish Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, Anne Kollender, Vicki Lai, Robin Lieberman, Judith Levin, Martin Levin, Lisa Masterson, Brian McClure, Willi Muller, Jeff Rice, Diane Ramage, Kim Sinclair, Jerry Soloway, Rebecca Soloway, Angela Sparks, William Surface, Linda Sussman, Joan Takacs, John Takacs, Chiaki Uchiyama, Beth Wieting, Brian Wickert

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

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





One Experience of the 'Rise Up' US Annual Conference and General Meeting

by Kim Sinclair

In October I attended the 2017 Anthroposophical Annual Conference. This was my first conference, and I felt it was very well run. I left with much insight and inspiration, and a generally renewed spirit. I would like to share here just one experience which I found deeply affecting.

On Friday evening after dinner we sat outside in the museum courtyard and heard written works from prisoners via the Prison Outreach project. Fifteen Anthroposophical members (men and women) stood and read, mostly by memory in first person, introductions and poems written by the prisoners. As they read, a photo of the prisoner (and in many cases photos of them as children as well) were shown on a big screen behind them. The poems were raw, heart felt and very honestly told in this way. The true essence of the humanness of each prisoner was seen. After the hour and a half readings I felt the veil called "unrelatedness and other" was stripped away. The thought came to me that, here was society's lowest caste, reading the works of Rudolf Steiner in prison, and then writing poetry from the space created from this study. I heard the words of my fellow man, not criminals devoid of human feeling. Then, just as we finished the evening and were quietly rising to leave, Hazel Archer Ginsburg stood and spoke out the news that one of our own - Chicago Waldorf teacher Cynthia Trevillion - had just been shot and killed while walking home, most likely in a gang altercation. This shock was deeply felt, and the recent words of the prisoners - many on death row for murder - had a very sobering effect on us. The juxtaposition of the two events was a true gift.

More about Anthroposophical Prison Outreach

From their website: Every human being has the potential to develop a healthy, vital spiritual life. Anthroposophy, a science of the spirit developed by Rudolf Steiner, offers

new ways of understanding life's riddles as well as a path of meditation and self-development.

Over 2.2 million individuals are currently incarcerated in jails and prisons in the United States and over 70% return to prison within 5 years. This means that 1 in every 142 citizens is behind bars and imprisonment rates continue to rise with the established punitive rather than rehabilitative attitude toward crime. Anthroposophical Prison Outreach makes the work of Rudolf Steiner (1861-1925) available to a growing number of these individuals who are interested in self-rehabilitation.

Anthroposophical Prison Outreach (APO), a non-profit program, encourages incarcerated individuals to take responsibility for their lives. This is accomplished through the study of anthroposophical teachings, the practice of meditative exercises, meaningful reflection on their own biographies and the development of positive human relationships.

Our goal is to help prisoners:

- ~ foster a harmonious inner life
- ~ leading to a balanced public/outer life
- ~ resulting in successful reintegration in community life

For more information:

www.anthroposophyforprisoners.org/

Christmas as a Festival of Feeling

Let us begin today by considering certain questions connected with this time of festival, with this season which yearly renews the memory of the Mystery of Golgotha, renews also a direct experience of it in our feeling.

Three festivals (Christmas, Easter and Whitsun) bring man into connection, into relationship, with that in which the Christian tradition sees the meaning of all earth-evolution. (emphasis added) These three festivals also differ as regards the human soul-forces. Christmas appeals more to the feeling and in a certain sense is the most popular festival, because to understand it requires a deepening of the feeling-life, and because it is the most readily approachable for the large masses of humanity.

From "The Two Christmas Annunciations"
Rudolf Steiner, Stuttgart Jan. 1, 1921

Portland Branch Calendar December, 2017

First Class of the School of Spiritual Science

Sunday, December 10 9:30 am sharp • First Recapitulation Lesson (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons normally held second Sunday of each month • Contact Diane Ramage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

Portland Branch Council Meeting

Monday, December 11, 7 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

Making Space for Christmas, led by Dr. John Takacs

Fridays December 1, 8, 15, 6-7:30 pm, promptness appreciated • Bothmer Hall, 5915 SE Division St., Portland 97206 • Free Admission, all welcome • Wear clothes you can move in • Disabilities and infirmities accommodated • Each session will build on the previous one

We will use movement to explore and enliven the inner and outer spaces, enhancing awareness and ability for the spirit of the Christmas season.

The Demise and Rebirth of the Goddesses According to Michelangelo

Friday, December 1, 7-9 pm • At the home of James and Jannebeth in NE Portland • Contributions to cover the speaker's costs will be accepted • Contact James Lee at anthroposophynew@comcast.net to RSVP.

This illustrated presentation by George Hastings will begin by showing how history, archeology, art, and mythology reveal the evolution of gender dominance, with the emphasis on the goddesses. It will then, through Michelangelo's secret story on the Sistine Chapel ceiling, show how, in a positive way, the male forces took over. Throughout, the male versus female forces reflect the rational versus intuitive aspects of consciousness. The program will end with Michelangelo's version of how the goddesses are presently returning, albeit in a much different form. See the flier in the November newsletter for a complete description.

Holy Nights Readings - The Gospel of St. John

December 26-January 6 - 7:30 pm • At the homes of community members – a schedule will be emailed • Contact Tom Klein for information and to volunteer to host for an evening. 503-777-3176

This is a long-standing tradition in our community, which includes a social time and refreshments. We last read this Gospel together in 2010.

Why Art? The Importance of Culture in our Culture - Exhibit, Art Dispersal and Talk with Laura Summer

Friday, January 19, 2018, 7 pm • The Art Hall at Cedarwood Waldorf School, 3030 SW 2nd Ave • Contact Robin Lieberman, 503-222-1102.

Innovative New York artist, Laura Summer, returns to The Art Hall for an inspiring exhibit, Art Dispersal and presentation.

Visual Art as Contemplative Practice: The Gospel of St. John, Workshop with Laura Summer

Saturday/Sunday January 20/21, 2018, 10 am-4 pm • The Art Hall at Cedarwood Waldorf School, South Space, 3030 SW 2nd Ave
Fees: \$90-\$150 Contact Robin Lieberman, 503-222-1102

Learn to know something by working artistically. See flier in December newsletter

A Week of Painting with Laura Summer in Eugene - See fliers in December Newsletter

Art Building, Eugene Waldorf School, 1350 McLean Blvd, Eugene 97405 • One day workshops \$20-\$60 • For information and to register: Marcia Seymour, marciaseymour@g.com See Laura's website, <http://www.freecolumbia.org/west-coast>

January 13-15 Painting as Contemplative work. Suggested donation \$90-\$150, all supplies included

January 16, 7-9 pm Artistic Workshop Exploring Rudolf Steiner's Soul Calendar • Donation

January 17, 9am-12 pm Artistic workshop contrasting the living and dying plant • Donation

January 17, 7pm Art Dispersal

January 18, 10am-4pm Artistic workshop working with The Gospel of John • Donation

Each course may be taken separately. Sponsored by Waldorf Teacher Education, Eugene

Portland Branch AGM Gathering and Potluck

Sunday March 4, 12-4 pm • More details soon. The gathering will be later this year to accommodate the Child Development Conference with Dr. Michaela Glockler and a host of educators and medical/therapeutic community members, February 23-26.

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, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

First Class Study • Second Thursday of the Month

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

7:45-9pm • 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 • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • \$20/session; Cost: \$20/session; Tuesdays Only \$80; weekend \$30; all classes \$110; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 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 Friday Mornings

10:00 am-12:00 pm • 2606 SE 58th Ave, Portland • contact Suzanne Walker, 503-208-2426 zzwalker@mac.com

We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year.

The Inner Work Path, a foundation for meditative practice in the light of Anthroposophy by Lisa Romero Friday Mornings

9:15 – 11:00 am • contact Patricia Lynch at patriciahomanlynch@gmail.com

Beginning with a short artist activity from "fifty-two weeks" by Laura Summer, we will spend time painting from the Calendar of the Soul and then begin working with The Inner Work Path. All are welcome,.

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 or by phone at 971-271-7479

We will work with play *The Soul's Awakening*, and Steiner's 1913 lecture series, *The Secrets of the Threshold*, which he gave after the performance of the play.

Portland Waldorf School Community Choir • Friday Mornings with David Edwards

9:00-10:15 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 • No practice during school breaks.

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

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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Benjamin Bell LMT OR Lic 3382
Advanced CranioSacral Therapy

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1695 Jefferson St. Eugene, OR 97402

In lecture one of the "Study of Man" Rudolf Steiner explains "The task of education conceived in the spiritual sense is to bring the Soul-Spirit into harmony with the Life-Body... The child only begins to breath in the right sense of the word when he has left the mother-body.... As we breath in, we are continually pressing cerebrospinal fluid into the brain: and, as we breath out, we press it back again into the body.... We may say that breathing is the most important mediator between the outer physical world and the human being who is entering it."

In my 30 years experience of practicing Advanced CranioSacral Therapy (CST), I have found that most of us need help in resolving imbalances that originate from birth, our entry into the breathing experience. CST is one of the few modalities that I am aware of that has the potential to normalize our breathing by assisting self correction (Perhaps playing a part in a proper "education", assisting the harmonizing of the Soul-Spirit and the Life-Body). ~ Benjamin Bell

If you have a friend or family member interested in CST, bring them along to your first session for a free session.
(Please be sure to reserve two consecutive appointment time slots, one for each of you.)

THE DEMISE AND REBIRTH OF THE GODDESSES ACCORDING TO MICHELANGELO

A talk by George Hastings
Friday, December 1, 2017 at 7:00 PM



Before the Bronze Age people throughout the world worshipped female goddesses, not male gods. But around 3000 BC the male gods started to exert their influence. By 1200 BC they had displaced the goddesses; on earth women had been reduced to second class citizens or slavery.

This illustrated presentation will begin by showing how history, archeology, art, and mythology substantiate these facts, with the emphasis on the goddesses. It will then, through Michelangelo's secret story on the Sistine Chapel ceiling, show how, in a positive way, the male forces took over. Throughout, the male versus female forces reflect the rational versus intuitive aspects of consciousness. The program will end with Michelangelo's version of how the goddesses are presently returning, albeit in a much different form.

Michelangelo's message is a pictorial version of Rudolf Steiner's lessons. Additional subjects included are the role of Michael; why Michelangelo, a devout but liberal Catholic, did not show Jesus/Christ, or the Holy Spirit in his story; King Minos; how various gods and goddesses portrayed in art and mythology reflect the same story as Michelangelo's; and more.

This talk will take place at the home of James and Jannebeth in NE Portland. Please contact James Lee at anthroposophynow@comcast.net to RSVP.



A week of Painting

with Laura Summer

Art Building at the Eugene Waldorf School 1350 McLean Blvd, Eugene 97405

January 13-15 (Saturday, Sunday, Monday)

Painting as Contemplative Work

Tuesday - January 16, 7-9pm

Exploring Rudolf Steiner's Soul Calendar

Wednesday - January 17, 9am -12 noon

Contrasting the Living and Dying Plant

Wednesday - January 17, 7pm

ART DISPERSAL

Thursday - January 18, 10am-4pm

The Gospel of John

Each course may be taken separately

For information and to register contact Marcia Seymour

marciaseymour@q.com

Sponsored by Waldorf Teacher Education, Eugene

Painting as Contemplative Work



A workshop with Laura Summer

January 13 – 15

Art Building at Eugene Waldorf School

1350 McLean Blvd., Eugene 97405

How is Contemplation like Creation? What it is like to learn something through an artistic process?

Using a variety of media we will explore objects, nature, poetry and text. No experience is necessary, all techniques are forgiving and exciting. All supplies are included.

Saturday Jan 13 1pm-5
Sunday Jan 14 10am-4pm
Monday Jan 15 10am-4pm

Suggested donation \$90-150
For information and to register
contact: Marcia Seymour
marciaseymour@q.com

Sponsored by Waldorf Teacher Education, Eugene

The Art Hall
welcomes back
innovative New York artist

LAURA SUMMER



Opening Reception/Art Dispersal
Friday, January 19, 7:00 p.m.

Artist talk: 7:30 p.m.

“ Why Art? The
Importance of Culture in
our Culture.”

Exhibit open through
February 28, 2018

to learn more about Art Dispersal
visit <http://www.freecolumbia.org>

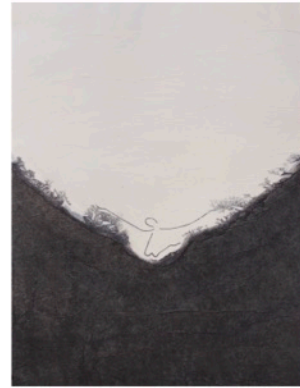
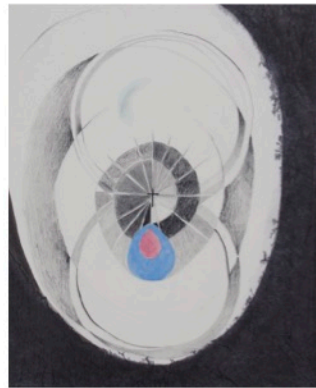
Cedarwood Waldorf School
3030 SW 2nd Portland OR. 97201

<https://thearthall.wordpress.com>

direct all inquires to Robin Lieberman at
503 222 1192, or robin@robinlieberman.net



Visual Art as Contemplative Practice The Gospel of Saint John



January 20/21 Saturday/Sunday
10am – 4pm

Learn to know something through working artistically

A workshop with Laura Summer

Cedarwood Waldorf School

3030 SW 2nd Ave, Portland, OR 97201

“Saint John relates what he experiences as an initiated seer, who could look into the Spiritual worlds.... Whoever looks upon it as a book that one should read and understand in the same way as one reads and understands any other book knows nothing of the Saint John Gospel. He alone has knowledge of it who can experience it”. Rudolf Steiner - Esoteric Christianity

How can we experience this sacred text? There are many ways - but in this workshop we will experience through the creative process of painting and drawing. No experience is necessary, the exercises are simple and process oriented.

Suggested Contribution: \$90-150 (all supplies included)

Free Columbia is based on an understanding of the importance of creating independent and accessible educational and artistic opportunities. There are no set tuitions. Suggested contribution amounts based on what it costs to run courses are provided.

Contact Robin Lieberman to register: robin@robinlieberman.net 503-222-1192



Rembrandt, A Child Being Taught How to Walk, 1660

So many of us – especially parents, teachers, and health care professionals directly involved with children – can benefit from support when it comes to fostering a healthy childhood; one that allows children to grow into adults who are greatly needed by this world - motivated, tolerant, creative, empathetic and possessed of common and moral sense. This conference provides support for how to get there, and how to celebrate the journey in the process.

Dr. Glöckler's presentation topics:

- Meeting the Challenges of Child Development in Education and the Healing Arts – Public Lecture; free to conference attendees, \$20.00 all others.
- The Cycles of Child Development
- ADHD and Autism
- Effects of Electronics on the Developing Child
- Anxiety, Depression & Working with Children Healing from Trauma
- The Meaning of Autism in the 21st Century: Where are we going and how should we get there?
- The natural development of the child: the 7 Year Cycles And Their Corresponding Physical, Emotional And Spiritual Aspects

Breakout Groups - Anthroposophically Inspired Tools that can help:

Fifteen breakout groups will be offered by educators and health care professionals – see attached listing

Fees

Early Bird for members of sponsoring groups & students	\$155
Early Bird for non-members	\$175
After January 19	\$195
Dr. Glockler Friday, 7 pm Lecture, free to conference participants	\$ 20
Lunches (2)	\$ 14 each

Contact: Tom Klein, tgklein@aol.com

Sponsoring Groups: The Portland Branch of the Anthroposophical Society, SPAN, PCCI, NUNM Anthromed Club

**Meeting the Challenges
of
Child Development
in
Education and the Healing Arts
With**



Dr. Michaela Glöckler

**February 23-26, 2018
Portland, Oregon
Cedarwood Waldorf School,
3030 SW Second Ave.**

Dr. Glöckler is an internationally acclaimed speaker and authority on child development, with more than 20 years of pediatric clinical experience, who also served as a school doctor. From 1988-2016 she was the head of the Medical Section of the Goetheanum/ School of Spiritual Science, involved with international coordination of the Anthroposophic Medical Movement. She co-wrote the book, *A Guide to Child Health*; and is a co-founder and current president of the Alliance Eliant, an alliance of 10 European associations of applied anthroposophy set up in 2006 to make a civic contribution towards improving quality of life and cultural diversity in Europe.

Breakout Sessions/Dr. Glockler Lectures

Meeting the Challenges of Child Development in Education and the Healing Arts

- 1. Reflexology with Amy Joy Allahdadi:** Amy Joy's workshop will cover a spectrum of reflexes and their developmental importance in the incarnating and maturing child, the learning and behavioral challenges a child will exhibit when they have not been fully developed/integrated, and how partially and unintegrated reflexes will present in the classroom. Amy Joy will also share some simple movements and other tools that teachers can employ in the classroom to help students who are struggling with learning, behavioral and physical imbalances.
- 2. The Evolving Nature Of Gender Expression with Dr. David Gershan and Dr. Lisa Del Alba Repeated Twice:** Gender expression is undergoing a profound and rapid revolution. Children proclaim with assurance gender that is not congruent with birth anatomy. Teens and adults are also proclaiming gender identities that are at odds with our concepts of anatomy and sexual orientation. How has this revolution been understood? How do the individuals understand it? Is gender expression developing to even newer forms in the 2000s? Let us look at this revolution within the contexts of a phenomenologic and Anthroposophic approach. **(Repeated Saturday am & pm)**
- 3. Role of Fever and Acute Remedies with Dr. Robert Kellum – Repeated Twice:** We'll explore the importance and safety of fever, and the value of remedies that work with inflammation rather than suppress it. We'll examine the gesture of a selection of remedies as illustrative of reinforcing the body's own efforts, and a guide for useful remedies to have on hand for various acute conditions will be provided. **(Repeated Saturday and Sunday)**
- 4. How Homeopathics Work to Promote Healing with Dr. Paul Kalnins:** In this session Dr. Kalnins will lead a discussion on current hypotheses regarding homeopathic mechanisms. He will briefly review how hormesis, nanoparticle pharmacology, colloid chemistry, and the role of sensory receptors in the intestine can help form a bridge between Anthroposophical approaches to health and modern biomedicine."
- 5. Helpful Stories for Challenging Behavior in Children with Donna Patterson:** Bring your stories to share, and problems in search of stories. We'll explore the power of stories, how to choose them, how and when to read them, etc. with case examples, so that you leave with greater resources and confidence.
- 6. Working with Learning Difficulties for the Whole Class with Tammy Wagner:** Activities and lessons that are geared for the student with learning difficulties can help strengthen everyone in the class. This workshop will focus on various ways to incorporate the "Extra Lesson" and other integrating exercises in the Main Lesson and throughout the day.
- 7. Restorative Eurythmy for Parents, Teachers, and Caregivers with James Knight:** In this course we will explore and experience eurythmy as a health giving and restorative art in response to the stresses of daily life tasks. We will give particular consideration to those whose work brings them into direct contact with those they serve in a giving fashion and the drain this can sometimes be on their life forces. We will explore movements and movement meditations that can help to ground us, balance our soul forces and strengthen our ability to meet the challenges of being a giver in today's modern life.
- 8. Introduction to Spacial Dynamics with Dr. John Takacs:** An introduction to Spacial Dynamics movements and their therapeutic and pedagogical uses.
- 9. Therapeutic Eurythmy with Lesley Cox – Two Sessions (A & B):** Our work will consist of trying to better understand what Hygienic and Therapeutic Eurythmy are, and how their exercises can potentially help to harmonize and strengthen the metabolic, nerve-sense, and rhythmic systems. We will focus principally, but not exclusively, on the unique needs of school aged children. Two sessions are offered so that take-aways can be practiced. **(Saturday & Sunday)**

10. **Healing from the Hearth of your Home with Julie Foster, NP:** Compresses and Applications useful for common childhood illnesses and support for the development of a growing child. Learn about what is in your kitchen to care for an ill child at home. Be empowered to apply simple measures of lemon ankle wraps, onion compresses, such. Anthroposophic nursing and medicine perspectives will be reviewed for choosing an application.
11. **The Role of the School Doctor with Dr. Ali Givens and Dr. Padeen Quinn – Repeated Twice:** We will explore the important role of the school doctor in working with other professionals to assess the physical, emotional and spiritual needs/development of every school child, while also acting independently and in confidence as a neutral mediator between children, parents and teachers, in the care of healthy social integration. **(Repeated Saturday and Sunday)**
12. **Music Therapy with Marion Van Namen:** The Four elements in nature, the human being and music; how our music making reveals and influences the relationship between the physical, etheric, astral and I am .
13. **Rhythmical Massage Therapy with Margaret Kerndt:** When a person experiences rhythmical massage therapy, the movements offered find resonance within their own rhythms , within in the fluid, airy and warmth realms of their physical body. In this workshop, we will experience how and why rhythmical massage can be a potent resource in children and adults for restoring greater 'freedom within balance'.
14. **Therapeutic Arts with Cheri Munske:** Our world presents today's child with many challenges, including a tendency to over intellectualization. Using color, form and movement we will explore how the therapeutic arts can counter this tendency. With a focus on exercises which promote healthy breathing, we will experience how color and movement can strengthen and support the inherent forces of health within the child, as well as in our environment and community.
15. **The Rise of Chronic Illness with Dr. Michaela Glockler:** Chronic Illness, particularly ADHD, asthma, diabetes and obesity, have all risen dramatically in the last 30 years, to the point that today they affect about 1 in 5 children in America. Has such chronic illness impacted your family? What are the causes behind this epidemic and what can we do about it?
16. **The Spoken Word: Signature and Educator of Our Humanness with Helen Lubin:** Living language as a companion and co-educator. How is it that this wondrous instrument of speaking can become instrumental in furthering human development?

Dr. Glockler Lectures

2/23, Friday

- 8-9:15 am **Anxiety, Depression and working with Children Healing from Trauma**
Location: National University of Natural Medicine (NUNM) 049 SW Porter St.
- 7-9:00 pm **Meeting the Challenges of Child Development in Education and the Healing Arts**
Location: Cedarwood Waldorf School, 3030 SW Second Ave.

2/24, Saturday

- 9:00 am **Cycles of Child Development, Location: Cedarwood Waldorf School**
- 1:30 pm **ADHD and Autism, Location: Cedarwood Waldorf School**
- 7-9pm **The Meaning of Autism in the 21st Century: Where are We Going and How Should We Get There? Location: NUNM**

2/25, Sunday

- 9:00 am **Effects of Electronics on the Developing Child, Location: Cedarwood Waldorf School**

2/26, Monday

- 7:30 am **The Development of the Child: The 7 year Cycles and their corresponding Physical, Emotional and Spiritual Aspects, Location: NUNM**

Meeting the Challenges of Child Development in Education and The Healing Arts

Michaela Glöckler Conference ♦ February 23-26* ♦ 2018 Portland, Oregon
 Cedarwood School, 3030 SW 2nd Ave, & NUNM, 049 SW Porter St.

Friday 2/23/18 8-9:30am	Lecture at NUNM by <u>Dr. Michaela Glöckler</u>	Anxiety, Depression, and Working with Children in Healing from Trauma <i>National University of Natural Medicine (NUNM) 049 SW Porter St. Portland OR Room 107 Free to public and facultative for conference participants</i> <i>Free NUNM events are Co-sponsored by the NUNM Anthroposophic Medicine Club</i>					
7- 9pm	Public lecture by Dr. Michaela Glöckler	Meeting the Challenges of Child Development in Education and The Healing Arts <i>At Cedarwood Waldorf School . \$20.00 charge to public; included in cost of conference for conference participants</i>					
Saturday 2/24/2018	9-10:30am	10:30am 11:00am	11am -12:30pm	12:30- 1:30pm	1:30- 3:00pm	3:00- 3:30pm	3:30-5:00pm
	Lecture by <u>Dr. Michaela Glöckler</u> Cycles of Child Development <i>at Cedarwood School (CWS)</i>	Break	Breakout Groups (CWS): 1- Reflexology Amy Joy Allahdadi 2- Gender Espression Dr David Gershan & Dr Lisa Del Alba 3- Role of Fever & Acute Remedies Dr Bob Kellum 4- How Homeopathy Works Dr. Paul Kahins 5- Helpful Stories for Challenging Behaviors in Children Donna Patterson 6- Therapeutic Activities in the Classroom Tammy Wagner 7- Restorative Eurythmy for Parents, Teachers & Caregivers James Knight The Meaning of Autism in the 21 st Century: Where are We Going and How Should We Get There? <i>NUNM: 049 SW Porter St. Portland OR Room 310 Free to public and facultative for conference participants</i>	Lunch	Lecture by <u>Dr. Michaela Glöckler</u> ADHD & Autism <i>at Cedarwood School</i>	Break	Breakout Groups: (CWS) 8- Spatial Dynamics Dr John Takacs 2- Gender Expression, Dr David Gershan, Dr Lisa Del Alba 9A- Therapeutic Eurythmy Lesley Cox 10- Home Remedies Julie Foster NP 11- Role of the School Doctor Dr. Ali Givens & Dr. Padeen Quinn 12- Music Therapy Marion van Namen 13- Rhythmic Massage Margaret Kerndt
7-8:45pm	Lecture at NUNM by Dr. Michaela Glöckler						
Sunday 2/25/2018	Lecture by <u>Dr. Michaela Glöckler</u> Effects of Electronics on the Developing Child <i>at Cedarwood School</i>	Break	Breakout Groups (CWS): 9B Therapeutic Eurythmy (continued) Lesley Cox 14- Therapeutic Arts Cheri Munske 11--Role of the School Doctor Drs Ali Givens & Padeen Quinn 3 Role of Fever & Acute Remedies Dr Bob Kellum 15- Rise of Chronic Illness Dr Michaela Glöckler 16- Speech Therapy Helen Lubin	Lunch	Plenum: Conference Review and Next Steps <i>at Cedarwood School</i>	End Break	Free showing of the film "Vaxxed" at Cedarwood for conference attendees. All others by donation. *Lecture on Monday 26 th at 7:30 am, NUNM
Monday 2/26/18 7:30-9:15am	Michaela Glöckler Lecture to NUNM Grand Rounds		The Development of the Child: The 7 year Cycles and their Corresponding Physical, Emotional and Spiritual Aspects. <i>NUNM Radellet Hall: 2719 SW Kelly Avenue, Portland. This lecture is free and open to the public, and facultative for conference participants</i>				

Meeting the Challenges of Child Development in Education and the Healing Arts - Presenters



Amy Joy Allahdadi, Reflexology: Amy Joy is a certified Therapeutic Consultant and Waldorf Teacher who helps children to meet physical, emotional, and learning challenges with warmth, compassion and a deep holistic understanding of the developing child. Combining rhythmical and neural-developmental movement, play, sensory activities and storytelling, she works to integrate and develop children's reflexes and brain and sensory systems to align learning, behavioral and physical imbalances. She holds certificates from Rhythmic Movement Training Internation (RMTi), HANDLE, and the Micha-el Institute.



Lesley Cox, Therapeutic Eurythmy: Lesley first worked as a public Junior High and High School teacher, but within a few years happily found herself in England at Emerson College, where she completed their Teacher Training program. At length she chose to study Eurythmy, and in 1985, after graduating from the Spring Valley school, she joined the Portland Waldorf School, where she continued to teach Eurythmy to the early childhood and younger grades children for 28 years. She received her Therapeutic Eurythmy diploma in 1998 and has since then worked with students at PWS, with patients in a clinical setting, and privately.



Dr. Lisa Del Alba ND, The Evolving Nature of Gender Expression: Dr. Del Alba has worked in a family practice setting since graduating from SW College of Naturopathic medicine in 1999. She has extended her medical practice with training in Eurythmy Therapy, Anthroposophical medicine, autoimmune illnesses, ADHD and adrenal/hormonal/thyroid health, environmental medicine, neuroplasticity, and pain management. She has worked as school doctor in several Waldorf schools, and currently has medical practices in Eugene and Portland, OR.



Julie Foster, NP, Healing from the Hearth of your Home: Julie Foster is a licensed and board certified Family Nurse Practitioner, and founder of Pohala – A Place of Healing. Her practice bridges mainstream medicine with integrative medicine by way of Anthroposophic, Naturopathic, and Indigenous wisdom. In her 26 years of nursing she has had extensive experience in trauma/emergency nursing, work in a psychiatric hospital, and with the therapeutic aspects of education.



Dr. David Gershan, The Evolving nature of gender expression Working for over 23 years as a Family Medicine Physician, his teachers are those he has treated who are marginalized because of gender and sexual non-conforming identities from all social, economic, ethnic and racial groups. He witnessed changes in the language of gender diversity and ever strengthened ability to articulate needs in the medical and social spheres. Formal training in Anthroposophic medicine began in 1995 in Arlesheim, Switzerland. A Member of PAAM & First Class of the School of Spiritual Science, he practices Anthroposophic medicine in San Francisco.



Dr. Ali Givens, Role of the School Doctor: As a Naturopathic Physician in private practice, Dr Givens focuses on Homeopathy, Obstetrics, Pediatrics, Hydrotherapy, Nature-Cure, and Cranio-Sacral Therapy. She has completed a two-year course in school doctoring with Adam Blanning, MD and studied child development with Michaela Glockler. A biodynamic gardener and devoted Waldorf mom, Ali deepens her understanding of healing through continuous study of Anthroposophy, and is a founding member of SPAN.



Dr. Paul Kalnins, How Homeopathy Works to Promote Healing: Dr. Kalnins serves as assistant professor and attending physician at the National University of Natural Medicine (NUNM) in Portland, Oregon. Integrating insights from Goethean science and Anthroposophy, he lectures on a variety of subjects, including physiology, herbal pharmacology and neuroendocrine-immunology. As a clinical supervisor, he oversees primary care teaching rotations, and guides students in formulating integrative approaches to patient care.



Dr. Robert Kellum, ND, PhD, LAc, LMT, The Role of Fever and Acute Remedies: Dr. Kellum is a board-licensed Naturopathic physician and practitioner of Classical Chinese Medicine, a licensed body worker for over 25 years, and holds advanced degrees/training in sociology, anthropology and psychology. A board-certified IPMT Graduate of Anthroposophic Medicine, Bob spearheaded the development in 2012 (with other colleagues) of the Society for Physicians of Anthroposophic Naturopathy (SPAN).

Meeting the Challenges of Child Development in Education and the Healing Arts - Presenters

	<p>Margaret Kerndt, Rhythmical Massage: Margaret Kerndt practices Rhythmical Massage, Therapeutic Eurythmy and BioDynamic Craniosacral Therapy (BCST) in a private practice in Portland Oregon. She has a background in Shiatsu, Swedish Massage, Spacial Dynamics, Bothmer Gymnastics and Amnion Aquatics.</p>
	<p>James Knight, Restorative Eurythmy for Parents, Teachers and Caregivers: James holds a Bachelors degree in Psychology and Education; completed a Foundation Year in Anthroposophy at Rudolf Steiner College, and a 5 year course in Spacial Dynamics; studied eurythmy in the US, Germany, & England; and holds diplomas in both eurythmy and eurythmy therapy. He has toured as a Eurythmy performer in Europe and the United States, has taught Eurythmy to adults and children, and has worked as a Eurythmy and movement therapist over the last 20 years.</p>
	<p>Helen Lubin, The Spoken Word: Signature and Educator of Our Humanness: Helen Lubin has been active as a speech artist/educator for some 30 years in Waldorf classrooms, teacher education and other adult education settings, as well as in therapeutic speech arts; 10 years in anthroposophic curative education; freelance editor/translator.</p>
	<p>Cheri Munske, Therapeutic Arts: Cheri has been a teacher and educator the whole of her adult life. She spent over 23 years in the classrooms of Waldorf Schools as well as other private and public schools. She holds a BSA, Master's inTherapeutic Arts, and is trained in Extra Lesson. For many years she has shared her passion for puppetry through teaching and workshops, exhibitions and performance. In all of her work Cheri strives to meet the needs of today's child and adult through the healing power of the arts and movement. She has a private practice in therapeutic arts and educational support.</p>
	<p>Donna Patterson-Kellum, LMT, Helpful Stories for Challenging Behaviors in Children: Donna brings together over fifteen different bodywork modalities, based on over 30 years of experience as a massage therapist: advanced level craniosacral and visceral manipulation, zero balance, myofascial release, mechanical link, lymph drainage, Lowen manual interface, etc. Having also completed a three year training in rhythmical massage, she works with a strong Anthroposophic consciousness, using skilled light touch, breathwork, and emotional release to allow connective tissue restrictions arising from life trauma to reveal and self-correct themselves, bringing release from pain and dysfunction.</p>
	<p>Dr. Padeen Quinn ND, The Role of the School Doctor: Dr. Quinn is a graduate of the University of Montana and the National University of Naturopathic Medicine. She works at a non-profit integrative health clinic with a special interest in treating mental health concerns, autoimmune diseases, digestive issues and hormonal imbalances. She has completed a year of postgraduate medical training sponsored by PAAM and is a persistent student of anthroposophy. Her three children were fortunate to attend Waldorf through high school.</p>
	<p>Dr. John Takacs, Spacial Dynamics: Dr. Takacs graduated from the NY Steiner School, where a lifelong commitment to the study and embodiment of Rudolf Steiner's work began. He received a degree in Mechanical Aerospace Engineering and another in Osteopathic medicine; and developed a clinic associated with a team of Anthroposophic and Spacial Dynamic therapists over the last 30 years. Board certified in Family Practice, Osteopathic Neuromuscular Medicine and Anthroposophic Medicine & is a certified spacial dynamics practitioner/trainer.</p>
	<p>Marion Van Namen, Music Therapy: Marion's destiny is to bring out the musical being we are in each and every human being that wants to experience music with her. Whether it is with the voice, cello, piano, African drums, instrument making or improvisation, Marion is game to let the heavens sing with and through you. Whether you want to play, sing, solo or "just" listen. Marion grew up in the Netherlands, was trained in Waldorf Education, anthroposophical music therapy, choral conducting, vocal improv and business administration. She is the founder and artistic director of the adult non-audition choir Sing Portland! She lives in Portland, OR with her 6 year old twins.</p>
	<p>Tammy Wagner, Working with Learning Difficulties for the Whole Class: Tammy has been teaching grade school since 1980. She taught middle school science for 11 years, earned a MA in Elementary Education, then began her family. After finding Waldorf Education she completed her Remedial Teacher training with AHE. She was the Student Support Coordinator and Extra Lesson teacher at The Waldorf School of Princeton and has been class teaching at the Portland Village School since 2007 where she is currently teaching fourth grade.</p>



Rembrandt, A Child Being Taught How to Walk, 1660

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 Dr. Michaela Glöckler
 February 23-26, 2018
 Portland, Oregon
 Cedarwood Waldorf School,
 3030 SW Second Ave.**

Registration Information **Date**

Full Name _____ Job Title/School-Institution _____

Phone _____ Cell Phone _____ Email Address _____

Address _____ City _____ State _____

Lunch – check selection and day

Sack lunch includes sandwich, cookie, kettle chips and beverage.	Saturday	Sunday
<input type="checkbox"/> Mediterranean: Spinach, red bell peppers and sun-dried tomato hummus on olive bread.		
<input type="checkbox"/> Turkey & Cheddar: with tomato, lettuce and mayo on multigrain bread		
<input type="checkbox"/> Caprese: Mozzarella, basil, tomatoes, salt, pepper, sun-dried tomato tapenade		
Salads, include beverage		
<input type="checkbox"/> Soba Noodle Salad: Buckwheat noodles, edamame, cabbage, zucchini, carrot, broccoli slaw, bell pepper, scallions and sesame seeds with soy ginger dressing (vegetarian, dairy free)		
<input type="checkbox"/> Classic Cobb: Chicken breast, romaine, hard-boiled egg, blue cheese, bacon, tomato, scallions and French Vinaigrette (Wheat Free)		
<input type="checkbox"/> Willamette Valley: Mixed greens, hazelnuts, blue cheese, apples, grapes, raspberry vinaigrette (vegetarian, wheat free)		

Total # of lunches at \$14 each _____ Total Amount for lunches _____

Early Bird Fee by 1/29:
Members of sponsoring
groups and students \$155
Others \$175

Registration Fees

Early Bird Registrations must be received by 1/29/18 Register and pay online at www.portlandbranch.org

Early Bird for members of sponsoring groups* & students	\$155
Early Bird for non-members	\$175
After January 19 (all registrations)	\$195
Conference Fee	\$ _____
Total for Lunch	\$ _____
Total Enclosed with this registration	\$ _____

*Sponsoring Groups include the Portland Branch of the Anthroposophical Society, The Society for Physicians of Anthroposophic Naturopathy (SPAN), the Portland Curative Collective Inc. (PCCI), and the National University for Natural Medicine Anthroposophic Medicine Club (NUNM). Great thanks to Cedarwood Waldorf School for donating space.

Register online at www.portlandbranch.org, or pay by check made out to **Portland Branch** ♦ Mail registration form and payment to: Portland Branch of the Anthroposophical Society ♦ 3609 SE Center St., Portland, OR 97202, Attn: Tom Klein. ♦ For work study opportunities contact Tom Klein, tgklein@aol.com Only written cancellation requests will be honored – by snail or email. They must follow up any telephone discussions and include attendee's name and the amount tendered. **Received prior to February 1**, full refund less \$50 admin fee. **After February 1**, not eligible for a refund, you may send an alternate without additional charge. Contact Tom Klein, tgkein@aol.com, 503-777-3176

Breakout Groups (see session descriptions and presenter bios sheets)

	1 st Choice	2 nd Choice
Saturday Morning, 2/24 11 am-12:30 pm		
1. Reflexology, Amy Joy Allahdadi		
2. The Evolving Nature of Gender Expression, Dr. David Gershan, Dr. Lisa Del Alba (To be repeated Saturday afternoon)		
3. The Role of Fever and Acute Remedies, Dr. Robert Kellum (To be repeated Sunday morning)		
4. How Homeopathics Work to Promote Healing, Dr. Paul Kalnins		
5. Helpful Stories for Challenging Behaviors in Children, Donna Patterson		
6. Working with Learning Difficulties for the Whole Class, Tammy Wagner		
7. Restorative Eurythmy for Parents, Teachers, and Caregivers, James Knight		
Saturday Afternoon 3:300-5pm		
8. Introduction to Spacial Dynamics, Dr. John Takacs		
2. The Evolving Nature Of Gender Expression, Dr. David Gershan and Dr. Lisa Del Alba (Repeat of the morning session)		
9a. Therapeutic Eurythmy, Lesley Cox – two sessions, continued Sunday morning		
10. Healing from the Hearth of your Home, Julie Foster, NP		
11. The Role of the School Doctor, Dr. Ali Givens and Dr. Padeen Quinn (To be repeated Sunday morning)		
12. Music Therapy, Marion Van Namen		
13. Rhythmical Massage, Margaret Kerndt		
Sunday Morning, 2/25 11 am-12:30 am		
3. The Role of Fever and Acute Remedies, Dr. Robert Kellum (Repeat of Saturday am)		
9b. Therapeutic Eurythmy, Lesley Cox (Continued from Saturday afternoon)		
11. The Role of the School Doctor, Dr. Ali Givens and Dr. Padeen Quinn (Repeat of Saturday pm)		
14. Therapeutic Arts, Cheri Munske		
15. The Rise of Chronic Illness, Dr. Michaela Glockler		
16. The Spoken Word: Signature and Educator of our Humanness, Helen Lubin		