



Anthroposophical Society PORTLAND BRANCH

Newsletter

December 2018

Building Up an Understanding of Christmas: An ancient hymn and a poem

by Valerie Hope

In his lecture, 'The Birth of Christ Within Us', (Berlin, December 27, 1914) Rudolf Steiner describes the earliest knowledge of Christ, how early Christians understood Christmas. It is an understanding that we are seeking again in this time, and is beautifully presented in the Gnostic hymn below. He introduces it as follows:

"...The hearts of men were yearning for a vista, a conception of the Christ Mystery greater than any that was possible at that time. With all humility, with a humility deeper than that with which we approach any other matter presented by spiritual science, it may truly be said that for long ages the best human souls have been yearning, pining for the knowledge of Christ that can be imparted by occult science. And to-day we may be assured that when the time is ripe, the souls of men will behold as reality, what hitherto could only be known in a different form.

The consciousness that such knowledge will one day be within the reach of the human heart, and the longing for it, has been one of life's great riddles to the best souls. Men have been reaching out for an understanding of Christ that will enable them to grasp the import of the mighty Deed accomplished on Golgotha which can be revealed to the eye of soul when the veil is lifted. In the

lecture yesterday I explained why a knowledge of Christ once enriched by the old clairvoyance was bound to recede, how it was received in the earliest periods of Christendom but then gradually waned and faded away. I will read, again to-day, an ancient Gnostic hymn from which it is clear that in the old, clairvoyant form of knowledge the consciousness was alive that the Christ Who came into the world through the Child born at Christmastime, is a Cosmic Being, increasing in majesty and greatness, the higher the soul's vision soars into the realms of spirit — for through these realms He descended. It was inevitable that in later times, when the springs of this knowledge had run dry, a veil should be drawn over the great Event, because men were no longer able to explain that in the secret represented by the Child, the highest wisdom is enshrined. In this Child was born a Being Who traversed the heavenly worlds before His appearance on earth. —



"Nativity" Giotto 1305

Behold, O Father, how, distant from Thy Breath,
This being upon earth

(this 'being' is the human soul)

Wanders, the target and victim of all ill,
Lost and perplexed, it flees the deadly chaos —
How shall it find its way?

In converse with the Father God, Jesus is speaking of the descent through the cosmic spheres, of how his eyes turn to the human soul to whom he would fain bring salvation, wandering in chaos but yet longing for Christ.

Therefore send me, O Father,
Descending, I bear the seal of heaven,
Traversing all the Aeons ...

The spiritual worlds are ranged one above the other in the heavenly spheres and the higher we ascend the more do we find that the older worlds are still living realities, the most ancient being present to this day in the highest spheres of all. What was once connected with the Saturn evolution is to be found in the very highest spiritual spheres, and these successive spheres, related to the flow of time, are called 'Aeons.'

Traversing all the Aeons,
Teaching all sacred knowledge;
Thus may God's image be made manifest;
And thus to you I give
The deeply hidden knowledge of the sacred way:
'Gnosis' it shall be for you.

Mankind has very largely lost consciousness of the Christ as a Cosmic Being. This loss was inevitable, for the old clairvoyance had to disappear and an intervening period — an Aeon devoid of spirit — to come, in order that eventually a new form of clairvoyant vision may arise. But this new vision must again be directed to the spiritual worlds, must not characterize in forms such as are presented to men's outward sight, the Being Who in the Holy Night entered into the evolution of humanity. This new vision must reveal how the Christ Being descended from heavenly sphere to heavenly sphere and thence to the earth, giving the earth meaning and purpose.

Behold, O Father, how, distant from Thy Breath,
This being upon earth
Wanders, the target and victim of all ill,
Lost and perplexed it flees the deadly chaos —
How shall it find its way?
Therefore send me, O Father,
Descending I bear the seal of heaven,
Traversing all the Aeons,
Teaching all sacred knowledge;
Thus may God's image be made manifest;
And thus to you I give
The deeply hidden knowledge of the sacred way:
'Gnosis' it shall be for you.

Rudolf Steiner then offers the poem below by Christian Morgenstern, a poem for our souls in this time as we strive to experience true Christmas. He introduces it as follows:

"Thus spiritual science turns our eyes with awe and

reverence to the Mystery of Golgotha and because it points to realms beyond the range of material vision, we feel that it is for us to lift the veil ... since we are resolved to see behind this veil not only what comes before the eyes of an age destined to grow into materialism. Therefore it is again beginning to be possible for those in whom the impulses of spiritual science have come to life, to look up to the Christ as a Cosmic Being. Again and again let it be repeated that the infinite devotion we can feel towards the Child born in the Holy Night of Christmas is not thereby diminished. Rather is this devotion deepened when we can feel the reality of Christ as did Christian Morgenstern when there sprang from his soul a poem which seems like a resurrection of ancient and holy Gnostic thoughts pervaded alike by the Christ-Love and cosmic wisdom. And so a new Christmas is celebrated when in the dark night of materialism, voices ring out that are not the voices of the Gnostics of olden times but are quickened and enriched by dedication to the Living Being of the Cosmic Christ.

Light is love...sun-weaving's
Love-radiance, a creating
Universe of beings

Who hold us to their heart through untold ages;
Who did, at length, impart
To us their most sublime Spirit Lord to live
Three years in human form —

And now this selfsame One
Is earth's inmost heaven-fire and earth may now aspire
To be, one day, a sun.

May there be celebrated in our souls an inner festival of the Holy Night; may our souls be filled with the realization that a new knowledge of Christ must be born in our time. This new knowledge of Christ links the inmost core of man's being with primal innocence, links the state of childhood, not, as yet, that of mature life, with the very heights of cosmic being. When, in the Holy Night of winter our minds turn to the Christ Child, there is enacted before our souls the greatest of all festivals of consecration, the festival that rings through all the Aeons — and we know that the deepest realities of man's being and nature are indissolubly connected with all cosmic evolution."

The Portland Branch
of the Anthroposophical Society
Invites you to

Save The Dates!

See the attached calendar & fliers
for more information and more events

December 26 - January 6

Holy Nights Readings:
The Gospel of St. John in Relationship to the Other
Gospels, contact tgklein@aol.com

March 1 - 2

School of Spiritual Science; Deepening Our Inner
Resources in Service of the Child with Betty Staley



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 14 people each evening and 25 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 lecture series on The Gospel of St John in Relationship to the other Gospels which we last read in 2012.

Please call (503-305-8270) or email (tgklein@aol.com) and reserve an evening to host. I will give priority to people who hosted last year. I look forward to seeing you all during the Holy Nights' readings.

~Tom Klein

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)

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. (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. (December 29 - January 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.

Calendar translation by Stefan Schwabe

Anthroposophy Working in the World: A continuation of our exploration of the School of Spiritual Science

by Rebecca Soloway



Betty Staley

At what point in our inner journey with Anthroposophy do we begin to search for ways to bring something of the spirit into the world, into our work?

Perhaps the answer to this question is somewhat dependent on our temperaments, but at whatever point it happens, it is abundantly evident in our own

community and around the world that there are countless people working out of Anthroposophy every day in the arts, medicine, education, agriculture... and yes, even in business.

This work brings with it many blessings, but also many challenges. It calls for continued individual inner spiritual deepening and the warming of the social space between us. Through the encouragement and financial support of the Portland Branch Council, the School of Spiritual Science in Portland has been able to host a series of speakers to help us look more deeply at Anthroposophy working in the world through collaboration of community members, and as colleagues in the Sections of the School of Spiritual Science. Our

first speaker in the series was Rüdiger Janisch, a curative education specialist and representative of the General Section. Michael Howard, a member of the Visual Arts Section, offered the second workshop. Both speakers brought insights and practical approaches to deepening

our work in the world through spiritual research and collaboration with others.

It is perhaps especially timely in this 100th year of Waldorf Education that our third speaker in the series will be Betty Staley, a Waldorf educator with more than fifty years of experience. Betty consults with Waldorf schools (public and private) and is an international lecturer on Waldorf education, adolescence, parenting and biographical development. She is the author of eight books on Waldorf education and child development. Her newest book on middle school students will be published in 2019 by Waldorf Publications as part of the celebration of Waldorf 100.

On Friday evening, March 1st, Betty will speak about the middle school child. She writes, "The developmental stage between 6th and 8th grade is a minefield of opportunities, challenges, and dangers. Understanding the needs of this age group is essential in preparing a healthy sense of self that will carry youngsters into adolescence. This is particularly important as this age group has become

a target for consumerism, media blitz, video games, i-phones, and precocious self-awareness."

On Saturday, March 2nd, 9 AM- 4:30 PM, you are invited to take part in a workshop with Betty. "Every stage of childhood and adolescence requires teachers, parents, and caregivers to develop inner resources to meet specific needs and challenges." Betty will help us explore, through the story of Parzifal and its depictions of the three castles, "the resources we need to develop to meet children of various ages as well as our colleagues."

Those of you who have had the privilege of hearing Betty speak know that these offerings promise to

be both insightful and lively. We hope that you will have the opportunity to attend and that you will spread the word in your communities. Look for a piece by Betty in the January issue.

**March 1-2, 2019 will bring a
workshop with Betty Staley
on Education**

**Betty will be working with us on
Creating Strength and Vision:
Deepening Our Inner Resources
in Service of the Child**

**We will gather at the
Cedarwood Waldorf School
on Friday evening at 7PM
and Saturday 9AM to 4:30PM**

An Invitation to Disperse: Letting Art Do Its Work in the World

Report by Lauren Johnson

Last summer painter Patricia Lynch was intrigued by an invitation to disperse. It was, decidedly, not an everyday invitation, but she knew that it was an opportunity that Laura Summer of the New York-based art collective, Free Columbia, had made available in the past. This time the art dispersal would be part of the Annual General Meeting of the Anthroposophical Society, to be held in New Orleans in October. Patricia decided she would take the leap.

The theme of the dispersal would orbit around the Twelve Moods, a sequence of verses written by Rudolf Steiner for a group of eurythmists in 1915, which expressed the cosmic movements of our solar system in relation to the constellations.

The genesis of the idea for creating paintings from these 12 verses came in the summer of 2017 during the West Coast Eurythmy conference held in Portland. Patricia has been an avid supporter of eurythmy since her first experiences with it at the Portland Waldorf School as a founding parent, and later as a teacher. She had the opportunity to watch the eurythmists' preparations as part of the conference, and was in the audience for their performance of the verses. Later, in a weekly study group with other painters, Patricia began a more in-depth study of these verses, and the unique color wheel that Steiner had also provided to eurythmists.

The verses written for the eurythmists are especially intricate. They are structured to relate to the 12 moods in the zodiac and their relationships to the planets, as



Sketch by Patricia of the eurythmists who were working on the Twelve Moods in 2017 in Portland



Pisces Sketch by Patricia Lynch

they move through space and change their perspectives to each other. Prior to the first eurythmy presentation of the Twelve Moods in 1915 Steiner wrote, “Before the presentation, I would like to say a few words about how relationships can be seen in everything we are attempting — in everything that we attempt and in everything that emanates from what we attempt.”

The verses of the Twelve Moods are each comprised of seven lines. Each line represents an aspect of the sign as it corresponds to a planetary sphere (Saturn, Sun, Moon, Mars, Mercury, Venus, Jupiter in that order). The central recognition of relationship, and ever present movement — in this case the movement of color through the gestures of painting — were at the heart of Patricia's creative process. Patricia began her painting series with Pisces.

Pisces (From Twelve Moods, by Rudolf Steiner)

In what is lost, may the loss find itself,
In what is gained, may the gain lose itself,
In what is comprehended, may comprehending
seek itself
And sustain itself by sustaining.
Through becoming, uplifted to existence,
Through existing, interwoven with the becoming.
May the loss be gain in itself.

A simple enough gesture – the swoop of the hand over paper – was the first movement that was to become

Patricia's initial interpretation of Pisces (colored pencil on paper).

After this initial sketch of Pisces, Patricia felt compelled to deepen the images she was creating. She decided to paint with a bolder medium - egg tempura with gold leaf - on masonite board, a more durable surface.

From the outset Patricia was aware that this sequence of paintings would be very different than what she had done previously, and she was acutely conscious of her internal process. Previously she had been working intensively with landscapes which she could see in front of her and interpret onto a canvas.

This was an entirely new way of painting for her. She took her direction only from the verse itself. She would read a line, make a gesture. Once the gesture was made, she would look to the colors and seek to build out the image with its complementary color. Rather than creating a fixed image in her head, or seeking something from the external world to represent the verse, Patricia worked to sense, to perceive what the color itself was seeking to become.

There was no right or wrong to the process, there was no recipe for developing the image. Rather, Patricia worked to cultivate a feeling for the painting from her soul, and not from the thoughts swimming through her head. She was looking for the places where a color would become form. As she progressed, she mused about how we need to create space for human beings to become who they are. As this feeling grew within her, she also felt more aware of the emerging "being of color" in the paintings.

Rudolf Steiner shared quite a picture with eurythmists, going back to the very birth of our solar system. He showed how their work with these verses would go on to work in the world: "An attempt has been made to offer a sequence of feeling, sensing, and speaking, which, as it is presented, gives, as it were, another version of the inner soul-feeling in relation to what has flowed into the movement of our solar system... What is actually being attempted in something like this? It is certainly something entirely different from mere whimsy! What is attempted is to maintain in real, inner comprehension what was carried out cosmically when our solar system was created."

Eventually the words of the verses and the color indications led to the paintings that Patricia prepared to display and share in the art dispersal. Each time she began a new piece, the first gesture, the first movement of her hand onto the medium was a leap into something she could sense - at first just subtly, and then more boldly, brought into full color and form.

During the creation of the set of 12 paintings Patricia was mindful that the pieces would all be shared in the



Patricia's Pisces is in the lower right on display at the AGM

art dispersal process in October. She knew she would be sending these paintings out into the world and that they would be displayed alongside the images that other painters would bring to New Orleans. In this case, her work would be sharing space with paintings by Laura Summer and John Bloom. She wondered how people would receive her interpretations and what they might evoke from their perspectives.

Perspective matters, especially when working with these verses. "In "Art in the light of Mystery Wisdom (December 2, 1922), (Steiner) speaks about the starry heavens which we see from the earth. After death, however, as we journey out into the universe, we look back at the stars "from the other side." There we no longer see merely the points of light as star. The fixed stars now are



Gemini by Patricia Lynch



Patricia in her studio pointing out the eurythmy color wheel. It has 12 colors — six day colors and six night colors.

near, the planets further away, and everywhere, on Saturn, on the Moon, on Aries and Taurus, are spiritual beings. Seeing them means at the same time hearing them. From every heavenly body come sounds that we perceive as a singing speech or as a spoken song. Like a great cosmic musical instrument, the fixed stars are ranged in their zodiac circle; the planetary gods are moving actively, for it is they who play upon the instrument.” (Ruth Pusch in the introduction to the Twelve Moods). But what could this mean in relation to the creation of visual, fixed art?

As October 5 approached and her paintings were coming to completion, Patricia worked out the finer details of how they would be framed and presented in New Orleans, and from there flow out into the wider world. The dispersal was described to prospective viewers — potential stewards of the art — as follows:

“As a society we have placed original visual art outside of the financial means of the majority of people. At the same time we have impoverished most of our artists. At Free Columbia, we are working in many ways to change this. Art Dispersal means that you can become the steward of a painting. That means that you can live with the painting for as long as you like, you can pass it along to someone else who wants it and, if you no longer want to keep it, you can return it to the artist who created it.”

It was a thrill for Patricia to see her pieces find their place at the AGM, among such a vibrant gathering of people seeking to deepen their connection to Anthroposophy in the world.

So, where are Patricia’s paintings now? Circulating in the world! Ten of her paintings found homes around the country - Wisconsin, Chicago, Atlanta, and New York. Now, as Laura Summer would say, these works of art and cosmic imagination are doing their work in the world.

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 to Valerie Hope, valerieannhpx@aol.com. The deadline for submissions is the 15th of the month preceding publication. Items selected for publication may be edited for style, content and length.

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

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

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

Our current newsletter team: Design, layout, and illustrations Christopher Guilfoil; proofreading, Lauren Johnson; printing & distribution, Jerry Soloway; columnists Anya Thaker, & Lauren Johnson; treasurer, Ruth Klein; editor, Valerie Hope.

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2018:

Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, James Conlon, Amanda Cooke, Leslie Cox, Yvonne De Maat, Rod Endacott, Sacha Etzel, Julie Foster, Ali Givens, Michael Givens, Kevin Gregg, Anca Hariton, Valerie Hope, Lauren Johnson, Paul Kalnins, Bob Kellum, Donna Patterson-Kellum, Timothy Owen-Kennedy, Ruth Klein, Tom Klein, Anne Kollender, Judith Levin, Martin Levin, Robin Lieberman, Joann Logan, Arnold Logan, Lisa Masterson, Brian McClure, Cheri Munske, Padeen Quinn, Jeffrey Rice, Susan Rice, Walter Rice, Diane Ramage, Frank Salvatore Jr, Diane Schell-Rowley, Barbara Strong, Kim Sinclair, Angela Sparks, Jerry Soloway, Rebecca Soloway, William Surface, Linda Sussman, Joan Takacs, John Takacs, Robin White, 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
12286 SE 41st Court, Milwaukie, OR 97222

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

Another Way to Donate to the Portland Branch

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

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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.)

First Class of the School of Spiritual Science

Sunday December 9, 9:30 am sharp • Lesson 4 • (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons are normally held on the second Sunday of each month • Contact Diane Ramage at 971-271-7479, Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

Portland Branch Council Meeting

Monday, December 10, 7:00 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 normally held on the second Monday of each month.

Christian Community in Eugene with Rev. Craig Wiggins

December 14-16 • Friday eve: Becoming Human in a De-Humanizing World • Eugene Waldorf School , 1350 McLean Blvd • Contact Carolyn Hannah, 541-731-0447

This will be Rev. Wiggins last visit in Oregon before moving to Chicago. For more information, see the Christian Community blog for details and other events in Portland, Eugene, and Seattle. <http://ccoregon.blogspot.com>.

Painting Through the Seasons, Phyllis Helland at the Art Hall January 17-February 28, 2019

Thursday, January 17, 5:30-8:00 pm opening reception and presentation • Cedarwood Waldorf School, 3030 SW 2nd Ave • Contact Robin Lieberman, 503-222-1192 , robin@robinlieberman.net • Exhibit open to the public by appointment through February 28

Eugene artist, Phyllis Helland, presents her beautiful watercolors and sketches throughout the year with written blog entries. Come hear Phyllis talk about this artistic work that feeds her soul—and yours!

Creating Strength and Vision: Deepening Our Inner Resources in Service of the Child with Betty Staley

Friday, March 1, 7pm & Saturday, March 2, 9 am-4:30 pm • Cedarwood Waldorf School , 3030 SW 2nd Ave. • Contact Rebecca Soloway, jrsoloway@hotmail.com

Betty will speak about the middle school child on Friday evening. For the Saturday workshop: "Every stage of childhood and adolescence requires teachers, parents, and care-givers to develop inner resources to meet specific needs and challenges." Betty will help us explore, through the story of Parizval and its depictions of the three castles, "the resources we need to develop to meet children of various ages as well as with our colleagues."

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 Ramage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (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, valerieannhpx@aol.com

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

School of Spiritual Science Study • Second Thursday of the Month

The First Class of the Michael School and its Christological Foundations by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, rjsoloway1@gmail.com or 516-850-1027

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*.

Community Painting Tuesday Mornings

8:45-10:00AM Tuesday morning painting group for adults, at the Portland Waldorf School. Watercolor painting and contemplative drawing exercises, focusing on color studies and seasonal moods. All levels welcome. Contact cherimunske@gmail.com to RSVP.

Adult Eurythmy Class with Jolanda Frischknecht

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

Eurythmy for Waldorf Alumni: Wednesdays

Study, 6:30-7:30 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: Thursday Mornings

8:45-9:15 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact: Sarah Rem, 503-729-1740 or sannerem@gmail.com

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

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

Festivals Study Group: First and Third Friday Mornings

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. All are welcome.

Living Inner Development, the Necessity of True Inner Development in the Light of Anthroposophy by Lisa Romero • Friday Mornings

9:15 – 11:00 am • contact Patricia Lynch at patriciahomanlynch@gmail.com
Eurythmy, painting and reading. All are welcome! Contact: patriciahomanlynch@gmail.com

Man as Symphony of the Creative Word – 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

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
There will be an opportunity to act in Scenes 7 & 8 of *The Guardian of the Threshold*, which we hope to present some time in 2018. No experience necessary.

Portland Waldorf School Community Choir • Friday Mornings with David Edwards

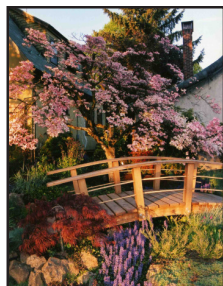
9:00-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • Free will donations gladly accepted, all voices are welcome. Contact www.portlandwaldorf.org • pws_choir-subscribe@yahoo.com
(503) 654-2200 • No practice during school breaks.

Waldorf Education and Teacher Training Lectures and Courses

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

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BOB KELLUM ND, PhD, MSOM/L.Ac, LMT

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With over 25 years of bodywork experience, extensive training and experience in Anthroposophic, Naturopathic, and Chinese Medicine, and a doctorate in social psychological sciences with 3 years clinical experience with Reichian psychotherapy, Bob works with you to discover the gesture of your illness and move you forward with your health challenges.

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"The possibility of illness is due to the possibility of becoming human beings..."--Rudolf Steiner, Arnheim, July 4th, 1924

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About the Fresco by Giotto on Page One:

"Nativity" by Giotto (1305)

Giotto di Bondone, referred to simply as Giotto, was an Italian painter and architect from Florence in the late Middle Ages. His "Nativity" is part of a fresco cycle dedicated to the life of Mary, the mother of Christ Jesus. There is no ass or ox in the Biblical narratives of the birth of Christ. Yet, besides the Christ Child himself, the ass and the ox are the most ancient and stable elements in the iconography of the nativity. In fact the earliest example of a nativity known to us contains only the swaddled Christ in the manger flanked by the ox at his head and the ass at his feet.

We can also see a reference to St. Paul in the usage of the sheep and lambs and the darkly painted goat, set behind the sheep.

The faces and body language in the scene display strong human emotion. Mary casts a long, sad look at Jesus. The mother and the child are making eye contact. Her sadness projects her understanding of the Mystery of Golgotha. With this painting, Giotto shows us the Nativity in an entirely new way. It's filled with intense human drama. It foresees the humanism of the Renaissance and the birth of the Consciousness Soul. As Giotto moves away from the Byzantine style that had preceded this time period, we see figures that are warm and approachable. We also see an intense blue replacing the gold environment of paintings that preceded Giotto, something new in art and human consciousness.



Embryo in Us

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AS EMBRYO

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**The body developed
out of us,
not we from it.
We are bees,
and our body is a honeycomb.
We made the body,
cell by cell we made it..
RUMI (1207 – 1273)**

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