



# Anthroposophical Society PORTLAND BRANCH

Newsletter

February 2017

## The Lord's Prayer, Part I

by Valerie Hope

### *Why Should We be Interested?*

Although I don't know exactly how many times I said the Lord's prayer growing up, it was a lot! But as Rudolf Steiner suggests in Peter Selg's excellent book, *The Lord's Prayer and Rudolf Steiner*, when the priest hearing Confession tells the penitent to pray five Lord's Prayers a day, "this battering of sin against the Lord's Prayer is a dreadful thing which removes its sanctity."<sup>1</sup> As a result, I am sorry to say, that until now I have largely neglected this prayer in adulthood. I recently began to see the need for a renewal of my relationship to it, and this renewal became central to my working over Advent and the Holy Nights. To begin with, I took as an indication of the importance and centrality of this prayer the fact that Christ Jesus gave his disciples the Lord's Prayer during the Sermon on the Mount, when he also spoke to them about how to pray. With the Lord's Prayer, he taught them a new way of being – according to Rudolf Steiner a reversal of the old mystery wisdom which had to take place in humanity then, and is still important for us today.

I also considered that Rudolf Steiner calls the Lord's Prayer the "...greatest of all prayers...drawn out of the deepest wisdom." He says further that "... its seven petitions embrace all the wisdom of the world."<sup>2</sup>

It may give us some indication of the importance

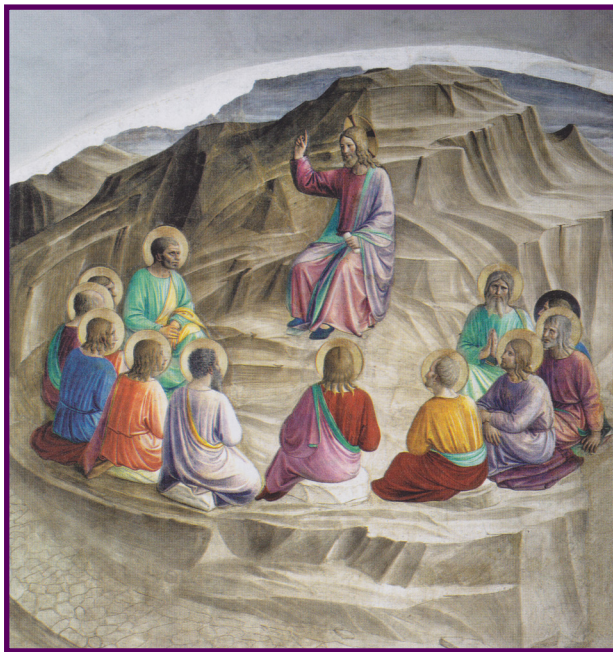
that the Lord's Prayer had for Rudolf Steiner to know that he prayed it often and sometimes so loudly that in Berlin, neighbors in the building next door could hear him.<sup>3</sup> When working with Ita Wegman to develop their medical textbook, he began each evening by speaking the Lord's Prayer aloud, standing, and could be heard by passers-by outside. It is also significant that during the

last phase of his illness, Ita Wegman helped him stand to recite the prayer – he stood for it until his very last days.<sup>4</sup> We may wonder why uprightness, and speaking the prayer out loud, was so important. My research has not yet turned up definitive answers. Perhaps you, dear readers, can help here?

I also considered what Anthroposophist Ernst Katz had to say about the role of the Lord's Prayer in his practice. In order to cultivate the deepest feeling of reverence and devotion for our spiritual home, and what comes toward us from that world, he had found it helpful

to dwell on the Lord's Prayer as a preamble to meditation. He identified cultivating this feeling as a major hurdle for many of us in this time.<sup>5</sup> Dr. Steiner tells us that the prayer is also a suitable subject for meditation, but more of that in a future article.

I was now suitably motivated to renew the Lord's Prayer of my childhood, and deepen my relationship to it.



Fra Angelico  
The Sermon on the Mount • 1427-1435  
Fresco 82" x 82" Cloister San Marco, Italy

### *How the Lord's Prayer Came To Be:*

It can be helpful for our relationship to the Lord's Prayer to understand how it came to be, as described in Dr. Steiner's lectures on the Fifth Gospel. In Chapter V, excerpted below, he recounts the experience of the Christ when, after the three temptations of Lucifer and Ahriman he went about as a healing presence among the people where all the demonic beings held sway – "those whom the other Gospels call the publicans and the sinners for it was their lot to make stones into bread... those to whom Ahriman actually had access, simply because it was necessary for them to turn stones into bread — to turn money, metals, into bread." This was a reality that a being who had only experienced the spiritual world couldn't have known, but which Ahriman had revealed to the Christ during the last temptation. "Inevitably His thoughts turned to the Bath-Kol which had proclaimed to Him that ancient Prayer of the Mysteries (below). And the middle line of the Prayer, especially, came into His mind: "Experienced in the Daily Bread."

**AUM, Amen!**

**The Evils hold sway,  
Witness of Egoity becoming free,  
Selfhood-Guilt through others incurred,  
Experienced in the Daily Bread,  
Wherein the Will of the Heavens does not rule,  
In that Man severed himself from Your Kingdom,  
And forgot Your Names,  
Ye Fathers in the Heavens.**

"And then there dawned in Him (Christ Jesus) ... it was the earthly experience of the God: What I have to tell human beings is not how the gods prepared the path from the Spirit to the Earth but how men can find the path leading upwards from the Earth to the Spirit. (emphasis added) And now there came back to Him the voice of the Bath-Kol, and He knew that the ancient supplications and prayers must be re-cast, made new; He knew that now man must seek the path into the spiritual worlds from below upwards.

He transposed the last line of the old Prayer, adapting it to the needs of men living in the new era and making it bear reference now not to the multiple spiritual Beings of the Hierarchies but to the one supreme Spirit: "Our Father in Heaven."

And the second line He had heard as the penultimate line of the Mystery-Prayer: "And forgot Your Names,"

He transposed into: "Hallowed be Thy Name" as the words must run for men of the new era.

And the third line from the end of the old Prayer: "In that Man severed himself from Your Kingdoms," He transposed into: "To us may Thy Kingdom come."

And the line: "Wherein the Will of the Heavens does not rule," He transposed into the form suitable for the ears of men now, since they had no ears to hear the old setting of the words — He transposed them because the direction of the path leading into the spiritual worlds was to be completely reversed: "Thy Will be done on Earth as it is in Heaven."

And the mystery of the Bread, of incarnation in the physical body, the mystery of the sting of Ahriman which had now been fully revealed to Him, He transposed so that men should discern the truth that the physical world too issues from the spiritual world even if this truth is not within their immediate ken. He made this line concerning the Daily Bread into a supplication: "Give us this day our Daily Bread."

And the words: "Selfhood-Guilt through others incurred," He transposed into: "Forgive us our trespasses as we forgive them that trespass against us."

The line which came second in the old Mystery-Prayer: "Witness of Egoity becoming free," He transposed into: "But deliver us," and the first line: "The Evils prevail," He changed into: "From the evil. Amen."

And so the altered voice of the Bath-Kol heard by Jesus of Nazareth when he fell at the heathen altar, was transposed into the "Lord's Prayer" known to Christianity ... it was the Prayer of the new Mysteries taught by Christ Jesus, it was the new Lord's Prayer."<sup>6</sup>

**Our Father who art in heaven,  
Hallowed be thy name.  
Thy kingdom come,  
Thy will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts  
As we also have forgiven our debtors;  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
forever.  
Amen.**

In subsequent segments we will consider the Lord's Prayer as a seven-fold path of initiation; Rudolf Steiner's



## Metaphysical Lord's Prayer; How to pray; and the difference between meditation and prayer.

(Endnotes)

- 1 The Lord's Prayer and Rudolf Steiner by Peter Selg, pp 27-28
- 2 Theosophy and Rosicrucianism Lecture VI: Man's Descent into an Earthly Incarnation June 21, 1907
- 3 The Lord's Prayer and Rudolf Steiner by Peter Selg p. 23
- 4 Ibid, p. 30
- 5 Core Anthroposophy, Teaching Essays of Ernst Katz, Meditation According to Rudolf Steiner p. 137
- 6 The Fifth Gospel, Lecture V Rudolf Steiner, Oslo, October 6, 1913

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

### **Save The Dates!**

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

- 2/5 Portland Branch Annual Gathering**
- 4/15 Easter Observance**
- 4/15 Cosmic Nutrition  
with Dr. Philip Inca**
- 8/19-21 Solar Eclipse with Oliver Conradt**
- 8/29 Mind and Body in the Womb:  
How Do We Exist as Embryo  
with Dr. Jaap van der Wal**
- 9/30 Michaelmas Observance**
- 10/26-30 Thomas Meyer**
- 11/20 All Souls Observance**

#### **Calendar translation by Stefan Schwabe:**

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

~St. Michael's Feast 2011

## **Calendar of the Soul**

### **44. Forty-fourth Week (February 2 - 8)**

**Responding to the Senses' renewed  
calling  
Clarity of Soul replenishes,  
Aware that Spirit Birth occurred,  
The proliferating growth in the  
Environment  
With my Thinking's Creative Will.**

### **45. Forty-fifth Week (February 9 - 15)**

**Strength of Thought is firmed  
In unison with Spirit Birth,  
Illumining the Senses' dull appeal  
To comprehensive clarity.  
If the Soul's capacity  
Will join with Evolution  
Then Senses' Revelation must  
Embrace the Light of Thought.**

### **46. Forty-sixth Week (February 16 - 22)**

**The world would tend to numb  
The native Strength of Soul;  
Arise therefore oh Memory,  
From Spirit Depths and shine,  
Endow with Strength my Vision,  
Which indeed through Will alone  
May thus sustain itself.**

### **47. Forty-seventh Week (Feb 23 - March 1)**

**From the Cosmic Womb would rise  
To quicken Revelation, the Urge to Be.  
May this meet my strengthened thought  
By the Grace and Power of God  
Which firmly live in me.**

## THE FIRE IN YOUR HEART

THE URN IS ALREADY BROKEN.  
YOUR LOVER IS ALREADY DEAD.  
YOUR WORDS HAVE ALL BEEN SPOKEN.  
IT DOESN'T MATTER WHAT YOU'VE SAID.

THE BEGINNING HAS ALREADY ENDED.  
IT DOESN'T MATTER WHEN YOU START.  
THERE'S NOTHING THAT CAN BE TENDED,  
BUT THE FIRE IN YOUR HEART.

THE SOUL HAS FALLEN IN BLACKNESS.  
YOUR TRUST HAS BEEN BETRAYED.  
THERE IS NO RELIGION TO PRACTICE.  
THE FREED ARE THE ONES ENSLAVED.

THE DATA IS LOST IN CYBERSPACE;  
MEMORY FAILS WITH RESTART.  
ALL THAT'S LEFT, IS AN INTERFACE  
WITH THE FIRE IN YOUR HEART.

THE PROPHET HAS HAD HIS VISION.  
THE WINE HAS ALL BEEN SPILLED;  
THE SON OF GOD HAS RISEN,  
HIS MISSION HAS BEEN FULFILLED.

THE ARCTIC ICE HAS BURNED AWAY.  
THE ATOM'S BEEN BLOWN APART.  
THE ONLY THING THAT CAN SAVE US NOW  
IS THE FIRE IN YOUR HEART.

THE SACRIFICE IGNITES THE FLAME  
IN A DELICATE WORK OF ART  
AND ARISING THERE,

THE UNSPOKEN NAME,

IN THE FIRE...  
IN YOUR HEART.

Robert Kellum  
January 13, 2017  
(For Leonard Cohen)

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

To submit an article or a calendar item, email it both to Valerie Hope, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com) and Wes Burch, [truelion@comcast.net](mailto: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](http://www.portlandanthroposophy.org). Paper copies are available at the Pohala and Healthbridge Clinics; and the Cedarwood, Michael & Portland Waldorf Schools, and Swallowtail School.

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

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

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

**2017:** Cyndia Ashkar, Christine Badura, Christopher Guilfoil, Helen Homola, Lauren Johnson, Ruth Klein, Tom Klein, Anne Kollender, Judith Levin, Martin Levin, Brian McClure, Willi Muller, Jeff Rice, Jerry Soloway, Rebecca Soloway

We will gratefully receive your Branch membership dues

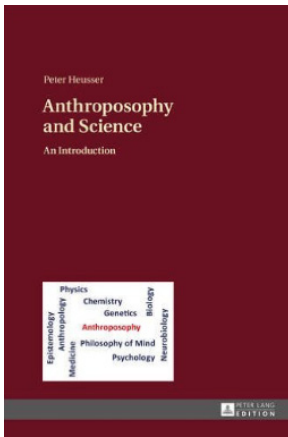
(\$50 or what you can afford).

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





## Book Review



### “Anthroposophy and Science”

By Peter Heusser

Excerpts from a Book Review

by Branko Furst, MD

Associate Prof. Albany Medical College

[Link to Complete Book Review](#)

As recently as the mid 1990's words such as “alternative” or “holistic” were used by conventional medical practitioners mainly to alert their clients to what is “unscientific” or even “quackery”. Fast forward a couple of decades and we witness a tremendous expansion of every type of holistic and patient-centered forms of care. Responding to popular demands, economic incentives and prospects for new avenues of scientific research, departments of complementary medicine continue to spring up in academic medical centers across the country. To boot, public opinion polls show increasingly that patients turn to complementary medicine to find what is missing in conventional medicine and demand greater access to complementary forms of treatment.

As much as the focus in the complementary medical research so far has been in establishing scientific proof of effect and safety of various methods and substances, little work has been done in conceptual integration of complementary methods into the framework of the conventional model. In fact, a gaping chasm remains between the conventional medicine-based concepts arising from a genetic/molecular approach as the ultimate cause of pathological events, and some traditional medical systems such as in Ayurveda, Chinese medicine, and Homeopathy where imbalance in non-material causes such as “prana”, “chi” and “astral forces” are considered to be the causative factors.

This conceptual chasm is the main theme of the book by Peter Heusser M.D., Professor and Head of the Institute of Integrative and Anthroposophic Medicine at Witten/Herdecke Medical School, Germany. The material presented in the book was in fact part of his PhD dissertation originally published in German in 2010. It has since been expanded and is now available to the English readers in a masterful translation by Lynda Hepburn.

According to philosopher John Locke the phenomenal world can be divided into primary qualities which can be attributed to objects and quantified, and secondary qualities (qualia) such as colors, hearing, smell and taste, effects that the outer world produces in us as a result of sensory experience. On the basis of this division Immanuel Kant, one of the fathers of the prevailing theory of knowledge maintained that, what is observed by the senses - the percept, and the idea of what is observed, or the concept, are equally necessary for cognition. However, the way these two subjective categories are combined to form “objective reality” is traditionally solved by arbitrarily assigning objective reality to what can be quantified (measured) in nature and/or in the human organism, whereas the psychological experiences such as feelings, intentions and sensations are considered subjective, and therefore only of secondary importance. The beneficial side of this dualistic development has been an unparalleled expansion in the analysis of material structures and molecular interactions in the living organisms. The downside of this paradigmatic choice, on the other hand, has been that the phenomena of life can only be viewed externally, i.e. mechanistically, even if considered at a molecular/atomic level. Thus the above mentioned “non-material” causal factors such as life, prana, chi, soul, spirit...cannot be treated as independently operative forces, as is the case in traditional medical systems, but are considered merely an epiphenomenon of physicochemical and molecular interaction, not amenable to scientific inquiry! This leads to “scientific reductionism” not only in the field of chemistry and physics, but also in biology and medicine...

...Steiner ... maintained that apart from physical laws active in inorganic nature, there are additional classes of emergent laws which apply to living, psychological (soul related) and spiritual elements in nature and humanity. Unlike the more recently developed concept of self-organization which proposes the emergence of life and consciousness from matter, “from below”, Steiner's concept of emergence encompasses lawfulness “from below” as well as “from above”. Applied to substances, for example, these laws are in agreement with views of modern physics and provide the key for under-

standing of homeopathic effects. These are the laws that were intuited by medical practitioners of ancient mystery traditions, but have been redefined in the language of contemporary western science.

Heusser points out that Steiner moreover described in detail the method by which the faculty of “intuitive thinking” can be developed for perception of these non-physical forces effective at four levels of organization: physical, life (etheric), soul (astral) and spiritual. This fourfold conception of the world and of the human being forms the basis for a new anthropology stemming from western scientific tradition by which health and illness result not merely from faulty molecular processes, but arise from a dynamic interaction of individual’s physical, living, soul and spiritual organizations at the level of a cell, organ, or entire organism. In this sense, evidence based on calculations of statistical probabilities used in ordinary research is at best an approximation of outer observable events but does not reveal the inner lawfulness of these connections. Thus from the epistemological point of view, the concept of “evidence-based medicine” needs to be revised and expanded to “cognition-based medicine”.

**O**nly when taking into account the sum-total of these activities, says the author, will there be a true “holistic” or “integrative” approach to science and medicine...

... According to Heusser, “human medicine is not simply a matter of physics, chemistry, biology...and in spite of similarity between humans and animals, not a matter of zoology either, but a matter of human anthropology.” The specifically human element which is repeatedly challenged, or has largely disappeared from conventional anthropology, finds its full validation in anthroposophic medicine. In addition to being the focal point of individual self-consciousness, the human spirit is the unconscious organizing principle, much like a concert master presiding over the physical, life and soul. It is also the bearer of specifically human traits such as the uprightiness, speech and memory.

Since its founding in the 1920’s Anthroposophic medicine has become a world-wide movement with clinics in a number of countries and hospitals in Germany, Sweden and Switzerland. Opportunities for post-graduate medical, nursing and artistic therapy education exist. A vast amount of primary and secondary literature on Anthroposophic medicine and related sciences has been systematically reviewed in the book, but unfortunately, much of the material is available only in German.

In summary, this book offers an excellent review of historic development and constructive critique of the

scientific method in biology and medicine. By providing a firm bridge between the physical and psychological, “Anthroposophy and Science” offers a unique starting point for a scientific debate at academic level, between complementary-holistic and conventional systems of medicine. It will serve as a valuable resource to all who are interested in epistemological and ethical questions in medicine and its organic development into the future.

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## HOLY NIGHTS REPORT 2016-17

by Tom Klein

**F**or this year’s Holy Nights observances we read together Seven lectures of the Fifth Gospel, and 5 lectures of Necessity and Freedom. I am interested to know how people felt about the choice to read 7 of the 13 lectures in the Fifth Gospel series. You can contact me at [tgklein@aol.com](mailto:tgklein@aol.com). A total of 36 individuals attended Holy Night evenings, an average of 14 people per evening, ranging from 10 - 16. We had 8 different hosts for the 12 nights.

Next year we will read “The Gospel of St. John.”

### Portland Branch Annual Meeting

February 5

12 to 4 PM

Cedarwood Waldorf School

We will enjoy a potluck with Tom Klein’s famous turkey, Spacial Dynamics with John Takacs, and engage in some clay modeling with Chris Guilfoil. For our annual conversation: What community events would support you in your striving?

Contact Valerie Hope: 503-775-0778  
[valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)

# Portland Branch Calendar February, 2017

## First Class of the School of Spiritual Science

February 12 (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206, Contact Diane Ramage at 971-271-7479; Cheri Munske at 503- 484-4133; or Rebecca Soloway, (516) 850-1027. Blue card required. Second Sunday of each month.

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## Portland Branch Council Meeting

February 13 • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)

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

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## Portland Branch Annual Potluck/ Meeting

February 6, 12 to 4pm, Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Valerie Hope: 503-775-0778 [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)

This is the big social gathering of the year for the Portland Branch, when we come together for a delicious potluck, with Tom Klein's famous turkey. This year we will have special dynamics with Dr. John Takacs, clay modeling with Christopher Guilfoil, and a conversation with you-all to find out what Branch activities you would like to see for the future. We look forward to seeing you there!!!

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## Reconciliation, Renewal & Joy: Living Progress in the Arts & Education, with Brian Gray, Christopher Guilfoil and Marion Van Namen

February 19 thru 21, Sunday-Tuesday • \$150 entire conference; suggested donation \$10-\$20 for evening talks only • Contact Matt Burns, 503-501-1415 (call or text) and [burnslikeafire@gmail.com](mailto:burnslikeafire@gmail.com)

This conference is for Waldorf educators, artists, and interested friends. Together we will explore the role of the arts of architecture, clay modeling and singing as a way to develop the theme of pictorial/musical polarity, one of the foundational aspects of the modern paradigm of education as practiced in Waldorf schools (see Steiner lecture of August 23, 1919 in *Practical Advice to Teachers*.) See flyer in February newsletter.

- **Sunday, February 19, 7:30 pm • Bothmer Hall** • The Origin of the Arts and the Evolution of Human Consciousness as Seen Through the History of Architecture – slide show with Brian Gray
  - **Monday, February 20, 7:30 pm • Swallowtail Waldorf School, Cornelius** • Rudolf Steiner's New Living Impulses in the Arts Expressed in the Two Goetheanum Buildings in Dornach, Switzerland – slide show with Brian Gray
  - **Monday and Tuesday, 8:30 am – 5:30 pm • Swallowtail Waldorf School** • **Monday Morning**- singing with Marion Van Namen, work with Brian Gray on the Foundation Stone Meditation, the Seven Daily Rhythms, the Seven Petitions of the Lord's Prayer, and Inner Work. **Tuesday Morning** – singing, Brian Gray re. The Six Essential Exercises, the Daily Review, and inner work. **Afternoons** – Clay modeling with Christopher Guilfoil.
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**Anthroposophical Medicine Club Events, National University of Natural Medicine, NUNM**  
Open to all! Location, 049 SW Porter. For more information email Sandy at [anthromedclub@gmail.com](mailto:anthromedclub@gmail.com) and see the website, [www.anthromedclub.com](http://www.anthromedclub.com).

**Feb 17 - Vaxxed showing and discussion panel** - The Club and SPAN are putting this on at NUNM, we have a panel of NDs lined up for discussion after watching the film. Friday night room 310.

**March 3 - Robin Lieberman - Art Therapy** - Hands on! Bring your creativity and let's meditate with colours! 8am Rm 301 (south side of school, opposite to where we usually go!)

**March 10 - Harald and Cynthia Hoven - Eurythmy and Biodynamic Agriculture.** Friday morning (8am, and 7pm) and evening plant studies with Harald.

**March 11 - Saturday Seed Saving workshop at Maysara Winery in McMinnville Oregon.** Collaboration with Oregon Biodynamic Group and Maysara Winery.

**Friday, April 14, 7-9 pm – The Courage to Heal, the Will to Heal: Two essentials for practice that medical training doesn't teach us. With Dr. Philip Incao**

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## Cosmic Nutrition with Dr. Philip Incao

Saturday, April 15, 7-9 pm • Bothmer Hall, 5915 SE Division St. • Contact Dr Bob Kellum at [healthbridge@integra.net](mailto:healthbridge@integra.net) or Sandy Musclow at [anthromedclub@gmail.com](mailto:anthromedclub@gmail.com)

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## **Christian Community Events - 2017 - Oregon**

**Eugene March 2 - 5**, Reverend Sanford Miller

**Eugene April 21 - 23**, Reverend Craig Wiggins

**Portland May 4 - 7**, Reverend Sanford Miller

See our blog for details and other events - <http://ccoregon.blogspot.com>

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

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## **The Embryo in Us - understanding ourselves as embryo, with Dr. Jaap van der Wal**

**Tuesday August 29- Saturday September 2, 2017** • Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave, Portland. • \$665 includes meals, \$615 for earlybirds before June 29, \$15 discount if paid by check or cash • Download the registration form at <https://span.wildapricot.org> For more info contact Dr. Bob Kellum at [healthbridge@integra.net](mailto:healthbridge@integra.net).

**August 29, 7-9 pm** lecture, *Mind and Body in the Womb - How do we Exist as Embryo?* Is open to the public, fee is \$12. Sponsored By The Society For Physicians Of Anthroposophic Naturopathy And The Portland Branch Of The Anthroposophic Society

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The other side of sorrow is joy.  
When you can raise your sorrow  
above bitterness, above disappointment, above pain,  
to the light...  
a birth occurs.  
In heaven the angels rejoice.  
Those who have died are fed  
On earth the very soil is made new.

-Claire Blatchford



## Ongoing Local Activities and Study Groups

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

9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Rumage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

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

7:30-9:00 pm • Contact Rebecca Soloway, [jrsoloway@hotmail.com](mailto: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](mailto:valerieannhpdx@aol.com)

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

### **An Outline of Esoteric Science Study Group • First Monday of the Month**

7:45-9:00 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615

or [jrsoloway@hotmail.com](mailto: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; Tuesdays Only \$80; weekend \$50; all classes \$120 • Contact Jolanda, [jolandamf44@gmail.com](mailto: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](mailto: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](mailto:Carrie.mass@portlandwaldorf.org)

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

7-8:30 pm • 3711 SE Brooklyn St.

To find out which Thursday is next contact Suzanne Walker, 503-208-2426 [zzwalker@mac.com](mailto:zzwalker@mac.com)

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

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

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

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

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

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

### **Portland Waldorf School Community Choir • Friday Mornings**

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • Free will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoo.com](mailto:pws_choir-subscribe@yahoo.com) (503) 654-2200

### **Painting and Study with Patricia Lynch**

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

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

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

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

### **Threefold Social Renewal Study Group • Every Friday**

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

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

### **Community Painting Group • Tuesday Mornings**

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

• To register contact Cheri Munske, [cherimunske@gmail.com](mailto:cherimunske@gmail.com), 503-484-4133 [www.transformativeartspdx.com](http://www.transformativeartspdx.com) •

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

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

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

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

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

### **Waldorf Teacher Education Eugene**

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

Preparing Waldorf teachers for their future vocation since 1990.

## **Embryo In Motion: Understanding Ourselves as Embryo**

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

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

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

# Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.  
Joan Takacs, D.O.  
John Takacs, D.O.



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

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curative painting and collaborative psychotherapy for individuals and couples

**Robin Lieberman**  
MSW, LCSW

503.222.1192 [robinlieberman.net](mailto:robinlieberman.net)

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Primary Care Infused with the Aloha Spirit integrating Anthroposophic Medicine.

**Julie E. Foster, MSN, FNP**

7477 SE 52nd Ave.  
Portland, OR 97206

**Place Your Ad Here!**

**And Support the Portland Branch**

Contact Valerie Hope at [Valerieannhpdx@aol.com](mailto:Valerieannhpdx@aol.com)

**Dr. Lisa Del Alba**  
Anthroposophical N.D.

**Pohala Clinic**  
503-572-4196  
7477 SE 52nd Ave. Portland, OR 97206

**Under the Roof**  
HEALTH CARE  
[uorhealth.com](http://uorhealth.com)

**Benjamin Bell LMT** OR Lic 3382  
Advanced CranioSacral Therapy

**Eugene Scheduling**  
541-799-6097  
1695 Jefferson St. Eugene, OR 97402





**You are Cordially  
Invited to**

**The Portland Branch's  
Annual Gathering**

**Sunday, February 5, 2017  
12-4 pm**

**Cedarwood Waldorf School  
3030 SW Second Ave.**

**For More Information Contact  
Valerie Hope 503-775-0778  
[valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)**

**This is the big social gathering of the year for the Portland Branch. Although this annual meeting has a business aspect, and is the time when Branch members elect council members for the coming year, it has also become a festive gathering of interested souls during the doldrums of chilly winter. And this year there is a door prize!**

**We are looking forward to a rich and enlivening time together, as follows:**

**12-1 pm Potluck, social hour and voting: Once again we will feast on turkey prepared by chef Tom Klein, along with all of your delicious potluck dishes. Beverages will be provided by the Branch. We will express our appreciation to retiring Council member Chiaki Uchiama!**

**1-2 pm Spacial Dynamics with John Takacs**

**2-3 pm Clay exercise with Christopher Guilfoil**

**3-4 pm Conversation:**

**What community activities/events would support you in your striving? Two areas of interest have been suggested: biodynamics and meditation. Do you have additional interests that could be supported by the Branch? What kinds of activities would support your interests?**

**We look forward to seeing you there!**

**Warmly, the 2016 Council: Valerie Hope, Ruth Klein, Tom Klein,  
James Lee, Walter Rice, Chiaki Uchiama**

# Total Solar Eclipse Experience in Portland, OR

With Oliver Conradt,  
Head of the Section for Mathematics and Astronomy  
at the Goetheanum

Saturday August 19 to Monday August 21, 2017

**The Portland Branch** is pleased to announce this significant event, intended to bring us to a deeper experience and understanding of a total eclipse of the sun. For the workshop we have rented buses which will take us early on Saturday to a good spot for viewing, with proper equipment. Details are still being worked out, but space will be limited, so anyone who would like to come can contact Valerie Hope to be put on a list: [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)

**As Oliver writes to us:** “Total solar eclipses rank among the most fascinating celestial events. In the deepest shadow of the moon –its umbra– it gets so dark during the day, that you can perceive phenomena of a very special nature. People who saw these often reported delighted and inspired what they experienced. A well known description was given by the Austrian writer Adalbert Stifter (1805-1868):

There are things that one knows for fifty years, and then in the fifty-first marvels at the gravity and dreadfulness of their contents. This is how it was for me with the total solar eclipse we experienced in Vienna on July 8th in the earliest hours of the morning, under the most favorable skies. Because I can portray the matter pretty well on paper by drawing and calculation, and because I knew that at such and such a time the moon would step away beneath the sun, and that the earth would cut off a piece of its disk-shaped shadow, which then—because of the progression of the moon in its path and because of the rotation of the earth—would pull a black strip across the earth’s globe, which one then sees in different places at different times in such a way that a black slice seems to push into the sun, taking away more and more of it, until only a small sickle remains and finally it too disappears—on earth it becomes ever darker, until again on the other end the sun-sickle appears and grows, and light on earth gradually swells again until the complete day—all of this I knew in advance, and really so well that I thought to be able to describe a total solar eclipse beforehand as faithfully as if I had already seen it. However, now that it has really appeared, once I stood on a lookout point high above the entire town and regarded the phenomenon with my own eyes, there naturally occurred entirely other things, which I had never thought of either waking or dreaming, and about which no one thinks who has not seen this miracle.—Never, ever in my entire life was I so shaken, from terror and sublimity so shaken, as in these two minutes—it was nothing other than if God had all at once spoken a clear word and I had understood it.

(from “The Solar Eclipse on July 8th, 1842”)



**Oliver Conradt**, born 1970 in Dornach/Switzerland, graduated at the Faculty of Science of the University of Basel, PhD thesis on „Space and Counterspace in Mathematical Physics”, Upper School teacher in Hamburg, head of the Section for Mathematics and Astronomy at the Goetheanum since summer 2005. Seminars and lectures on astronomy, mathematics and general anthroposophy, father of three children.

Sponsored By The Society For Physicians Of Anthroposophic Naturopathy  
And The Portland Branch Of The Anthroposophic Society:

# THE EMBRYO IN US

UNDERSTANDING OURSELVES AS EMBRYO

With Dr Jaap van der Wal ♦ August 29 – September 2, 2017



**Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave, Portland, OR 97201**

\$665.00 for Workshop And Meals, Save \$15 by paying with check or cash  
**\$615.00 EARLY BIRD PRICE IF PAID BEFORE JUNE 29<sup>TH</sup>**

**WORKSHOP LIMITED TO 40 PEOPLE**

26.5 Naturopathic General OR Obstetric CEU's Pending (Has always been granted in the past)

The Workshop begins with a PUBLIC lecture at Cedarwood (no size limit)

***Mind and Body in the Womb – How Do We Exist as Embryo?***

**7:00-9:00 PM, Tuesday, August 29, 2017**

This evening lecture is \$12.00; no charge for course participants.

DOWNLOAD THE REGISTRATION FORM AT <http://span-med.org>  
FOR MORE INFORMATION, CONTACT DR. BOB KELLUM AT  
[HEALTHBRIDGE@INTEGRA.NET](mailto:HEALTHBRIDGE@INTEGRA.NET)



# RECONCILIATION RENEWAL JOY

Living Progress in the Arts & Education

**AN INVITATION TO CONFER AS WALDORF EDUCATORS, ARTISTS & INTERESTED FRIENDS**  
**with Brian Gray, Christopher Guilfoil and Marion Van Namen**

**Sunday February 19 through Tuesday February 21, 2017**

**Portland Oregon**

**Sunday**

Brian Gray will give two evening slide shows, the public is also invited – \$15. suggested  
7:30 PM:

The Origin of the Arts and the Evolution of Human Consciousness  
as Seen Through the History of Architecture

Bothmer Hall 5919 SE Division St. Portland OR.

**Monday**

7:30 PM:

Rudolf Steiner's New Living Impulses in the Arts Expressed  
in the Two Goetheanum Buildings in Dornach, Switzerland

Swallowtail Waldorf School 460 S. Heather St. Cornelius, OR (suburban Portland)

**Monday and Tuesday  
Music Workshop**

8:30 AM Opening Activity

9 - 10:30 with Marion Van Namen, Sculpting Music

These sessions are set up to be experiential and nurturing. There's nothing you need to know or do, other than allow the musical being you innately are to come forth. Through singing, body percussion and improv, you'll discover the building blocks (four-foldedness) of music and will experience the sculptural qualities of music for our communities.

**(Snack Break)  
Seminar**

11:00 - 12:30 with Brian Gray **Monday:** The Foundation Stone Meditation, The Seven Daily Rhythms, the Seven Petitions of the Lord's Prayer, and Inner Work **TUES:** The Six Essential Exercises and the Daily Review. Inner Work

**(Lunch)  
Clay Modeling**

2:00 - 5:30 with Christopher Guilfoil, (with a snack break provided)

The Music in the Clay: Reconciling What Has Been with What Will Be

**Tuesday Plenum  
Conversation 4-5:30**

In the visual arts, the arts that are seen, we are working with forces of imitation coming from the cosmic order of the past. In the musical, the time arts, we are working with creative capacities coming from the future. How can these merge in the substance of clay? As Steiner puts it, how can we "rescue what has to come about?"

**Fee**

\$150. Includes evening talks and snacks

**Information**

For registration, more information and biographies of the presenters:

Matt Burns 503.501.1415 (call or text) and burnslikeafire@gmail.com

THE PORTLAND ANTHROPOSOPHICAL SOCIETY, THE SOCIETY FOR PHYSICIANS OF ANTHROPOSOPHIC NATUROPATHY (SPAN), AND THE  
NCNM ANTHROPOSOPHIC MEDICINE CLUB PROUDLY PRESENT:

# DR PHILIP INCAO



**SPEAKING ON:**

## **The Courage to Heal, the Will to Heal:**

**Two Essentials for Practice that Medical Training Doesn't Teach Us.**

**FRIDAY, APRIL 14, 2017      PORTLAND OREGON**

**7PM-9:00PM**

**NUNM**

**049 SW Porter  
Portland, OR 97201**

**Cost: \$6.00-15.00 sliding scale—please give what you can afford to support Dr Incao's trip here.**



One of the first practitioners of Anthroposophic Medicine in the United States, Dr Incao had a busy practice in upstate New York in a Waldorf School and Biodynamic Farming Community for 23 years, until 1996. He then moved to Denver to help the growth of anthroposophic medicine in the West, founding and practicing at the Gilpin Street Holistic Center until 2006, when he moved to Crestone, Colorado. Today he continues to practice part-time in his home. Dr. Incao's special interest is learning how to apply to practical healing Rudolf Steiner's profound insights into the human being. Dr. Incao has been studying children's health, the immune system, infections and vaccinations since 1970, giving many lectures and articles on these topics. Philip Incao studied liberal arts and life sciences at Wesleyan University and then received his MD from Albert Einstein College of Medicine in 1966. He studied Anthroposophy and Anthroposophic Medicine in Forest Row, England and Arlesheim, Switzerland. For more about Philip, see: <http://philipincao.crestoncolorado.com>

**ALSO COME OUT TO HEAR PHILIP SPEAK ON "COSMIC NUTRITION" AT BOTHMER HALL  
(5915 SE DIVISION) FROM 7:00-9:00PM ON SATURDAY, APRIL 15, 2017.**

FOR MORE INFORMATION: CONTACT DR BOB KELLUM AT [HEALTHBRIDGE@INTEGRA.NET](mailto:HEALTHBRIDGE@INTEGRA.NET) OR SANDY MUSCLOW AT [ANTHROMEDCLUB@GMAIL.COM](mailto:ANTHROMEDCLUB@GMAIL.COM)

THE PORTLAND ANTHROPOSOPHICAL SOCIETY, THE SOCIETY FOR PHYSICIANS OF ANTHROPOSOPHIC NATUROPATHY (SPAN), AND THE  
NCNM ANTHROPOSOPHIC MEDICINE CLUB PROUDLY PRESENT:

# DR PHILIP INCAO



**SPEAKING ON:**

## COSMIC NUTRITION

In the 5th lecture of The Four Seasons and the Archangels, Rudolf Steiner states: "... one essential fact is not known—the fact that all external substances and processes become different as soon as they enter into the human organism ... A flame that burns externally is dead fire; that which corresponds to it within the human being is flame living and ensouled... whatever enters the human being becomes different immediately ... *All spiritual progress at the present time depends on our being able to grasp these things in the right way.*"

Philip Incao will discuss what Rudolf Steiner revealed in various lectures to workmen, farmers and members about how the renewal of our life forces and our bodily substance flows into us from the spiritual cosmos. Since the time of Lucifer's entry in ancient Lemuria into human evolution, this process of re-enlivening and rebuilding of ourselves from the cosmic spirit has been chained to the process of destruction and annihilation within us of the food we eat. A human being must harbor these highly destructive spiritual forces in order to digest food and live within a physical body on Earth. Yet, Steiner warned, if we fail to learn from spiritual science to know and transform these annihilating forces within us, these all-too-human forces can lead to evil and social chaos in the world.

**SATURDAY, APRIL 15, 2017      PORTLAND OREGON**

**7PM-9PM**

**BOTHMER HALL  
5915 SE Division  
Portland, OR 97206**

**Cost: \$8.00-25.00 sliding scale—please give what you can afford to support Dr Incao's trip here.**



One of the first practitioners of Anthroposophic Medicine in the United States, Dr Incao had a busy practice in upstate New York in a Waldorf School and Biodynamic Farming Community for 23 years, until 1996. He then moved to Denver to help the growth of anthroposophic medicine in the West, founding and practicing at the Gilpin Street Holistic Center until 2006, when he moved to Crestone, Colorado. Today he continues to practice part-time in his home. Dr. Incao's special interest is learning how to apply to practical healing Rudolf Steiner's profound insights into the human being. Dr. Incao has been studying children's health, the immune system, infections and vaccinations since 1970, giving many lectures and articles on these topics. Philip Incao studied liberal arts and life sciences at Wesleyan University and then received his MD from Albert Einstein College of Medicine in 1966. He studied Anthroposophy and Anthroposophic Medicine in Forest Row, England and Arlesheim, Switzerland. For more about Philip, see: <http://philipincao.crestoncolorado.com>

**FOR MORE INFORMATION ABOUT THIS UPCOMING EVENT, CONTACT DR BOB KELLUM AT 503-331-7393**