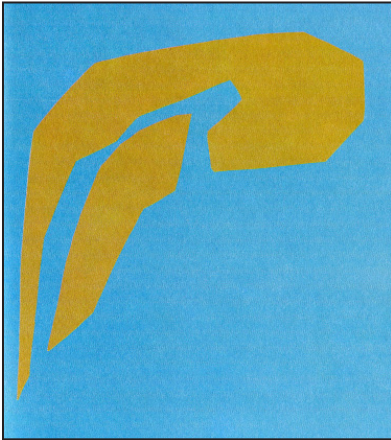




Anthroposophical Society PORTLAND BRANCH

Newsletter

February 2018



How Can We Make Our Work in the World More Effective Through Working In the School of Spiritual Science?

By Valerie Hope

Logo for the School of Spiritual Science
by Rudolf Steiner

Dear Friends,

As we continue our quest to bring to the fore a greater relationship to the School for Spiritual Science, I take up here how our striving together could begin to bring about healthy activity in the social sphere. Members often ask, “Shouldn’t we be doing something in the world to help our fellow human beings, the hungry, the addicts, the poor, the homeless, the desperate?” Rudolf Steiner himself tells us, “And it must appear as a matter of course that a way of thinking that has undertaken to promote the highest ideals of humanity should somehow come to terms with the demands made in social life.”¹

We will begin our inquiry with the illuminating observations below made by some North American Social Science Section members in 2010, indicating their thinking at that time.

The Life of a Research Section of the School of Spiritual Science²

In any Section of the School of Spiritual Science, not all members work on a single theme; rather, each individual generally works on the issue or issues that present themselves in life. This can allow us to research and be active in areas that we love.

The Section for the Social Sciences, by its very nature, includes a particularly wide range of interests: members work in and represent research and activities touching on every realm of social life. As described on the Goetheanum website:

The Section for Social Sciences is concerned with human relationships in the three spheres of social life: economic, legal and cultural/spiritual. Depending on the sphere different fundamental questions arise:

How are the basic needs of the world’s population to be met?

What responsibility does a citizen bear for the common good?

What does a human being need from the world in order to reach his or her potential?

With such questions in mind the Section conducts research, pursuing insight and creative forms in a range of areas including: family culture, biography work, conflict resolution/peace studies, addiction, economic questions and the science, practice and politics of law.

The Section for the Social Sciences in North America was founded in June 1987; over time, eight points emerged, eight areas which, we believe, continue to indicate the Section’s scope:

- to foster and encourage individual and collaborative research at local, regional and national levels with a focus on social lawfulness and the threefold nature of social life.
- to work toward a deeper understanding of the spiritual beings connected to social life.
- to recognize that the sacrament of human encounter is an essential task for this section.
- to do what we can—humanly, socially, and spiritually—to encourage and support the initiative and research capacities of members of this section, and to cultivate collaboration with other sections of the School for Spiritual Science.
- to provide local support in the branches of the Anthroposophical Society.
- to foster consciousness of world events in a spiritual

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

Save The Dates!

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

February 2-5

Rev. Craig Wiggins, Christian Community, Portland

February 23-26

Meeting the Challenges of Child Development in Education and the Healing Arts with Dr. Michaela Gloeckler and 17 other health care and educational professionals

March 4

Branch Annual Gathering, AGM

March 8

Art Hall Event with Tom Klein and Martin Levin

March 15-18

Rev. Sanford Miller, Christian Community, Eugene

March 25

Easter Observance

April 13-15

Rudiger Janische re. School of Spiritual Science, General Section

April 20-23

Rev. Craig Wiggins, Christian Community, Eugene

May 3-6

Rev. Sanford Miller, Christian Community, Portland

May 18-20

Michael Howard re. School of Spiritual Science

June 22-July 1

Tone Eurythmy Conference with Jan Ranck

September 28-30

Michaelmas Observance, Calendar of the Soul/School of Spiritual Science with Herbert Hagens

November 2

All Souls Observance

November 14-18

National Biodynamic Conference w/some possible events in advance

Pacific Eurythmy Training

Classes Monday and Friday mornings and Tuesday, Thursday and Friday evenings.

context.

- to encourage associations of individuals and groups sharing common interests.
- to create forums of meeting to help heal social ills and relationships.

A mighty set of tasks! One can see how work in the Section for the Social Sciences cannot but interweave with that of other sections. And one can wonder: How does this set of guideposts play out in a practical way? How does life within the Section for the Social Sciences manifest?

The heart of the section lies in the initiative of members...Members who work with youth groups, offer workshops on social three-folding, work in social finance, provide mediation, or otherwise offer special services, bring their section perspective to that work.

**From “The Science of the Spirit
and the Social Question”³**



Robert Owen age about 50

Rudolf Steiner offered an example of how a well-meaning attempt to correct social ills failed because of a lack of understanding of soul/spiritual realities. He describes Robert Owen (1771-1858) as “...one of the noblest social reformers...a genius in practical social activity (who) possessed two characteristics which may well justify him being called this: a far-ranging eye for measures that would serve social life, and a noble love for human beings.” Robert, a Welsh industrialist and social reformer, held that the human being is at heart good, but is molded by his environment; he doesn’t form his own character, it is formed by the conditions in which he lives. “He created a model industrial set-up in New Lanark (Scotland) and employed his workers in such a way that they not only had a dignified existence materially, but that they also lived in conditions which were satisfactory from a moral point of view. The people who gathered there were in part those who had come down in the world and were given over to drink. Better elements were mixed with these, and their example had an effect. And so the best possible results imaginable were attained. What Owen achieved there makes it impossible to place him on the same level as other more or less fantastic “improv-

ers of the world” — the so-called Utopians. He restricted himself to measures which could be put into practice, that anyone not inclined to day-dreams could assume would lead, within a particular limited area, (emphasis added) to the abolition of human suffering. And it is not being impractical to believe that such a small area could serve as an example, and that from it a healthy development of the human condition in the social sphere could be stimulated.”

However, when in 1824 Owen tried to establish a small model state in Indiana, North America, based on freedom and equality, things didn't go as he hoped. He was convinced that “...if work organized in the appropriate way appears certain to bring blessing, the desire to work will unfold in human nature.” As it turned out, “there were sufficient people who disliked work, who wished to get rid of their work on others, for strife, quarrels, and finally bankruptcy to ensue.... Through his experience Owen was able to be completely cured of the belief that all human misery comes about through bad “conditions” in which people live, and that the goodness of human nature would come to life of itself if these conditions were improved. He was forced to the conviction that good conditions can be maintained only if the human beings who live in them are naturally inclined to maintain them, and when they do this with enthusiasm.”

Rudolf Steiner then describes that, “it is only possible to achieve a really practical result by penetrating more deeply into the matter. We have to advance from merely a belief in the goodness of human nature that deceived Owen, to a real knowledge of man (emphasis added). — However clear people have been about how purposeful certain measures are which can bring blessing to humanity — in the long run all such clarity cannot lead to the desired goal. For the human being is not able to gain the inner impulse to work by having a clear understanding if, on the other hand, the impulses to be found in egotism rear their heads.”

Of course solutions cannot be elaborated in his single article, but Rudolf Steiner's intention was to shed some light from the spiritual point of view, and he does significantly state “...the main social law set forth by the science of the spirit: The well-being of a total community of human beings working together becomes greater the less the individual demands the products of his achievements for himself, that is, the more of these products he passes on to his fellow workers and the more his own needs are not satisfied out of his own achievements, but out of the achievements of others.” He describes this law as “...more practical than anything which has ever been thought out by ‘practical people’, or that has actually been introduced.” Dr. Steiner also is

clear that we can't look for a solution which is applicable to all times, but “...we must formulate our social thinking and actions in accordance with the immediate needs of the present in which we live.” He describes that, “... from times immemorial human egotism has thwarted this law. It has sought to get as much as possible for the individual from his own work. And it is just what has been produced through egotism in this way that has al-



New Harmony, a utopian attempt; depicted as proposed by Robert Owen

ways led to distress, poverty, and misery.”

The alternative for each individual: “He will come to feel that he is fulfilling a higher purpose when he works in accordance with his place in the world, and in accordance with his abilities. The result of realizing this will not be a kind of shadowy idealism but a tremendous impulse of all his powers, and in this respect he will regard his action just as much a matter of course as in other respects he regards eating and drinking. And furthermore, he will realize the particular significance of the human community to which he belongs. He will come to understand the relationships which his human community has to other communities, and so the individual personalities of these communities will draw together through a unified picture of spiritual aims, a picture of the common mission of the whole human race. And his knowledge will be able to reach out from the human race to the meaning of the entire earth existence. Only someone who will have nothing to do with a view of the world tending in this direction could be doubtful that it could have the effect suggested here... According to the laws of human evolution it has never been possible to achieve what is now gradually becoming possible: to transmit a view of the world to every person with the prospect of the practical result already indicated.”

“...Only a view of the world that can inspire everyone and can kindle inner life in everyone is in a position to lead to a universal salvation. This the approach of the science of spirit will always be able to do, where it really

evolves according to what is latent within it. — Of course, we should not only look at the form which this way of looking at life happens to have at this moment, in order to recognize what has been said as right, it is imperative to realize that the science of spirit has still to evolve and rise to its lofty cultural mission.”

As always this incomplete characterization of all that Rudolf Steiner brought in his brilliant essay does not do the whole of it justice, but I offer this small attempt to indicate how important our working together in the School for Spiritual Science can be, in whatever section relates to our own enthusiasms. Once again the oft-repeated statement at last year’s Ottawa conference – Encountering Our Humanity⁴ – comes to mind. “The world is asking for medicine, but if we don’t deepen our work through Spiritual Science, we might offer the wrong medicine.”

¹The Science of the Spirit and the Social Question, Rudolf Steiner essay, 1905, published in the magazine Lucifer-Gnosis, Berlin Germany. Find the entire lecture at http://wn.rsarchive.org/Articles/SocQue_index.html

²The Life of a Research Section of the School of Spiritual Science by Shawn Sullivan, Kristen Puckett and others, December 27, 2010

³The Science of the Spirit and the Social Question, Rudolf Steiner essay, 1905, published in the magazine Lucifer-Gnosis, Berlin Germany

⁴The North American Anthroposophical Conference – entire title, Encountering Our Humanity; from knowledge to conscious action, was held in Ottawa, Canada, August 2-14 2016, sponsored by the Anthroposophical Society in Canada. A retrospective of the conference is available at <http://anthroposophy.ca/en/encountering-our-humanity-a-retrospective/>

Important Announcement About Portland’s AGM

The Annual General Meeting of the Portland Branch of the Anthroposophical Society Incorporated will take place on March 4th, 2018. At the meeting, an up to date member of the Anthroposophical Society of America who is also a member of the Portland Branch and has paid his or her dues is eligible to vote at the AGM. In order to be considered a voting member, 2018 dues must be paid by February 17th. The suggested dues amount is \$50. If you would like to make other arrangements, please call Ruth Klein at 503-777-3176. While your donations are important for our ability to continue to serve the community, we never want finances to be a barrier to becoming member of the Portland Branch of the Anthroposophical Society.

Calendar of the Soul

44. (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. (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. (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. (February 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.**

Calendar translation by Stefan Schwabe



What's New at the Goetheanum?

by Anya Thaker



Who is Hans Hasler? Herr Hasler is well known and revered at the Goetheanum, although his work is mainly behind the scenes. He is the former leader of the Administration of the Goetheanum building, and is currently one of the many teachers for the Anthroposophic English studies program

at the Goetheanum. Each week a person specialized in a particular field offers a lecture on a different theme. Herr Hasler speaks about the buildings around the Goetheanum and takes students on tours, teaching about the history of the buildings and examining the forms. During his class, students tour through the narrow walls of the Goetheanum, through magnificent spaces surrounded by concrete, behind the rooms and up into the ceiling to the light fixture above the Great Hall.

Those who have visited the Goetheanum's bookshop may be familiar with his book, *The Goetheanum: A Guided Tour through the Building, Its Surroundings and Its History*, which is available in many lan-

guages. This important piece is the reference book for the tour guides of many nationalities who train in-house to give tours of the Goetheanum every Saturday at 2pm, in English and German. Tours in other languages are also available upon request.

Herr Hasler is of Swiss origin, born in 1942. After completing his studies Slavonic languages, history and education he went on to teach. Later he worked in a Camphill, and then for the Goetheanum Building Administration. It is said that he can read some 17 languages and speak 11.

He writes about and recalls to his students with full

affection the day he first fell upon the Goetheanum. He was no older than 15, out on a walk in the hills with his family. Those who know the Jura landscape can picture them up on a hill, amidst the forested hills and valleys of the region. Looking through binoculars, his eyes fell upon the Goetheanum and he felt at once that he must visit this place. He questioned: What am I seeing? Why these forms? What happens in this building?

After encountering Anthroposophy, Herr Hasler went to work for the Medical Section, and was responsible for work in social therapy and the education of those with special needs. He and his Finnish wife, Päivi Lappalainen, moved to Finland, where they worked at a Camphill for many years. They later returned to the Goetheanum where he managed the Building Administration, including the major renovation of the Great Hall in the late 90s.

What is seen when looking at the Goetheanum building? How can these forms be understood? The brown clay shape that Rudolf Steiner formed for the architects as a model for the 2nd Goetheanum was molded by hand and can be seen on display outside of the Representative of Humanity sculpture in the Goetheanum. The building may appear rounded at a glance - a closer examination shows the sharp edges and curves, as though

sculpted with a knife. The majestic landscape leading up to the Gempen mountain has a signature shape behind the Goetheanum and is limestone from a time long ago when the valley was an ocean bed, and that shell substance is also the make-up of the cement in the Goetheanum.

Those familiar with the Great Hall know the forms that transition, mold and flow from the entrance at the top of the auditorium, underneath the glow of the Michaelic red glass window, into the green light, then the light of the blue, violet and rose windows that illuminate the chairs in the auditorium. The stage stands sturdy below the rainbow painted ceiling.

The forms along both sides of the auditorium, larger than life, above each column and crowning the great hall, appear almost plasticine-like, made from rose granite which was chiseled by hand. The wisdom told in these grand motifs, and in the buildings around the Goetheanum.

*The Goetheanum in Dornach, Switzerland, was conceived as a visible expression of Rudolf Steiner's spiritual philosophy – a living experience of Anthroposophy in the form of art. Steiner conveyed his ideas and concepts in many books and lectures, but the Goetheanum – with its pioneering concrete forms built in the 1920s – is a manifestation of spirituality in architecture, painting and sculpture. (From the description of Hans Hesler's book, *The Goetheanum: A Guided Tour through the Building, Its Surroundings and Its History*)*

num, are what intrigued Herr Hasler.

With the Building Administration, he is now responsible for the homes of Anthroposophists in the area who pass away, arranging their belongings. Imagine what can be found, including full libraries. He told students of a case in which they had to dispose of a woman's 30 boxes of papers!



Herr Hasler and his wife Päivi Lappalainen are well recognized amongst Anthroposophists in Dornach, and it is important to recognize Päivi's unique work, assisting individuals as they cross the threshold at death.

Päivi works at the Ita Wegman clinic in Arlesheim, and is on call to attend individuals at home. She also works at House Martin, the Anthroposophic care home in Dornach, and teaches a course on death and dying for the Anthroposophic studies program, explaining the death process to students and posing the question to ponder: how does each person wish to die. Each November there is a conference at the Goetheanum on Death and Dying and Päivi is a main contributor.

Currently Herr Hansler and Päivi Lappalainen live part of the year in Finland, and part in Dornach.

The Newsletter Team Needs You!

We are sad to announce that Wes Burch, our long-time colleague who has been responsible for the essential functions of proofreading, printing and distributing paper copies of the newsletter to local Waldorf schools and Anthroposophically oriented clinics, is moving on to other commitments. Only sad because we will miss him and the strong and whimsical social impulses which have guided his work – we wish him well in his future endeavors, and are deeply grateful for all that he has brought to the team. His help wanted ad follows:

Would you care to become friendly with your local printer, and to deliver enticingly colorful newsletters to local schools and clinics who are on your usual routes? (they can be mailed) Your mission would also include spreading the word by post to outlying school communities such as Eugene, Corvallis, and Bend.

You can volunteer to work with the Portland Branch Newsletter team! Apply to Valerie Hope, editor, at valerieannhpdx@aol.com Or call 503-775-0778

It is possible that it will take more than one person to replace Wes in his roles as proofreader, printer and distributor. Please let us know if you are willing to take up any or all of his tasks.



Return the Human Being to the Center of Society

Towards a Healthy Digital Ecosystem: Values, Competences & Responsibilities

ELIANT's Contribution to Digital Literacy

By Dr. Michaela Glockler, writing about the November 28, 2017 conference in Brussels

In her opening speech at the ELIANT conference on November 28th, Martine Reicherts pointed to the importance of the digital debate organized by ELIANT: "We need to return the human being to the center of society. People like you are needed, it's a question of heart, friendship and common values and we should focus on all that unites us even if we see many things differently."

Digital technology is becoming increasingly pervasive and questions are being raised about its role in business, politics and everyday life. Its implications for the healthy development of children and young people needs urgently need addressing.

Prof. Fuchs, an international expert on embodied cognitive science, spoke of how physical activity, social interaction and emotional engagement form the basis of human cognition. Cognition, emotion and action always work together as an integral unit. The brain is a mediating organ that is shaped by continuous interaction with the world, it is not a hard drive or a computer. And Prof. Gertrud Teuchert-Noodt's final message (quoting Einstein) was: "Learning is experience. Everything else is just information".

It is only through human interaction early in life that motivation, tolerance, creativity, empathy and common sense can be developed. And, if it is to create a healthy social ecosystem, Europe needs citizens who uphold these values. ELIANT is committed to support this development. With more than 160 participants, lively workshops and inspiring presentations the conference of November 28th was a great success. Find more information here <https://eliant.eu/en/news/conference-nov-2017/>

**"Every human being is a teacher,
but is sleeping, and must be awakened,
and Art is the awakener."**

~Rudolf Steiner



Getting to Know Our Community

This Month: Meet Mary Elverhoy

Interview by Christine Badura

Many of you have asked that we begin again offering biographies of community members, both because you have enjoyed them so much, and because it helps to knit our community closer together. This is our first offering in that direction. ed.

Mary Elverhoy has built a career as an educator in public and Waldorf schools, and is currently the 7th grade teacher at Cedarwood Waldorf School. From an adventurous childhood in northern Minnesota to her adulthood in the Pacific Northwest, she roots in continuous learning and a deep connection to the outdoor world.

Growing up in Duluth, Mary's fondest memories



include walking a mile to school each day, playing outdoors with her four siblings and neighbors, spending time at the family lakeside cabin, and a variety of sports: swimming, track, basketball, volleyball, cross-country skiing, ice skating, and canoeing. Her father Roger, a social and energetic man, had a long career in the Social Work Department. Her mother

Anne ran the household with a strong rhythm not unlike a Waldorf kindergarten and every other Monday Anne baked 21 loaves of bread!

Mary completed her first BA in Vocal Performance at the University of Minnesota Duluth, a musical heritage from her aunts, uncles, and parents that she and three of her siblings continued at home, in the nearby Presbyterian church, and in high school. Mary toured in Europe with her high school choir, and continued her studies in college. She then earned a BA in Education, working in Minneapolis public and private schools for a year.

Following her older sister to Tacoma, Washington, Mary worked as a YMCA summer camp program director and a second grade and kindergarten teacher in

public schools. She met her husband Jon in Tacoma, and together they made a home for ten years in a beautiful old house overlooking Point Defiance Park. The park was central to this period of their lives: they were married in the gardens, they ran and biked on the many trails, they played Frisbee in the field, and eventually brought their children to slide down the hills, feed the ducks, and go to the zoo.

Mary has two children: Taylor, now 24, and Isaac, now 21. While Taylor was an infant, Mary completed a master's degree in education with a special interest in Administration, Curriculum, and Instruction through



Gonzaga University.

As is often the case, Mary discovered Waldorf education through her own child: she saw Taylor's intellectual potential as well as her love of dancing, drawing, singing, and telling stories, and began searching for a school that would support her child's whole being.

Taylor spent two years

at the Tacoma Waldorf Kinderhouse, a turning point for the family. When it was time for Taylor to start first grade, Mary and Jon made the decision to move to Portland (Jon's hometown) so their children could continue in a Waldorf grade school. Taylor attended the Portland Waldorf School and Isaac attended Cedarwood Waldorf School and PWS.

Mary began teaching again when Isaac turned five, assisting in the PWS kindergartens until she decided to start a home program, The Marigold Kindercottage, which she ran for three years on the motto "there's no bad weather, only bad clothing". The day began rain or shine with an outdoor circle and a walk through the nearby forest, Mary's passion for nature emanating through the curriculum. This passion is evident in her current class at Cedarwood, who have gone camping, backpacking, mountain climbing, and have had an annual class bike trip since third grade.

Mary received her Waldorf teacher training at the Michael Institute and continues training during summers at Rudolf Steiner College. She credits Waldorf with deepening her values of teaching through example, educating the whole child, and the reciprocal learning and growth of both adults and children.

Taylor and Isaac are actively establishing themselves



Mary and her siblings in August, 2017 together after their mother's passing

in the world, pursuing dreams on both coasts. Taylor lives in Boston, touring and recording with her band Hawthorn as well as teaching music classes and working at a Reggio-inspired preschool. Isaac is in his third year at the University of Oregon studying philosophy and business.

Mary has recently traveled to Peru and South Africa, and a trip to Alaska and hiking the PCT are at the top of her bucket list. She enjoys cross-training daily, and has been diving into painting and learning how to play the mandolin. She always wishes for more time outdoors. After her current class graduates from 8th grade in 2019, Mary looks forward to continued work in the Cedarwood community.

The Association for Anthroposophic Psychology has announced a three year certificate program beginning in April for self-development and professional counseling. New programs will begin in Pennsylvania and in Minnesota. They describe it as follows:

Our profoundly transformative program, designed as a series of nine seminars, focuses on a



living experience of the human soul and its interaction with body and spirit. Seminars include a potent mixture of lecture, small group work, personal reflection, art, music, drama, and eurythmy. Each of the nine carefully designed seminars includes a balance of experiential exercises, lectures, artistic response, movement, individual contemplation, and the richness of human relationship. Within each seminar, sufficient time is created to ponder, digest, wrestle with, and integrate the rich content and experiences. Between seminars, live online conferences and "Between Queries" allow deeper understanding to ripen. Alterations to the curriculum can occur but this shows the general flow of concepts and experiences. For more information about the program go to <https://anthroposophicpsychology.org/3YearCertificateProgram2018-2020>

For a free February 4 webinar go to <https://anthroposophicpsychology.org/event-2802117>

News About Pacific Eurythmy

by Jolanda Frischknecht

Pacific Eurythmy has started its second semester. Students and teachers alike are excited about all the new elements to share and learn in the coming months. In December we had our first end-of-term sharing for parents, friends and community members. The mood of the event was festive and a true celebration of Eurythmy! In mid-February our mentor from Eurythmy Spring Valley will visit us, working with both teachers and students. Our Friday evenings, open to the wider community, continue to be a fun, meaningful and deepening experience of many subjects including Anthroposophy, speech, form drawing and more. Please visit our website, PacificEurythmy.com for info about those open classes.





An
Interview
with
Michaela Gloeckler, MD

With Dr. Robert Kellum, ND

In anticipation of the upcoming portland conference, "On Meeting the Challenges of Child Development in Education and the Healing Arts", February 23-25th 2018

RK: Thank you for taking time from your busy schedule to grant us this interview Michaela. We look forward to being with you in our upcoming conference.

MG: I am happy that we take the time to ask during the upcoming conference, "What is best for our children?" and to have intense discussions with the participants.

RK: It seems like two main focal points of your career have been promoting the health of children; and spreading anthroposophic medicine across the planet as much as possible. Now that you've stepped down from heading the Medical Section at the Goetheanum, how do you find yourself spending your time? What projects are you involved with and how do you feel they are opportunities to continue your path?

MG: My main project is the European Alliance of Initiatives for Applied Anthroposophy - ELIANT. In service of this Alliance I am working this year for a European-wide campaign for "human education" in our digitalized world. Besides this I am writing a book on the salutogenic effect of Waldorf education, and engaging in supporting initiatives with lectures and seminars.

RK: Here in the states there are continual efforts to clamp down on our options in health care and our freedom to choose. Again, recently, the FDA has announced a new initiative to "target homeopathy" as a pseudoscience (including injectables). With the recent rise of mandatory vaccinations in California, more medical professionals and politicians are talking about whether childhood vaccinations should be negotiable at all. Do you see a relation between your work with ELIANT in Europe and what is happening in America today? How can ELIANT and those who want freedom of choice here in America work together to help each other?

MG: Freedom of choice is a privilege of modern

mankind – of times of true democracy. But this freedom is not enough! If you cannot make your free choice any more for healthy food, for the education you want, for the medical system which seems appropriate to you – then the missing availability of choice is limiting your freedom of choice! I think civil society all over the world, the consumers and customers, should work for their ability to choose the products they really want and need. For this purpose, we need alliances like ELIANT and others. My dream is, that we help one another and cooperate. Mainstream products should be accompanied by minority products. Then we really have a "free market".

RK: The recent production of films like "VAXXED" and "Injecting Aluminum" here in the states has done much to point out the depths to which "science" can go to cover up truths that contradict the dominant paradigm. While neither of these films was actually against the principle of vaccinations, they were both viciously attacked as such. Has ELIANT been attacked at all on the vaccination issue, and if so how does it respond?

MG: The International Anthroposophic Physicians Association (IVAA), a member of ELIANT, supports the organization in Germany that is working for an "individual vaccination decision". Anthroposophic and Homoeopathic Doctors are not against vaccinations, but rather for a careful individual decision--when for this child is the best time and how much vaccinations at once would be the best? The immune system of the child in the first year of life is still in the process of development. We should not overtax it by too many vaccinations at once.

RK: The current rash of sexual harassment issues surfacing in America is making it clear we still have a long way to go in sorting out how to relate with one other as male and female, and what those sex roles actually mean. When we polled Waldorf teachers as to what topics they would like to see discussed at the upcoming conference, one of their interests was gender, including transgender issues—an increasingly controversial one in this age of virtual reality, of focusing upon material solutions to often spiritual questions, and where surgeries previously unthinkable are being done because the technical capacity is there (as in the dramatic increase in hip replacements among younger people in the past decade, including many in their 20's). Do you feel that Anthroposophy has a way of helping us move forward through the challenge of our evolving understanding of gender, that affirms individual uniqueness and freedom of choice?

MG: Yes. I am happy, to address and discuss these

topics during our time together.

RK: Recent studies in Australia and elsewhere have found correlations between a high use of social media and a kind of “virtual autism”—as in an inability to read facial emotions, poor skills in maintaining friendships, and related structural changes in neural regions associated with addiction. At the same time there is evidence the CDC covered up studies showing links between autism and vaccines containing mercury. On the other hand, there are those who point out that autism has a strong genetic basis (as in its high correlation in identical twins), and that the majority of autism increase is simply due to diagnostic changes. Do you feel there are insights from anthroposophy that can help guide us through understanding the rise of autism today?

MG: Today we speak about autism spectrum disorder. Genetically disposed autism is the minority of this spectrum. Anthroposophy can offer ways for a deeper understanding of the affected individual and offer treatment to improve the situation with the tools of healing education and Anthroposophic medicine.

RK: in his lectures on education, Steiner notes that, “Human life on earth is a continual process of becoming ill, and a continual healing...” that “...what the human being does in intercourse with the outer world, the consequences of walking, grasping, digesting...are processes of becoming ill that we must counter through a higher process of healing, through a process of education, which is a metamorphosis of the healing process. The forces in education are metamorphoses of therapeutic forces, they are therapeutic forces transformed”, and the goal of educators, if one is to engender a true consciousness of oneself as a teacher, must be to “learn to regard things in their educational application as either healthy or unhealthy”. In these passages Steiner puts education on par with any other healing profession, yet in our community the collaboration between educators and “healers” has considerable room to grow. From your years as a school doctor, can you give us some inspiration and insights here in some of the ways the “healing professions” and education can work together to help the child?

MG: Yes, I will be happy to offer that. It is my most favorite topic!

RK: Elsewhere in his lectures Steiner talks about the importance of “awakening the will to love in the child”. How do we awaken the will to love—“the devotion to something to which we are not coerced by the past”—in a

child, and why is this important in education?

MG: The will can only be awakened by the sense for responsibility. As long we do not feel responsible for the child and its development, we do what we think one should do as a doctor and as a teacher. But that is not our full engagement. For me, the main benefit of Anthroposophic studies and inner path work is that our sense for feeling co-responsible for what is happening in our time is growing. And through this as well grows our will to help and to support others as best we can.

RK: Thank you for all your insights Michaela. We look forward to learning more from you while you are here!

Thank you for asking! Best regards - *Michaela*



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Man's Journey: From Creature to Creator, A Modern Initiation Path

A Seminar in Paonia, Colorado with Enzo Nastati, March 23-27

Some topics to be covered in the seminar: The circulation of Life; The “doors” to the impulses of Life; Imbalances and pathologies which arise from an incorrect circulation of Life; The development of the Earth-Sun and the operational steps to determine its formation; The process of going from creature to creator to bring Life into the inanimate. Mr. Nastati, a biodynamic farmer in Italy for more than forty years, addresses through his work the difficulties presented by electromagnetic fields, radioactive pollution, industrial pollution, water quality deterioration, GMOs, and other harmful effects of modern technology. For more information go to:

<http://www.vivalavidafoundation.org>

Can You Provide Housing?

For Conference Attendees to the February 23-26 Conference Meeting the Challenges of Child Development in Education and the Healing Arts

As a matter of hospitality we always appreciate those who open their homes to guests attending our local events. In addition to providing a welcome connection with local community members, home stays can provide needed financial relief for some attendees.

Christine Badura: badura88@hotmail.com Let her know about the space you have available, whether you have pets, and whether the bath is private or shared.

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We work with you for a wide range of conditions including musculoskeletal/accident issues, cancer, diabetes and other chronic diseases, and all the typical acute illnesses associated with family medicine.

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

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

To submit an article or a calendar item, email it both to Valerie Hope, valerieannhpx@aol.com and Wes Burch, truelion@comcast.net. The deadline for submissions is the 15th of the previous month. Items selected for publication may be edited for style, content and length.

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

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

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

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

Cyndia Ashkar, Christine Badura, Betty Baldwin, Kevin Gregg, Valerie Hope, Ruth Klein, Tom Klein, Judith Levin, Martin Levin, Robin Lieberman, Joann Logan, Arnold Logan, Brian McClure, Jeffrey Rice, Barbara Strong, Kim Sinclair, Angela Sparks, Jerry Soloway, Rebecca Soloway, Linda Sussman



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

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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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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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.)**

Portland Branch Calendar February, 2018

First Class of the School of Spiritual Science

Sunday, February 11, 9:30 am sharp • Second 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 Rumage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

Portland Branch Council Meeting – February meeting changed to 1-29

Monday, January 29, 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.

Christian Community Events with Rev. Craig Wiggins, February 2nd– 4th

All events at Bothmer Hall, 5915 SE Division St. • Donation \$10/talk or what you can afford. Contact Christine Badura, 707-494-6741 badura88@hotmail.com or Betty Baldwin, bettybaldwin3@gmail.com To make an appointment with Rev. Wiggins for the Sacrament of Consultation or other things: phone 484-557-8086, email craig@wiggins.nl

Friday, February 2, 7:30 pm *From Epiphany to Passion Tide: The Christ Star Seeks the Earth*

Saturday, February 3, 9:00 am *The Act of Consecration of Man*; 10:15 am New Testament Study-The Incarnation & Temptation of Christ According to Matthew, Mark & Luke (text provided)

Sunday, February 4, 9:15 am *Song and Story, Grades 1-8*; 10 am *Children's Service Grades 1-8 (parents must pre-arrange)*

10:30 am *The Act of Consecration of Man – Open communion for adults, Potluck following*; 12:15 pm (approximately) Community meeting: Where are we? Where are we going? Help with cleanup will be greatly appreciated.

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

February, Friday 23-Monday 26 • Cedarwood Waldorf School, 3030 SW Second Ave. • See extensive information materials and registration forms in the February and previous newsletters, and on our website, www.portlandbranch.org • Contact Tom Klein, tgklein@aol.com, 503-777-3176

So many of us – especially parents, grandparents, 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 is for anyone who is interested in healthy human development (including a look back at their own), and provides support for how to get there and how to celebrate the journey in the process.

Portland Branch AGM Gathering and Potluck

Sunday March 4, 12-4 pm • Bothmer Hall, 5915 SE Division St. • More details soon. The gathering will be held later this year to accommodate the February Child Development Conference with Dr. Michaela Glöckler and a group of educators and medical/therapeutic community members.

String and Metal: Movement in Space - Art Hall Event with Tom Klein, String Art; and Martin Levin, Geometric Sculpture

Thursday, March 8 reception 5-8pm w/gallery talk 6pm; Exhibit through April • The Art Hall at Cedarwood School, 3030 SW 2nd Ave. • Contact Robin Lieberman, 503-222-1192, robin@robinlieberman.net

Easter Observance

Sunday, March 25 • Watch this space for more details.

Community Within the Spiritual Goetheanum with Rüdiger Janisch of the General Section of the School for Spiritual Science

Friday April 13-Saturday April 14 • Bothmer Hall, 5915 SE Division • Contact Rebecca Soloway, rrsoloway1@gmail.com

Mr. Janisch has been working in Curative Education and teaching in professional training programs in Germany and the United States for over 40 years. A long-time student of anthroposophy, he serves on the Collegium of the School for Spiritual Science in North America. He currently is focused on action research and the development of artistic and experiential approaches to the spiritual scientific study of the human being. He is the co-author with Penelope Baring of *A Way of Serving*, a book out of the work in the General Section of the School of Spiritual Science.

Christian Community Events with Rev. Sanford Miller

Thursday May 3 –Sunday May 6 • Watch this space for more details.

School for Spiritual Science with Michael Howard of the Art Section

Friday May 18- Sunday May 20 • Bothmer Hall • Research in the Visual Arts Section. Details to follow.

Tone Eurythmy Conference with Jan Ranck

Friday, June 22 – Sunday July 1 • Watch this space for more details.

Rudolf Steiner's Calendar of the Soul in Relation to the Michaelmas Festival with Herbert Hagens

Friday, September 21 – Sunday Sept. 23 • Bothmer Hall, 5915 SE Division St.

The weekly verses in the Calendar of the Soul generate a special dynamic for one's meditative life over the course of the year. Mr. Hagens will speak about how working with the Calendar contemplations can awaken us to the Christ impulse and the development of self-consciousness. We will focus in particular on the Michaelmas mood verse (#26). This will serve as our Michaelmas Observance.

All Souls Observance

Friday, November 2 • Watch this space for more details.

Biodynamic Conference Sponsored by the Biodynamic Association

Wednesday, November 14 – Sunday November 18 • Watch this space for more details.

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.

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

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: 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: Friday Eves and One Saturday/month

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.

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,.

Man as Symphony of the Creative Word – Study Group • First and third Tuesdays, beginning on January 16 because of the Holy Nights

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 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.

Painting Group, Color Moods of Nature • Tuesday Mornings Beginning January 16

8:45-10:00 am • Portland Waldorf School, Grimm Room • RSVP Cheri Munske, cherimunske@gmail.com

No experience necessary, \$20/Session

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.

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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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.



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. Reflex Integration through Neurodevelopmental Movement 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 - Presenters



Amy Joy Allahdadi, Reflex Integration through Neurodevelopmental Movement: 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 International (RMTi), HANDLE, and the Michael 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



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.



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.



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.



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 in Therapeutic 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.



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.



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.



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.



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.



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.

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

Friday, 2/23/18 (2 locations)

8-9:30 am **Anxiety, Depression and Working with Children Healing from Trauma**, Dr. Michaela Glöckler **Location:** National University of Natural Medicine, 049 SW Porter St., Room 310; free to the public

7-9:00 pm **Meeting the Challenges of Child Development in Education and the Healing Arts**, Dr. Michaela Glöckler, **Location:** Cedarwood Waldorf School, 3030 SW Second Ave.; \$20 public, included in registration for conference participants

Saturday, 2/24/18

At Cedarwood School:

9-10:30 am **Cycles of Child Development**, Dr. Michaela Glöckler

10:30-11 am **Break**

11 -12:30 am **Breakout Groups 1-7:** **1** Reflexology, Amy Joy Allahdadi; **2** Gender Expression, Dr. David Gershan & Dr. Lisa Del Alba; **3** Role of Fever & Acute Remedies, Dr. Bob Kellum; **4** How Homeopathy Works, Dr. Paul Kalnins; **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

12:30-1:30 **Lunch**

1:30-3:00 **ADHD and Autism**, Dr. Michaela Glöckler

3:00-3:30 **Break**

3:30-5pm **Breakout Groups:** **2** Gender Expression, Dr. David Gershan & Dr. Lisa Del Alba; **8** Spacial Dynamics, Dr. John Takacs; **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** Rhythmical Massage, Margaret Kerndt

At NUNM:

7-8:45 pm **The Meaning of Autism in the 21st Century: Where Are We Going and How Should We Get There?**

Sunday 2/25/18

At Cedarwood School:

9-10:30 am **Effects of Electronics on the Developing Child**, Dr. Michaela Glöckler

10:30-11 am **Break**

11-12:30 am **Breakout Groups:** **3** Role of Fever & Acute Remedies Dr Bob Kellum; **9B** Therapeutic Eurythmy (continued) Lesley Cox; **11** Role of the School Doctor Drs Ali Givens & Padeen Quinn; **14-**Therapeutic Arts Cheri Munske; **15-** Rise of Chronic Illness Dr Michaela Glöckler **16-** Speech Therapy Helen Lubin

12:30-1:30 **Lunch**

1:30-3pm **Plenum: Conference Review and Next Steps**

3-3:30 pm **End, short break**

3:30-5pm **Showing of the film "Vaxxed", free to conference attendees, others donation**

Monday, 2/26/18 At NUNM Radelet Hall, 2719 SW Kelly Ave.

7:30-9:15 am **The Development of the Child: The Seven Year Cycles and Their Corresponding Physical, Emotional and Spiritual Aspects**, Dr. Michaela Glöckler, lecture to NUNM Grand Rounds. Free and open to the public, open to conference participants.

This Conference is co-sponsored by the Portland Branch of the Anthroposophical Society and SPAN. Free National University of Natural Medicine (NUNM) events are co-sponsored by the NUNM Anthroposophic Medicine Club.

Cedarwood Waldorf School, 3030 SW Second Ave. ♦ National University of Natural Medicine, 049 SW Porter St.; for Monday Grand Rounds at Radelet Hall, 2719 SW Kelly Ave.



Rembrandt, A Child Being Taught How to Walk, 1660

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.

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

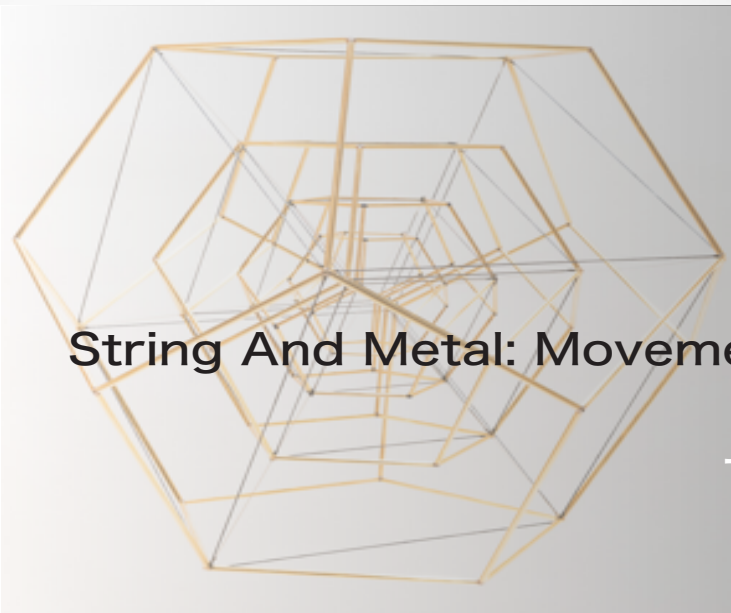
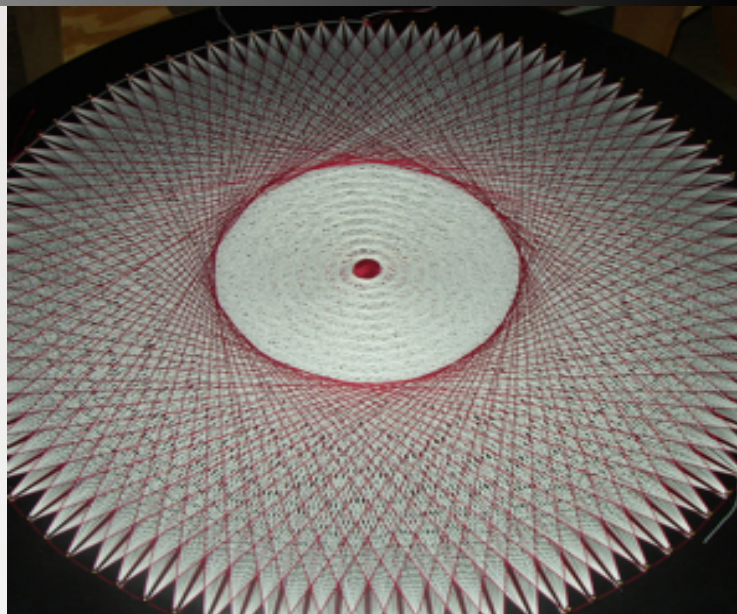
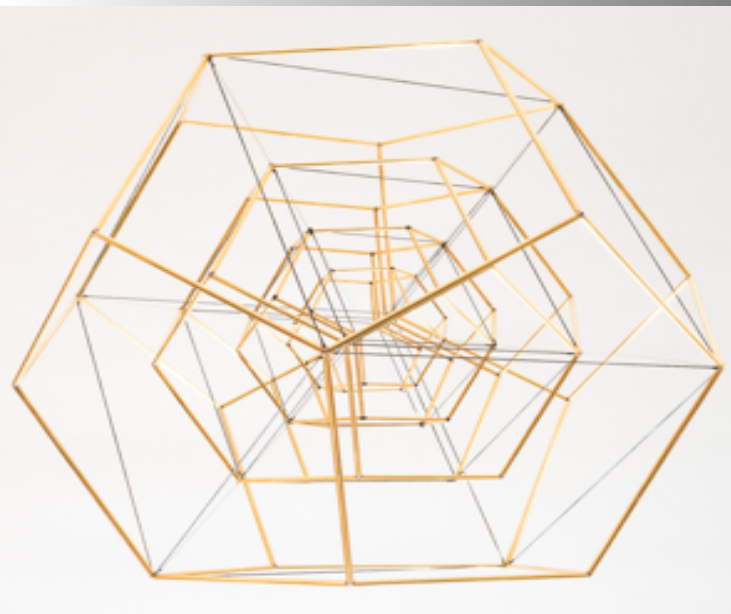
Conference Fee	\$ _____
Total for Lunch	\$ _____
Total Enclosed with this registration	\$ _____

*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.

Payable 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

Breakout Groups (see session descriptions and presenter bios sheets)

Saturday Morning, 2/24 11 am-12:30 pm	1 st Choice	2 nd Choice
1. Reflex Integration Through Neurodevelopmental Movement, Amy Joy Allahdadi		
2. The Evolving Nature of Gender Expression, Dr. David Gershan, Dr. Lisa Del Alba (To be repeated Saturday afternoon)		CLOSED
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		CLOSED
6. Working with Learning Difficulties for the Whole Class, Tammy Wagner		CLOSED
7. Restorative Eurythmy for Parents, Teachers, and Caregivers, James Knight		
Saturday Afternoon 3:30-5pm		
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)		CLOSED
9a. Therapeutic Eurythmy, Lesley Cox – two sessions, continued Sunday morning		
10. Healing from the Hearth of your Home, Julie Foster, NP		CLOSED
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 pm		
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		CLOSED
15. The Rise of Chronic Illness, Dr. Michaela Glockler		CLOSED
16. The Spoken Word: Signature and Educator of our Humanness, Helen Lubin		CLOSED



String And Metal: Movement In Space

Tom Klein and Martin Levin

**Opening Reception 5:00-8:00 pm
Gallery Talk 6:00**

**Thursday, March 8
through April, 2018**

direct all inquires to Robin Lieberman
503 222 1192
robin@robinlieberman.net
thearthall.wordpress.com



Cedarwood Waldorf School
3030 SW 2nd Avenue
Portland, OR 97201