



Anthroposophical Society PORTLAND BRANCH

Newsletter

February 2019



Betty Staley

Creating Strength and Vision: Deepening our inner resources in service of the child, working with images of three castles

by Betty Staley

Illustrations by David Newbatt

On March 1 and 2, Betty Staley will be joining us in Portland for a workshop to be held at the Cedarwood Waldorf School. More information in the attached flier and in the calendar.

Introduction by Rebecca Soloway:

We are delighted to welcome Betty Staley as the third speaker in a series focusing on deepening our understanding of work integral to the Sections (representing a variety of professions) of the School of Spiritual Science of the Anthroposophical Society. From early on, Rudolf Steiner described the capacity of each human being to take up spiritual research or contemplative inquiry. Ever practical in his approach to cultivating the spiritual in life, he brought Waldorf Education into the world, guiding those first teachers in the ways that they could practice spiritual research in service of their students. Working in the world and working contemplatively is what Waldorf teachers do each day as they seek to understand the needs of a child or class and how they might be helped. Understanding and meeting the challenges of our swiftly changing culture and how it impacts the children, envisioning the future of a school, and supporting colleagues in their growth and professional development are but a few of the areas that call for this work. Betty Staley, an experienced Waldorf educator and mentor to Waldorf Schools both private and public, has long worked in the Pedagogical Section and on the Pedagogical Section Council. We look forward to her insights and practical suggestions in how we can further develop this work. In our local school communities, the anticipation of Betty's visit is generating much enthusiasm, welcoming this opportunity to deepen their inner resources in service of the children in their care.

There comes a moment when we know that we have to pay attention, identify the issues that return again and again waiting to be addressed, celebrate the opportunities that indicate we are growing and changing, and connect with others to form a community of caring.

Our biographies are filled with experiences that offer opportunities for growth, healing, and forgiveness. We find in the morning Michael meditation the words, "May this day be a reflection of your destiny ordering will." What does this mean? How do we order our destiny?

We have different identities in our personal and professional lives, each one bringing us in contact with children, colleagues, parents, and friends.

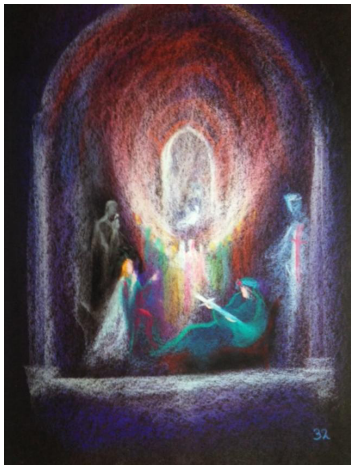
Creating images is a way to address realities so that new ways of understanding emerge. During the Saturday workshop, we will work with the images of the three castles from the medieval story of Parzival.

When we enter each castle, we are opening the gateway to a part of our lives riddled with misunderstandings, communication issues, conscious and unconscious feelings, and thoughts that direct our actions. Being human, there is no way to avoid encountering these situations. Yet, they are the best opportunities for self-growth. Each castle also offers us an opportunity to support or nourish another human being.



I. The Castle of King Arthur, the Round Table, is a place where everyone has a task and responsibility. Arthur tried to change society from a reliance on the sword to one that relies on words. Due to human frailties, he was not successful. There is work to be done in every social situation. The

meeting in a school is an example of the Round Table. In the noble profession of teaching, each teacher is devoted to educating the children in the class. Yet problems emerge between colleagues. Things don't always go smoothly. Sympathies and antipathies enter into decision making and into working together. The faculty meeting is the place of the Sentient Soul, the place of warmth and community relationships. It is also a place where mis-understandings and hurt feelings abound. People may be sensitive as to how resources are shared. How are the needs of each section of the school met? Where is equity? Some people always speak up, others contradict what is proposed. Monsters arise. Social exercises will help us to address these issues. We will explore how we can strengthen our common striving, holding the Being of the school in the center.



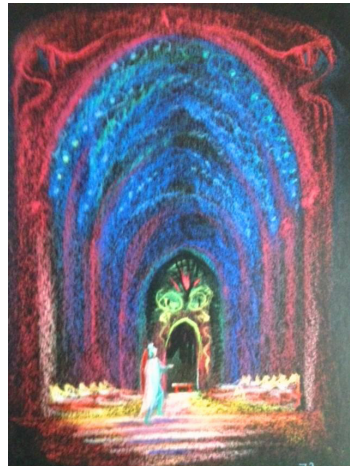
II. The Castle of the Grail.

To reach the Grail Castle, Parzival had to travel on a bridge over a moat into the spiritual world. It is an individual journey that each of us undertakes alone in relation to our higher self. It is the place of the Intellectual or Heart-Mind Soul.

We live within our thinking which is open to materialism, intellectualism, and egotism. The path to the Grail Castle is the path of transforming our thinking and strengthening our connection with the spiritual world. We can look at our daily life and experience moments when we were filled with pride, when we spoke out of self-interest, where we made judgments based on incomplete information or missed an opportunity to help another person. As a result, we can be consumed by guilt and wish we could do better.

There are many different exercises that help us to spiritualize our thinking and align our thinking with our higher self, where our conscience can direct our actions. Rudolf Steiner described the six basic exercises as a way

of taking hold of our thinking. The “ruckshau” or review of the day backward is another very effective practice. We will explore various practices that help us take responsibilities for our imperfections and move forward.



III. The Castle of Wonders.

Gawan is the character of reconciliation in the story of Parzival. Gawan encounters challenges which he must overcome. It is only when he can face the dark shadows in himself and sort out karmic destiny, that Gawan can be a true

helper to Parzival who can then successfully complete his path of initiation. Each of us reaches adulthood with wounds from the past. Unconsciously, we carry them with us, often hidden under armor that keeps us from moving ahead. The Castle of Wonders is the place of the Consciousness Soul, where we feel the results of wounds and confusion and have to figure out what to do about them. Things don't make sense. In order to face karmic knots that could lead to tragedy, we can use courage and patience to transform and reconcile difficulties that keep us from moving forward. It is easy to give up because it is too hard. However, there are ways to support each other in compassion and kindness to create a healing

We will explore various practices that help us take responsibilities for our imperfections and move forward.

environment in our schools. Although we each have our own Castle of Wonders, the path of healing has to do with a deeper understanding of our community and a commitment to meet it in love. We will explore ways to meet these challenges so that our children and schools can be healthy places of reconciliation.



Classical Chinese Medicine of the New Dynasty: A Christ Impulse of the East?

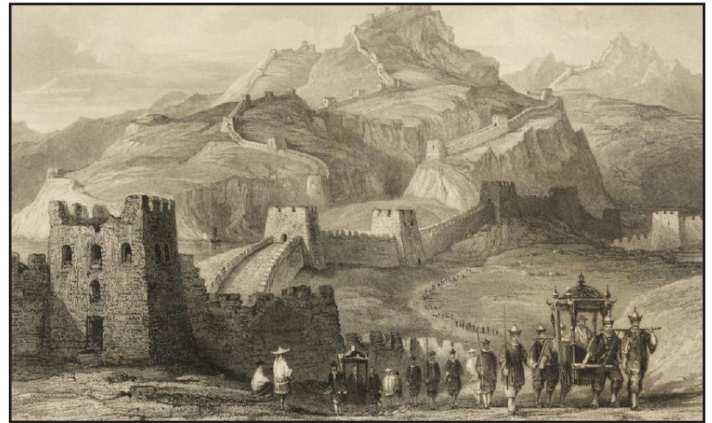
By Michael Givens

The Chinese New Year is on February 5th this year, welcoming what in the Chinese calendar will be known as a year of Ji Hai (characterized by a yin-Earth Pig). This seems to be a good opportunity for me to open a dialogue about the Chinese calendar, its relation to ancient astronomy and Chinese medicine, and what Rudolf Steiner indicated regarding the Luciferic incarnation and subsequent effects in ancient China. What I would like to share with you is how the birth of Chinese medicine (overlapping with the time of the Mystery of Golgotha) could be seen as a Christ-impulse counter-force to the eastern Luciferic mysteries. I will expand upon this at a Branch presentation and discussion on February 3. (see flier in this newsletter)

The Christian calendar features Easter, a movable festival. The ancient Chinese high court/temple official calendar makers calculated the movable festivals within a fixed solar year (and kept an eye out for comets!). The calendars also included the unique expressions of each New Year within the twelve-year cycle of Jupiter's movements against the background of the stars, which is what the twelve animals attempt to portray.

Perhaps at another time I could go into the details of the calendar, its history, and its 60 year cycles, as well as how the larger and larger rounds and cycles connect to the western esoteric rounds and epochs, up to the grand eon of 25,920 years (or close to it in the Chinese calendars).

For the moment, Rudolf Steiner's description of China as a culture exemplified by its "Great Wall" – its tendency to "wall" itself off from the rest of the world so that it can maintain a self-interested connection to its past – is the topic most appropriate to our times. Rudolf Steiner describes ancient China as a continuation of Atlantean culture, and he reveals that in the 3rd millennium BC, Lucifer incarnated there and began to spread cultural impulses that ultimately spread from east to west, indirectly culminating in ancient Greek culture. These characterizations can be verified by Chinese sources themselves, for the Chinese maintained, in their attempt to self-enclose and preserve, a record of nearly all accounts of their own development. Even where there were disagreements, both sides were included in the record, and in a sense, were melted back into the center of self-inclusion. The Chinese considered themselves the "Middle Kingdom" – the center and ideal of humanity,



who lived centrally also between Heaven and Earth.

This picture of the Middle Kingdom, the central realm in which the ideal human culture can exist and rule its own world, walled off and protected from invaders and from change or challenge, reached its extreme at the actual building of the Great Wall from 220- 212 BC by emperor Qinshi Huangdi (who called himself "Huang Di" as though he was an incarnation of the Yellow God). Qinshi Huangdi pulled his military forces inward and secured the Middle Kingdom with his Great Wall, after over throwing all of the opposing states (who had been in a state of war since 771 BC), killed all who spoke out

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

Save The Dates!

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

Sunday, February 3

Classical Chinese Medicine of the New Dynasty: A Christ Impulse of the East? With Michael Givens

March 1 - 2

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

Sunday, March 17

Portland Branch Annual Gathering and Potluck

Friday, April 5 & Saturday April 6

Kaspar Hauser and the Struggle for the True Identity of Mankind with Eckart Böhmer

against him, killed experts of the sciences, rituals, and history who might challenge his version of truth and history, and burned all books and documents that revealed any alternative to the information he wanted to establish as fact, including measurements, weights, accounting, and history, in addition to philosophical, scientific and religious writings. His goal was immortality, and so he did not burn, but kept only for himself, all medical and divinatory writings and practitioners – killing anyone who opposed this control. He exemplified the Luciferic striving for separation from reality in search of immortality and godliness, and utilized the false Daoist-Confucian (Ahrimanic) cult of black magic and dark power (that reaches back to the Shang period in which human sacrifices were performed in connection to what Steiner called the TAO).

Yet, as occurs periodically in history, in various doses all over the world, there was a counter-movement to this Luciferic-Ahrimanic striving, which worked in the medical stream at this time. Classical Chinese medicine – which is distinct from what is currently practiced in China (as TCM) – sought to bring a healing medicine for all of humanity “beyond cultural, historical, and geographical boundaries” (a striving to be found in the ancient medical texts). If one looks deeply into this very specific and tumultuous time and place, (from the time of Qinshi Huangdi to his death, into the 1st Han Dynasty, and especially then into the revolutionary dynasty called the New Dynasty (Xin) from 9-23 AD, and on into the 2nd Han Dynasty that followed – from 220 BC – 220 AD), surprisingly, Chinese medicine (and its intimately connected field of Astronomy) emerges as a revolutionary countermovement against the dark mysteries.

Cloaked in symbolic language, it offered a humanitarian medicine of health and healing founded principally on re-claiming the true Way (Dao), the Life (Yangsheng), and the Light (Yinyang lihe) of the individual human spirit (Shen), which was at that time still dimly living within the illuminations of the spiritual world (Shenming).

The birth of Chinese medicine at this time in history – at the Turning Point in Time - had such a pervasive impact that, despite its later history of falling into obscurity, decadence, mysticism, and materialism, its impulse carried on in various healing forms. This impulse has even increased today, not as a relic, but rather, as a thorn, or a rose. It calls upon the east to enkindle a contemplative, living feeling for the rhythms of time, that can be taken up through what forms in the west in the practice of medicine. Of this I would like share more at the Branch gathering around the Chinese New Year.

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

Orland Bishop Comes to Portland!



We are excited to announce that Orland Bishop will be offering a Portland workshop on Friday, February 15 - Sunday February 17. The theme is “Balancing Wellness: In Self, School, and Society” – Meeting the Challenge of Our Times. If you are not already familiar with the remarkable individuality that is Orland Bishop, we recommend you check out interviews with him available online, and/or read his recent book *The Seventh Shrine: Meditations on the African Spiritual Journey* (Lindisfarne Press, 2017). You can also check out video of his keynote speech from the 2018 Annual General Meeting of the Anthroposophical Society in North America on their website.

Orland’s work in healing and human development is framed by an extensive study of medicine, naturopathy, psychology and indigenous cosmologies, with a deep dedication to human rights advocacy and cultural renewal. He has developed processes that support people to come into deeper inner and collective agreements in order to heal violence and social exclusion.

Orland is the founder and Director of ShadeTree Multicultural Foundation in Los Angeles, where he has pioneered approaches to urban truces and mentoring at-risk youth that combine indigenous wisdom and practices with contemporary methodologies designed to mentor the human potential. ShadeTree serves as an intentional community of mentors, elders, teachers, artists, healers and advocates for the healthy development of children and youth. Orland is currently focusing on understanding the deeper meaning of money as a pathway to designing new economic forms that support healthy community life.

The Workshop will be held at Cedarwood Waldorf School. Fees will be \$100 for the entire workshop, \$15 for the Friday lecture only. For registration or questions, please contact Matt Burns at 503.501.1415 or burnslikeafire@gmail.com See Calendar item in this newsletter.

A Poem by Adam Bittleston
from *Meditative Prayers For Today*

He who walked the paths of Galilee,
And streets of Jerusalem,
Has come among us
Everywhere on earth
Though our eyes may not see Him.
He shares man’s grief,
He suffers man’s conflict,
He breathes man’s hope.
He seeks disciples
Who trust what can be seen
When the heart’s light opens.
May we receive from Him
The life that sustains
Grace in the soul.
May He speak in our conscience
When we take up our work.
May He be our shepherd.

Correction to December Article, 'An Invitation to Disperse (Art)'

Lauren Johnson

Dear Readers,

In the December newsletter I had the pleasure of sharing an article about the artistic work and process of Patricia Lynch as she worked to create a series of paintings based on Rudolf Steiner's Twelve Moods. Twelve Moods is a collection of verses Rudolf Steiner offered to eurythmists which conveys the changing relationship of each planet to the universe as it moves through the 12 constellations of the zodiac. Each of the 12 verses is comprised of seven lines, one for each of the planets. In the article, I mistakenly stated the order of each of the lines which correspond to each of the planets. Thanks to an astute reader, my error was identified and clarified (thank you, Diane Rumage!).

The correct sequence is as follows: Sun, Venus, Mercury, Mars, Jupiter, Saturn, and Moon. To illustrate, below is the verse for Aquarius. The first line represents the Sun as it passes through this constellation. The second line represents Venus, and so on.



Aquarius

May what is bounded yield to the boundless.
What feels the lack of bounds, may it create
Bounds for itself in its depths;
May it raise itself in the current,
As wave, flowing forth, sustaining itself,
In becoming, shaping itself to existence.
Set yourself bounds, oh boundless!

The Wedge

by Michael Hedley Burton

Art is a wedge,

A wedge whose work is to unite.

And, in a world of money-pleasure-power-hurry-rush,

The artist, when he is a master of his craft,

Creates a rift. He salvages one piece of many-splendoured
fabric,

lifts it, consecrates it to Eternity.

It is a tiny piece,

and yet it has invoked the heavenly wedge,

and hammer blows that follow

will inevitably cause the rift to widen.

(Only, perhaps, after hammer-blows upon the coffin of

The artist, dead.)

We could not live

without the moments stolen from the jaws of our reality.

The artist stakes his life upon a slender razor's edge.

It cuts all living flesh,

the artist being but the first to bleed.

Yet, bleeding, he believes in Roses blooming from the

drops of red

and he renews his weight against dead wood.

This breach the wedge has made –

Ah, into it stream Angels, Powers, Princes, Courage,

Wonder, Fairies, Phantasy...

They only live and breathe within the slender breach,

while in the rush-rush-rush reality

they sicken surely, pine and pale and die.

As we die, slowly suffocating in the smog,

deprived of them.



HEALTHBRIDGE

3046 NE 33RD AVE

PORTLAND 97212

503-331-7393

HEALTHBRIDGE@INTEGRA.NET

DONNA PATTERSON KELLUM LMT

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

With over 30 years of experience in advanced Craniosacral and Visceral therapies, Dynamic Manual Interface, Myofascial Release, Lymph Drainage, Zero Balance, and many other modalities, including Rhythmical Massage, Donna integratively weaves these together as needed for your unique issues.

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

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 Rumage at 971-271-7479.

To submit an article or a calendar item email it to Valerie Hope, valerieannhpdx@aol.com. The deadline for submissions is the 15th of the month preceding publication. Items selected for publication may be edited for style, content and length.

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

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

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

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

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2019:

Jeremy Davis, Dan McClure, Robin O'Brien, 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

12286 SE 41st Court, Milwaukie, OR 97222

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



Another Way to Donate to the Portland Branch

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

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.

5909 SE Division Street, Portland, OR 97206

www.anthroclinic.com 503-234-1531

curative painting, collaborative psychotherapy for individuals and couples, anthroposophic painting workshops and retreats

Robin Lieberman 503.222.1192
MSW, Licensed Clinical Social Worker

Waldorf Travel Service

Walter Rice, CTC
Travel Magician

5316 SE Sherman St.
Portland, OR 97215
800-328-7266
503-233-4053
fax: 503-232-7224

Incredible Journeys Since 1975 walter@waldorftravel.com

Pohala
A Place of Healing

Primary Care Infused with the Aloha Spirit integrating Anthroposophic Medicine.

Julie E. Foster, MSN, FNP

7477 SE 52nd Ave.
Portland, OR 97206

contact@pohalaclinic.com (503) 572-4196

Place Your Ad Here!

And Support the Portland Branch

Contact Valerie Hope at 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

Benjamin Bell LMT OR Lic 3382
Advanced CranioSacral Therapy

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

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

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

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

First Class of the School of Spiritual Science

Sunday February 10 9, 9:30 am sharp • Lesson VI • (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 Blue card required. • Lessons are normally held on the second Sunday of each month • Contact Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

Portland Branch Council Meeting

Monday, February 11, 7:00 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

Community Candle Lighting Ceremony, Cedarwood Waldorf School

Saturday, February 2, 11:30 am • 3030 SW 2nd Ave. • Jen Martin, jmartin@cedarwoodschool.org

Please join us for a candle lighting ceremony honoring the 108 years of community that have contributed to the story of Cedarwood Waldorf School, formerly the Neighborhood House. The ceremony will be followed by a self-guided tour rich with the symbolism of our historic building's story.

Classical Chinese Medicine of the New Dynasty: A Christ Impulse of the East? A Branch gathering/ conversation with Michael Givens

Sunday, February 3, 7 pm • Bothmer Hall, 5915 SE Division St. • Contact Michael Givens, mgivens.lac@gmail.com

Rudolf Steiner speaks of China as a culture exemplified by its "Great Wall", for it tends to "wall" itself off from the rest of the world so that it can maintain a self-interested connection to its past. If one looks deeply into the very specific and tumultuous time and place of the birth of Chinese medicine - at the time of the Mystery of Golgotha - surprisingly, Chinese medicine (and its intimately connected field of ancient eastern Astronomy) emerges as a revolutionary counter-movement against the dark mysteries of its time.

Pedagogical Eurythmy: Public Lecture and Discussion

Thursday, February 7, 7:00 pm • FREE! • 13515A SE Rusk Rd, Milwaukie OR • Contact Michael Institute, 971-808-1640; info@micha-elinstitute.com

A eurythmist with over 20 years of Waldorf teaching experience, Jolanda Frischknecht was born and raised in Switzerland, attended Waldorf schools for grades 1-10, completed her training at the Goetheanum in Dornach, attended the Eurythmy School in Chestnut Ridge, NY for Post Graduate Studies, and completed Therapeutic Eurythmy Training in 2012. Jolanda currently teaches for the Michael School and Michael Institute.

Balancing Wellness: In Self, School and Society with Orland Bishop

Friday, February 15 7-9 pm; Saturday, 9 am-5 pm; Sunday February 17, 9 am-12:30 pm • Location and fees to be determined, financial assistance available. For registration or questions, please contact Matt Burns at 503.501.1415, burnslikeafire@gmail.com

Orland's work in healing and human development is framed by an extensive study of medicine, naturopathy, psychology and indigenous cosmologies, with a deep dedication to human rights advocacy and cultural renewal. He has developed processes that support people to come into deeper inner and collective agreements in order to heal violence and social exclusion. See article and flier in newsletter.

Christian Community Eugene, with Reverend Sanford Miller

February 28 through March 3 • All events at Eugene Waldorf School, 1350 McLean Blvd. Eugene, 97045 • Contact Carolyn Hannah with questions, 541-731-0447

See the Christian Community blog for details and other events in Portland, Eugene, and Seattle <http://ccoregon.blogspot.com>.

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

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

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

Overview of the Waldorf Curriculum: Public Lecture and Discussion

Thursday, March 14, 7:00 pm • FREE! • 13515A SE Rusk Rd, Milwaukie OR • Contact Michael Institute, 971-808-1640; info@michaelinstitute.com

Spanning grades through high school, experienced teachers Nancy Thompson and Wade Cavin will share an overview of the Waldorf curriculum, highlighting the need to meet children and support their development with artistic and imaginative teaching of subjects brought in a timely manner, with the ultimate goal of creating free human beings.

Portland Branch Annual Gathering and Potluck

Sunday, March 17, (St. Patrick's day!) 12 pm after First Class • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

This annual tradition is about more than a legal requirement –we come together to assess and celebrate the past and coming years, catch up with each other, eat great food, and enjoy an artistic activity. This year we will look together at some thoughts about 'the new group souls' and how they relate to our working together.

Kaspar Hauser and the Struggle for the True Identity of Mankind with Eckart Böhmer

Friday April 5 & Saturday April 6 7:30 pm • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

Although the mission of Kaspar Hauser, a high individuality, was thwarted by dark forces who kept him from transforming European society, there was much that was accomplished during his very difficult life. Eckart Böhmer, who founded and directs the Kaspar Hauser Festival in Ansbach, Germany, and who after receiving a treasure-trove of research documents on the subject, founded the Kaspar-Hauser Research Circle within the Karl-König Institute, will offer two lectures – one detailing Kaspar's mission thwarted, the other the mission fulfilled.

Christian Community Portland with Reverend Sanford Miller May 9-12 Stay tuned 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 Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

Council Meetings of the Portland Branch • Second Monday of the month

7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpx@aol.com
All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

School of Spiritual Science Study • Second Thursday of the Month

The First Class of the Michael School and its Christological Foundations by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, rsoloway1@gmail.com or 516-850-1027

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

7:45-9pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or jrsoloway@hotmail.com
Please join us in lively discussions centered on Rudolf Steiner's *An Outline of Esoteric Science*.

Community Painting Tuesday Mornings

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

Adult Eurythmy Class with Jolanda Frischknecht

Tuesdays 6:30-8 pm • Takes place in Cedarwood Waldorf School, 3030 SW 2nd Ave. Portland 97201 • Cost: \$20/session; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 Feel free to drop in, invite friends.

Eurythmy for Waldorf Alumni: Wednesdays

Study, 6:30-7:30 pm; Eurythmy, 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, Carrie.mass@portlandwaldorf.org If you've ever attended a Waldorf High School, this is for you!

Eurythmy, Portland Waldorf School Community: 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, 415-686-3791

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

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

Festivals Study Group: First and Third Friday Mornings

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

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

Developing the Self Through the Inner Work Path in Light of Anthroposophy by Lisa Romero • Friday Mornings beginning January 4

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

A short painting exercise and reading. All are welcome!

Man as Symphony of the Creative Word – Study Group • First and third Tuesdays

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

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

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

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

Portland Waldorf School Community Choir • Friday Mornings with David Edwards

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

Waldorf Education and Teacher Training Lectures and Courses

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

Waldorf Teacher Education, Eugene

Two and Three year Career Training and Artistic Development Learn more at www.WTEE.org or call (541) 514-7905

Sponsored by the Portland Branch of the Anthroposophical Society



Classical Chinese Medicine of the New Dynasty: A Christ Impulse of the East?

with Michael Givens

*"I would like to invite you to a gathering/
discussion on the Chinese New Year's
Celebration of the yin-Earth Pig, about
the mystery medicine of the east, from its
ancient beginnings in the 3rd millennium
up to the birth of its medical canonization
between 220 BC and 220 AD, in light of
Anthroposophy."*

Sunday, February 3
7PM Bothmer Hall
5915 SE División St
Portland

Rudolf Steiner speaks of China as a culture exemplified by its "Great Wall", for it tends to "wall" itself off from the rest of the world so that it can maintain a self-interested connection to its past. Classical Chinese medicine - which is distinct from what is currently practiced in China (as TCM) - sought to bring a healing medicine for all of humanity "beyond cultural, historical, and geographical boundaries" (a striving to be found in the ancient medical texts). If one looks deeply into the very specific and tumultuous time and place of the birth of Chinese medicine - at the time of the Mystery of Golgotha - surprisingly, Chinese medicine (and its intimately connected field of ancient eastern astronomy) emerges as a revolutionary counter-movement against the dark mysteries of its time.

Donations to the Portland Branch will be welcomed



Michael Givens is a licensed Acupuncturist, classical Chinese medical herbalist and teacher working out of Anthroposophy. He has an MS in Oriental Medicine from the National College of Natural Medicine (now NUNM), and an MA in Eastern Classics from St. John's college, where he focused on classical Chinese language, the Yijing (Classic of Change), other Daoist and Confucian texts, and classical texts from India and Japan. He and his wife, Dr. Ali Givens, an Anthroposophical Naturopathic doctor, have a practice together in Happy Valley (Portland), Oregon.



Pedagogical Eurythmy

A Public Lecture and Discussion
with Jolanda Frischknecht
Hosted by the Micha-el Institute

Thursday, February 7, 7:00 pm
at the Micha-el School

13515a SE Rusk Road, Milwaukie, OR 97222



Micha-el Institute
Waldorf Inspired Teacher Training
www.micha-elinstitute.com



BEYOND 100:


Past, Present, and Future
of Waldorf Education



A PUBLIC LECTURE PRESENTED BY
TORIN FINSER

FRIDAY, FEBRUARY 8
7:00 PM

CEDARWOOD WALDORF SCHOOL
3030 SW 2ND AVE
PORTLAND, OR 97202



Balancing Wellness in Self, School, and Society -
Meeting the Challenge of Our Times

A weekend with

Orland Bishop

author of
The Seventh Shrine:
Meditations on the African Spiritual Journey



In Orland's book (Lindisfarne Press, 2017), he addresses a path of self-discovery and self-knowledge as the means for meeting the task of our times. In this workshop, taking place February 15-17 in Portland, we will explore the challenging nature of our times, and how each individual can balance their own wellness in a commitment to a higher task. This workshop is for educators, healers, and anyone working for the well-being of the world.

Orland's work in healing and human development is informed by an extensive study of medicine, naturopathy, psychology and indigenous cosmologies, with a dedication to human rights advocacy and cultural renewal. He has developed processes that support people to come into deeper inner and collective agreements in order to heal violence and social exclusion.

Orland is the founder and Director of ShadeTree Multicultural Foundation in Los Angeles, where he has pioneered approaches to urban truces and mentoring at-risk youth that combine indigenous wisdom and practices with contemporary methodologies designed to mentor the human potential. ShadeTree serves as an intentional community of mentors, elders, teachers, artists, healers and advocates for the healthy development of children and youth. Orland is currently focusing on understanding the deeper meaning of money as a pathway to designing new economic forms that support healthy community life.

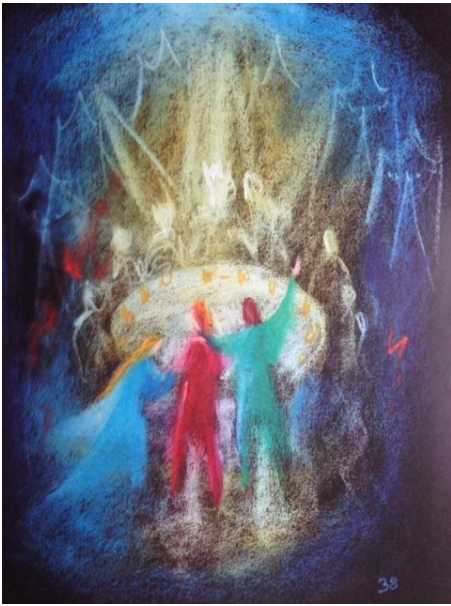
Dates: February 15 - 17: Friday, 7 - 9 pm, Saturday 9 - 5, Sunday 9 - 12:30

Location: Cedarwood School, 3030 SW 2nd Ave Portland, OR 97239

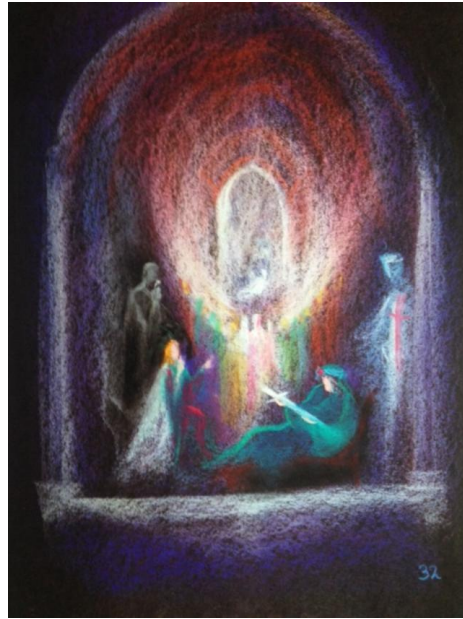
Lecture: \$15

Workshop: \$100 (includes lecture) Financial Assistance available.

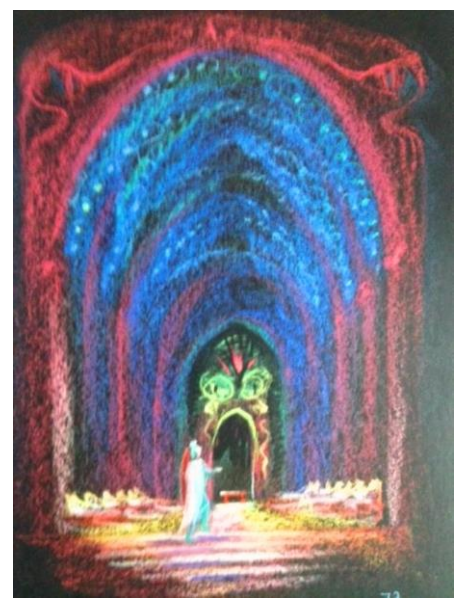
For registration or questions, please contact Matt Burns at 503.501.1415 or burnslikeafire@gmail.com



In Arthur's Castle



In the Grail Castle



Gawain Castle of Wonders

(David Newbatt, Wynstones Press)

Creating Strength and Vision:

Deepening Our Inner Resources In Service Of The Child
With Betty Staley

Friday, March 1, 7:30 pm & Saturday, March 2, 9am-4:30 pm

Cedarwood Waldorf School, 3030 SW 2nd Ave.

Friday \$10 ♦ Saturday \$25 ♦ \$30 both

Contact Rebecca Soloway, rsoloway1@gmail.com

Friday, March 1. Walking through a Minefield: Understanding the Needs of 6th, 7th, and 8th Graders.

The developmental stage between 6th and 8th grade is a minefield of opportunities, challenges, and dangers.

Understanding the needs of this age group is essential in preparing a healthy sense of self that will carry youngsters into adolescence. Using insights from Rudolf Steiner and neuroscience, we will explore ways in which teachers and parents can guide them for healthy emotional and academic growth.

Saturday, March 2. Every stage of childhood and adolescence requires teachers, parents, and caregivers to develop inner resources to meet specific needs and challenges.

9am-12pm: The Three Castles. Using the vibrant images from the medieval story of Parzival, we will explore the resources we must develop to meet children of various ages, as well as our colleagues. How do we work effectively with other adults to create a modern Round Table with knightly virtues and social support? How do we align ourselves with our higher intentions to bring the best of ourselves in our daily meeting with those in our care? How do we recognize and heal our personal wounds that keep us trapped and unable to bring our best selves forward? The three castles described in Parzival, the Castle of King Arthur, the Castle of the Grail, and the Castle of Wonders address different aspects of our soul condition. By recognizing the challenge in each castle, we can address the issues, work with exercises, and create inner strength and vision.

1:30-4:30 pm. Continue with artistic activity, discussion and deepening of our theme.



Betty Staley has been a Waldorf teacher for over fifty years in kindergarten, grades, and high school. As one of the founders of Rudolf Steiner College, she directed the High School Teacher Education Program, taught foundation courses in Anthroposophy, and helped to found a number of Waldorf high schools. She consults with Waldorf schools (public and private) and is an international lecturer on Waldorf education, adolescence, parenting, and adult biographical development. She is the author of eight books including - *Between Form and Freedom* and *Adolescence, the Sacred Passage*. Her newest book on middle school students will be published in 2019 by Waldorf Publications as part of celebrating Waldorf 100.

Sponsored by the School of Spiritual Science and the Portland Branch of the Anthroposophical Society, 2019

An Overview of the

Waldorf Curriculum

A Public Lecture and Discussion
with Nancy Thompson and Wade Cavin
Hosted by the Micha-el Institute

Thursday, March 14, 7:00 pm
at the Micha-el School

13515a SE Rusk Road, Milwaukie, OR 97222



Micha-el Institute
Waldorf Inspired Teacher Training
www.micha-elinstitute.com



**Portland Branch
Annual Gathering and Potluck
St. Patrick's Day!**

**Sunday, March 17, 2019
12-3:30 pm after First Class
Bothmer Hall, 5915 SE Division St.**

Contact Valerie Hope
503-775-0778; valerieannhpdx@aol.com



This is the big social gathering of the year for the Portland Branch! It has become a festive gathering, a time when we come together as a community to share food and friendship, look back over our year, and engage a significant topic together.

This year we plan to take up the topic of the new Folk Souls – who learned in the Michael School to leave us in freedom, as the old folk souls had not.

While details of the program are still being finalized, be prepared for a special musical experience! Stay tuned.

The Branch will provide beverages and place setups.



Kaspar Hauser and the Struggle for the True Identity of Mankind

With

Eckart Böhmer

April 5 & 6, 7:30 pm

Bothmer Hall
5915 SE Division St.

Kaspar Hauser about 1830 (Carl Kruel)

With **Kaspar Hauser's life** (1812-1833) a significant crystallization point of recent human history occurs. At Whitsun 1828, during a time of enormous social and inner upheavals, a being appears out of nowhere in Nuremberg that poses the question of man's true identity to the deepest depths. The "Who am I?" as well as the mysteries of birth and death show themselves with relentless insistence. And even the way the identity of the human being itself is put to question becomes evident with frightening clarity through his very existence.

The Unfulfilled Mission of the Hereditary Prince – Lecture 1: The opening lecture sheds a comprehensive light onto the situation into which the hereditary prince, who will later bear the name Kaspar Hauser, was born in Karlsruhe at Michaelmas 1812. From this it will be possible to see what could have come into the world through him at that time and what Rudolf Steiner's words could mean when he says that southern Germany should have become the "new Grail castle of the new knights of the spirit". But this impulse was prevented by vehement counterforces.

The fulfilled Mission of Kaspar Hauser – Lecture 2: The second lecture, which builds on the first, shows that despite all the forces working against Kaspar Hauser, he was able to complete his mission as a "child of Europe" in the most beautiful way. This mystery, which I would like to raise further into consciousness, is expressed in Rudolf Steiner's weighty statement **"If Kaspar Hauser had not lived and died as he did, the bond between the spiritual world and the earth would have been completely severed"**.

Eckart Böhmer is currently the director of the bi-annual Kaspar Hauser Festival in Ansbach, Germany, and is a theater director, international lecturer and author. He was born in 1966 in Santiago de Chile, where his father was a lecturer at the Goethe Institute, and has also lived in France, Morocco, Germany and Brazil. Already in 1986 he gave his school matriculation speech in Sao Paulo about Kaspar Hauser. After studying theater in Germany, he founded his own theater near Ansbach. In 1998 he founded the Kaspar Hauser Festival in Ansbach, which he still directs today. The aim of this cultural event is to deepen an understanding for the significance of the circumstances surrounding Kaspar Hauser's destiny in order to acknowledge the true scope of his being. Eckart Böhmer has staged eleven of his own Kaspar Hauser productions there to date. In addition, he is much in demand as a traveling lecturer. With a series of nine lectures he describes the phenomenon of Kaspar Hauser in all its depth. In 2016 he was asked to take on the extensive research documents of Dr. Hermann Pies and the material added by Johannes Mayer of Stuttgart. Together with Richard Steel and the Karl-König-institute he then founded the Kaspar-Hauser Research Circle. In 2018, he received the Cultural Award of the city of Ansbach for his decades of work for Kaspar Hauser.



Sponsored by the Portland Branch, 2019



Embryo in Us

UNDERSTANDING
OURSELVES
AS EMBRYO

A Workshop with Jaap van der Wal, MD, PhD
Recorded live in Portland, Oregon
August 29 – September 2, 2017
10 discs, 22 hours,
discs contain every word of the workshop and visual handouts

"By means of the Goetheanistic phenomenological method, the gestures of human embryonic development may be understood and interpreted as human behavior. In this phase for example the phenomena which accompany human incarnation may still clearly be 'read'. Also, the gestures of the embryo are to be understood as a kind of echo of the evolution of mankind. This means that the human incarnation and human evolution, biography and biology, approach more and more to each other and that it is possible, deepened by the view of Anthroposophy, to come to the spiritual essence of this human phase of being." Dr. van der Wal, from his website.

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

The purchase price is \$175.00. Shipping and handling: \$5 for domestic (US) and \$25 for shipping outside the U.S.

To order by mail make out a check to the Portland Branch, and send to 12286 SE 41st Court, Milwaukie, OR 97222 Attn. DVD. You can also order on our website using Paypal at www.portlandbranch.org.

Cinematography, editing and design by Steve Dehner; Cover Design Angelica Hesse; ©2017 The Portland Branch of the Anthroposophical Society of America, all rights reserved