



Anthroposophical Society PORTLAND BRANCH

Newsletter

February 2020

The March 8 Portland Branch Annual Gathering and Potluck

by Valerie Hope

The Foundation Stone of Love is essential for the success of our work as Anthroposophists; and together let's create a renewed foundation for our Branch.

Every year we come together from all corners of Portland and her environs for this celebration of community, bursting the bounds of our other responsibilities, our individual initiatives, and our study groups, to join in common activity for the health of our community and ourselves. What began largely as a requirement of our non-profit status has blossomed into a joyful and productive time together -complete with great food!

Part of our focus this year will be a follow-up from our exploration at last year's gathering of Prokofieff's book, *Relating to Rudolf Steiner* and *The Mystery of the Laying of the Foundation Stone*. At that gathering we explored the section describing the Angels, Archangels, and Archai who, in the Michael School learned how to leave human beings free, as they became the new Folk Souls who would come to work with us, replacing the old folk souls who did not leave us free. We found that Angels work with our local groups, Archangels with national societies, and Archai with the world society.

From that April gathering a group formed, and we began our study of Prokofieff's book last May. (Ruth Klein's generous provision of several books made it easy to start right off.) We finished reading and discussing in January, and I asked the Branch council if we could bring some of our work with the Foundation Stone of Love to the annual gathering. Each of us was profoundly affected – in different ways – by this work. I have come to a new understanding of the necessity of implanting in our hearts the Foundation Stone, the dodecahedron of love which Rudolf Steiner created out of a concentrated substance of love and brought to the members at the Christmas Conference of 1923, when the Society was re-founded. I have concluded that we cannot, out of our own forces, master the level of brotherhood necessary to succeed at forming an Anthroposophical Society (community) healthy enough to further our soul development and our working

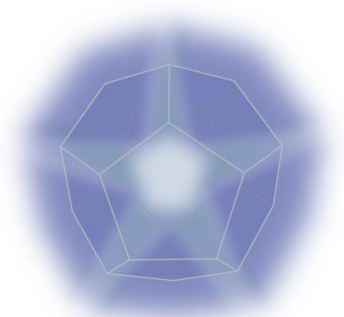
together to meet the needs around us. We can succeed if we are accompanied daily by Rudolf Steiner and the spiritual being Anthroposophia, and work with the Foundation Stone meditation so as to connect ourselves with the needed source of love that Rudolf Steiner created for us.

A second focus for our time together will be brought by the Branch council, with the goal of re-imagining together the ways that we have long been doing things to reflect current opportunities, realities and finances. Much of how we do things is rooted in decisions made in days long past, and we really need each member's unique perspective and ideas to come up with plans for the future. As we have often reiterated, most of us are in our 70's, and although the Branch purpose statement from the past still holds, your ideas will be helpful for coming up with how to accomplish our purposes in this time.

Looking forward!

“Let us here and now lay in the ground of our hearts the dodecahedral Foundation Stone of love. Our own hearts are the proper soil in which to lay this Foundation Stone — our hearts, in good will, imbued with love, working together to carry the anthroposophical will and purpose through the world.”

~ Rudolf Steiner



Urban Biodynamic Gardening: CALENDARS

with Sandra Burch

Discretion becomes meditative strength. Is this a virtue that we might apply to gardening, with strengthening results? Now that I have totally immersed myself in seed catalogs and put in orders, I can almost see the plants growing in the warm sunshine. I want to start digging, and planting. The days are growing longer, it must be time, right? "Discretion, whoa, and hold your horses, my dear!" Do not go digging in the soggy soil west of the Cascades. Well, sure it is so moist as to be swampy in places, why not dig, though? Here's the deal: digging wet soil takes the spaces between the particles out, compacting the soil. Then, when the soil actually does dry, especially if the soil is clay, it will become baked and turn brick-like. It will be much harder for water and air to penetrate into the soil. Roots will struggle to grow into such a hard bed. These negative effects are very difficult to reverse and can last for years. It really is too cold and wet to be digging or planting outside. But, there is something you can do.

With a warm cup of tea, start studying a biodynamic planting calendar. There are some good ones out there. Josephine Porter Institute for Applied Biodynamics has a great selection of calendars: <https://jpibiodynamics.org/collections/biodynamic-calendars>. Maria Thun's Biodynamic Almanac is compact, colorful and has a pullout wall chart, it is adapted for North America (EST) dates and times. The one I am most familiar with is published by Camphill Village Kimberton in Pennsylvania, and called Stella Natura. This calendar has essays by farmers and gardeners, one for each month. There is so much to learn and it is nice to hear a variety of perspectives: on elemental beings, stewardship, getting things done, herbs and many other topics. Each year has different articles. Sherry Wildfeuer is the editor of Stella Natura.

It is actually good that we have a month to study this calendar. There is so much information in it. The basic astronomy used to create the calendar is described. There are two full pages of explanation in how to use the calendar. Each month gives beneficial times for planting each type of crop. The idea is that each of the twelve constellations (not the zodiacal signs but the patterns of stars in the sky) is related to one of the four elements. The time when the moon passes in front of a constellation can

be useful for strengthening certain types of plants. From the calendar:

Earth - for root vegetables - Taurus, Virgo, Capricorn

Water - for leaf growth - Cancer, Scorpio, Pisces

Air - for enhancing flowering - Gemini, Libra, Aquarius

Fire - full development of ripe fruits - Aries, Leo, Sagittarius

Sherry has worked this all out for us and put the leaf, flower, root and fruit days and many other useful details in an easy to read calendar format, even leaving some room, on each day, for your own gardener notes.

She has wise words to share with us: "This calendar is meant to be used with common sense and an eye to the weather. The charts can assist you in choosing optimum times to sow seeds of annual crops, transplant, cultivate and harvest them, for storage. As editor, I am trusting you, the reader, to think through what is presented here and integrate it into your particular situation in freedom. It would run completely contrary to the anthroposophical world view which inspires this calendar to put forth a set of dogmatic rules that you might feel obligated to abide by."

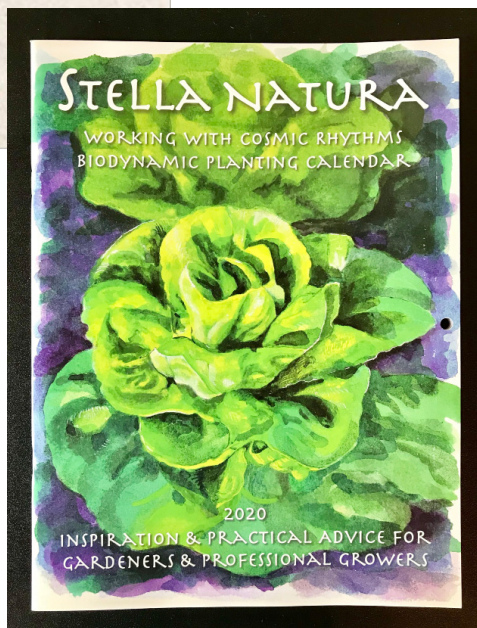
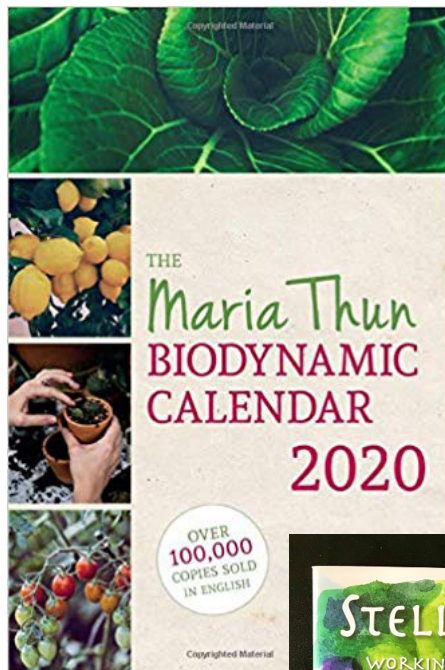
Another helpful aspect of this calendar is something called the gray zones. These show days that are grayed out on the calendar because it would not be beneficial to plant during certain celestial events. Sherry fully explains all of this too. In her words: "My own experience

is that avoiding these times for seed sowing has eliminated the occasional inexplicable crop failures that used to mystify me under otherwise outwardly favorable conditions."

A few years ago a friend told me that it is important not to become a slave to a BD calendar. She is so right. Sherry agrees: "Attending to lunar rhythms should refine and enhance one's practices, never paralyze or unduly postpones one's work by waiting for only the most perfect time...Life will go on."

Just do the best you can and learn from the results.

And just in case you are wondering: when you put a trowel full of soil from your garden in your hand and squeeze it together, if it falls through your fingers, it is time to plant. If it clumps into a muddy ball, wait patiently, study, plan and dream. Discretion becomes meditative strength. Spring time will come.



THE NEW FIVE COLLECTIVE: Record Numbers!

The New Five Collective, borrowing their name from early abstract artist Hilma af Klint's esoteric meditation group, The Five, seem to have channeled some of the same exuberant energy as did the work of Hilma, which drew record crowds to the Guggenheim Museum in NY last year: the dynamic richness of this exhibit, showing the work of five powerful women, enchanted a record number of attendees on the Collective's opening night.

Jenny Siegel, viewing art as prayer, tempted us with three sets of three smaller works, all varying in media and subject. She used embroidery thread to bring a textural component to one series which was sold that night! The more subtle and delicate monotypes had a feminine quality of quiet strength. And her watercolors illustrated Siegel's ease with vibrant color.

MJ Connors Davison, whose one woman exhibit at The Art Hall in 2015 expressed a non-conformist freedom to break boundaries, both expanded and transformed this spirit with a limited palette in her interpretation of Mary Oliver's four-stanza poem, When I Am Among The Trees. One can feel the colors pushing past the matted pieces. Titled Enter, Adjust, Settle and Agree, they truly express and reflect the artistic and emotional process at the heart of the poem. MJ dares to push the usual limits.

Patricia Homan Lynch, who previously exhibited her signature square canvas landscape paintings at The Art Hall in 2014, with this show continued her plein air investigation in her oil painting titled Leela's Place. Four other smaller pieces, primarily in watercolor, showcased Lynch's unique deftness with the brush and color, drawing the viewer in for further exploration.

Jannebeth Röell, The Art Hall's inaugural artist in 2013, once again has blessed the white walls with gorgeous colorful veil paintings inspired by the poetry of Mary Oliver, each inviting one to enter a whole new world.

Robin Lieberman, who exhibited her Color on the Camino work in 2015, shared her series of four works inspired by the Mary Oliver poem When I Am Among the Trees, as well as a small mixed media piece, Here I Am, and three other larger veil paintings illustrating her deepening relationship to color, trusting the form to emerge. The Art Hall was blessed by special guest musicians, The Orion String Quartet PDX, including cellist and Cedarwood alum, Sophia Rice, '08. Inspired by the event, they filled the air with gorgeous music, a gift of artistic reciprocity.

Two special surprise visitors also attended: Cedarwood's founding and beloved kindergarten teacher, Robert Adams, and his precious wife, Kathy, who was once part of the administrative staff. After living out of the area for ten years they are reintegrating into the community, a delight for all of us!

The Art Hall thanks alumni parents, Mike and Linda Wheeler of PDX Wines, for their donation of libations and Patricia Homan Lynch for her helpful expertise in hanging the show. And as always, we offer a big shout out to Chelsea Slaven-Davis, Marketing & Communications Director, for assisting with promotion of the

event.

Thanks also to Sue Levine, Head of School, and Chiaki Uchiyama, Pedagogical Chair, for their enthusiastic and loving support of The Art Hall and to the many teachers and other community members who joined us in this inaugural exhibit of The New Five Collective.

Many works remain available for purchase and we are planning an additional Saturday morning event to close the exhibit. You may also see the exhibit during school hours. Or feel free to contact Director Robin Lieberman at 503-222-1192 or robin@robinlieberman.net to arrange for a personal tour.

The Art Hall is a non-profit endeavor to support the future of The Arts. We abide by a "pay-it-forward" system whereby each artist donates 50% of their sales to The Art Hall, which supports all aspects of future exhibits and will contribute toward our eventual purchase of professional lighting. We also accept donations directly from patrons wishing to support our mission.

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 15

Free Workshop: **Healing the Whole Person:
A Fourfold Approach to Understanding Pain**
Northwest University of Natural Medicine
9-5PM See flyer in this newsletter.

February 16

Adam Blanning on the School of Spiritual Science,
"From mouth to ear--listening for the spiritual world
in a digital age."

March 8

Portland Branch Annual Gathering and Potluck
See Page 1 and Flyer



'From Mouth to Ear: Listening to the Spirit in the Digital Age'

A Talk by Dr. Adam Blanning
Sunday, February 16, 2 PM
Bothmer Hall

(See flyer in this newsletter)

by Rebecca Soloway



The wealth of gifts that Rudolf Steiner brought to humanity continues to call to us to plumb its depths even as we work in the world. With the refounding of the Anthroposophical Society in 1923/1924, Rudolf Steiner placed at its core the School of Spiritual Science and its Sections representing a variety of professions. Through a series of talks and workshops on the School of Spiritual Science, we have been fortunate indeed to have heard

from several people representing different Sections and how they approach their work out of the spiritual foundation of the School of Spiritual Science. Our first speaker was Rüdiger Janisch who spoke of his work in the General Section on the topic 'Community Building within the Spiritual Goetheanum'. Sharing his work in the Visual Arts Section, Michael Howard crafted his workshop around the theme 'In Metamorphosis'. Betty Staley, Waldorf educator and long-time member of the Pedagogical Section Council, shared with us a picture of 'Creating Strength and Vision: Deepening our Inner Resources in Service of the Child'.

Dr. Adam Blanning, an anthroposophic physician, was one of the first people we contacted to be part of this series. Already booked well into the future, we were patient, and the opportunity has finally presented itself to hear from Dr. Blanning. We are delighted that he is now able to join us as the fourth speaker in this series co-sponsored by the Portland Branch and the School of Spiritual Science. The intriguing title of Adam's talk is 'From Mouth to Ear: Listening to the Spirit in the Digital Age'. He writes on the theme of his talk,

"There is something very special about the human voice, a unique part of our individuality matched only by our capacity to listen. Speaking and listening help build a pathway to imaginations that we do not find so commonly in our everyday life. In fact, in our highly technological society, more and more of life has become sharing which only involves screens and eyes--with what was previously always spoken language abstracted into ever shorter messages of emails, texts, and tweets. It is not so easy to find spaces to truly listen.

In the mystery schools, knowledge was always conveyed "from mouth to ear." This could be interpreted as simply a means for keeping things secret, for making sure that something was not

written down so that it was protected from being shared or seen in ways which could not be controlled. But in truth, this pathway of "mouth to ear" relates much more to the physiology of hearing and how that process works specifically within the will. This presentation will share the unique aspects of listening and how this relates to both the class activities of the School for Spiritual Science as well as Steiner's advice on meditation to medical students in the "Course for Young Doctors."

We hope you will be able to join us for Adam's talk.

"There must be knowledge of the conditions requisite for uniting the peoples of the Earth...

...in order that, as a result of this knowledge, each individual people may help to make the waves of love follow those of hatred. Human love alone has power to heal the wounds of hatred. If mankind has no wish for this love, chaos will remain...

Men who realize this will acquire the kind of knowledge that flows from a spiritual conception of the relationships between the peoples. They will take this knowledge into their feeling — love for humanity will be born. They will take this knowledge into their will -- deeds for humanity will be accomplished. The evolution of the age, with all the terrible paralysis that is appearing at the present time, places a solemn duty before the soul: to gather together all that can unite mankind in love and array it in opposition to the destructive elements that have made their appearance in recent times. This quest for loving unification, for unifying love is not merely a vague feeling. To those who understand the conditions of life today, it is the very highest duty of man."

~ Rudolf Steiner

*The Peoples of the Earth
in the Light of Anthroposophy, 1920 (GA 335)*

Calendar of the Soul

Week 44

Reaching for new stirring of the senses,
Mindful of spirit birth achieved,
Clarity of soul imbues
Bewildering sprouting growth of worlds
With my thinking's creator will.

Week 45

Firm grows the power of thought
In union with the spirit-birth;
And senses' dull enchantment
It brightens to full clarity.
If richness of the soul
Would join with world becoming,
Must needs receive the light of thinking.

Week 46

The world it threatens to benumb
The inborn power of my soul;
Now memory from spirit depths
Step forth in radiant light
And strengthening my beholding,
Which by forces of the will alone
Is able to maintain itself.

Week 47

There wills to arise from womb of worlds,
Quickening the senses' glory,
Joy of unfolding life.
May it find my thinking's strength
Fortified by the powers of God
Which strongly live in my inmost Self.

Calendar translation
by Liselotte and William Mann

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

To submit an article or a calendar item email it to Christopher Guilfoil: c.guilfoil@gmail.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 and Swallowtail Waldorf Schools.

Our current newsletter team: Editor, design, layout, and illustrations: Christopher Guilfoil; Editing and proofreading Wes Burch; Calendar: Jeremy Davis; Printing and distribution: Jerry Soloway; Webmaster Angelica Hesse; Treasurer: Ruth Klein

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2020:

Martin Levin, Judith Levin, Robin Lieberman, Elizabeth Weber, Tish Johnson, Sara Genta, Donna Patterson Kellum, Bob Kellum, Deborah Ham, Brian McClure, Jeff Rice

Your 2020 dues will be gratefully received:

Thank you for helping to make our lively community life possible. A typical contribution is \$50, but no amount is too large or too small. You can send a check to The Portland Branch, c/o Ruth Klein, 12286 SE 41st Court, Milwaukie, OR 97222. Or you can donate online at portlandbranch.org.

You can also make your contribution online, by clicking 'pay here' toward the bottom of the right-hand column on the home page of our website, portlandbranch.org.



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

Another Way to Donate to the Portland Branch

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

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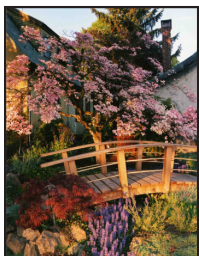
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Contact: Editor c.guilfoil@gmail.com

First Class of the School of Spiritual Science

Sunday, February 9, 9:30am • Lesson XVII • (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. • Lessons are normally held on the second Sunday of each month • Contact Cheri Munske, 503-484-4133, or Rebecca Soloway, 516-850-1027

Portland Branch Council Meeting

Monday, February 10, 7pm • 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 the month.

The Benefits of Therapeutic Eurythmy

Thursday, February 13, 6:30pm-8pm • Portland Waldorf School, 2300 SE Harrison St., Milwaukie OR 97222 • Contact Kathryn Foubister, 503-654-2200 x220, kathryn.foubister@portlandwaldorf.org

Jolanda Frischnecht, Therapeutic Eurythmist and Ali Givens, ND will guide us through discovering the benefits of Therapeutic Eurythmy. Learn about this movement therapy that is a proven modality within the framework of Anthroposophical Medicine. While it can restore health and balance through movement for all ages, it can be especially helpful in supporting children with learning, emotional and developmental support. The evening will consist of an introductory lecture, a Q&A session and a practice session of Therapeutic Eurythmy exercises to allow you to experience this healing modality.

This educational workshop is provided free of charge thanks to a grant from ATHENA – The Association for Therapeutic Eurythmy in North America. Please RSVP to help us prepare for the evening. For questions or to submit your RSVP, contact Kathryn Foubister, Community Development Director at kathryn.foubister@portlandwaldorf.org or 503-654-2200, x220

Treating the Whole Person: A Fourfold Approach for Understanding Pain

Saturday, February 15, 9am-5pm • National University of Natural Medicine, 049 SW Porter St, Portland, OR 97201, Rm 310 • Contact Jenn McNeal, jennifer.mcneal@student.nunm.edu

A workshop with Dr. Adam Blanning, artist Chris Guilfoil, rhythmic massage therapist Donna Patterson, Jenn McNeal, Dr. Bob Kellum and eurythmist James Knight.

Free and open to all. Questions? jennifer.mcneal@student.nunm.edu

Dr. Adam Blanning on the School of Spiritual Science:**From Mouth to Ear - Listening for the Spiritual World in a Digital Age**

Sunday, February 16, 2pm • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Contact Cheri Munske, 503-484-4133, or Rebecca Soloway, 516-850-1027

The fourth in a series of gatherings exploring the School of Spiritual Science and our relationship to it and the Sections. Adam Blanning, MD practices in Denver, Colorado. He works as a consultant to Waldorf schools, teaches widely about child development and therapeutic support for children, and directs the U.S. physician's training programs in Anthroposophic medicine. He is also president of the Anthroposophic Health Society (anthroposophichealth.org).

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

Suggested Donation: \$10-\$20

Annual Branch Gathering and Potluck: The significance of connecting to the Foundation Stone of Love; Re-Imagining the Branch to ensure effectiveness and solvency

Sunday, March 8, 12pm • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Contact Valerie Hope, valerieannhpx@aol.com

We so look forward to this annual gathering and potluck when, from various parts of the city, and from our individual initiatives and study groups, we come together as a community and meet face-to-face, without the mediation of electronics. At our gathering in 2018 we worked together to deepen our connection to the Foundation Stone, and in 2019 to deepen our understanding of the new Folk Souls, angels of the Third Hierarchy who want to work with us while leaving us free. This March we will strive to deepen our understanding for how important it is that we do the necessary work to implant the Foundation Stone of Love in our hearts, so that we can connect our hearts with a substance of love which can ray out to our fellow human beings, and which is necessary if we are to succeed in the work of Anthroposophy, if we are to create together a successful Society which can help to meet the needs we see around us. The Branch Council will also bring questions so that we can together re-imagine some Branch functions.

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, valerieannhpdx@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, rrosoloway1@gmail.com or 516-850-1027

Christianity as Mystical Fact 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 *Christianity as Mystical Fact*.

Community Painting Tuesday Mornings

8:45-10:00AM Tuesday Morning Painting Group for adults resumes March 2020. Watercolor painting focusing on color studies and seasonal moods. All levels welcome. Portland Waldorf School. Contact cherimunske@gmail.com to RSVP.

Adult Eurythmy Class with Jolanda Frischknecht

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

Eurythmy for Waldorf Alumni: Wednesdays

Study, 6:30-7:30 pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie •

Contact Carrie Mass, Carrie.mass@portlandwaldorf.org If you've ever attended a Waldorf High School, this is for you!

Eurythmy, Portland Waldorf School Community: Thursday Mornings

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact Sarah Rem, sannerem@gmail.com 503-729-1740

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

10am - 12pm • 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.

Knowledge of Higher Worlds by Rudolf Steiner • Friday Mornings beginning October 4

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

Singing Circle at the Portland Waldorf School • Friday Mornings

8:45-10:15am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • all voices are welcomed. Contact Julianne Renzema at momartist@yahoo.com. No practice during school breaks.

Speech Formation and Mystery Drama Group • Every 2nd and 4th Wednesday

7:25-8:55 pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. New participants accepted. No experience necessary, just enthusiasm and a love of the Word. Diane Ramage 971 271-7479 drumage@comcast.net

Friday Book Study in Corvallis beginning October 4

5:15-6:15 pm at the home of Renate Joy • 1020 NW 25th Street, Corvallis • Our new study is Rudolf Steiner's "Occult Science: An Outline" (If you are planning to buy this book, we suggest the classic translation by George and Mary Adams.) This is a great way to study anthroposophy in community with others, where different perspectives are shared, and understanding can deepen.

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Michael Institute. Contact Jen Davis, 503-449-7387 jennifer@micha-elinstitute.com

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NUNM Anthroposophic Medicine Club

and the **Society of Physicians for Anthroposophic Naturopathy** present

Treating the Whole Person: A Fourfold Approach For Understanding Pain

A Collaborative Saturday Workshop with:

- 9:10-9:35 **James Knight** - Opening Eurythmy
- 9:45-10:30 **Jenn McNeal** - Orientation to Anthroposophic Medicine Concepts
- 10:40-11:30 **Christopher Guilfoil** - Pain & Pondering: A 3-Fold Drawing Practice
- 11:30-12:30 LUNCH (bringing lunch suggested for ease of time and conversation)
- 12:30-1:15 **Donna Patterson** - Demonstration of Herbal Compresses to Address Pain
- 1:30-2:15 **Bob Kellum** - Clinical Pearls in Approaching Pain
- 2:30-3:50 **Adam Blanning** - Fourfold Approach to Understanding Pain
- 3:50-4:20 Open Discussion
- 4:20-4:50 **James Knight** - Closing Eurythmy

9 to 5
Saturday, February 15
NUNM, Room 310
Free and Open to All

Questions and RSVP: jennifer.mcneal@nunm.edu

Adam Blanning, MD is board-certified in anthroposophic medicine and family medicine, and has served on the faculty of New York Medical College and the University of Colorado School of Medicine. He founded and directs the Denver Center for Anthroposophic Therapies, which offers anthroposophic medicine, therapeutic eurythmy, art therapy, and rhythmic massage. He works as consultant and school doctor for Waldorf schools in Denver and Boulder, and serves on the PAAM board. He also hosts a Western regional medical meeting each October in Denver, as well as teaches and directs the two-year PAAM curriculum in school doctoring. He likes to grow things in his backyard and spend time with his family when he is not doctoring.

SPONSORED BY THE SCHOOL OF SPIRITUAL SCIENCE AND
THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY

*4TH IN THE SERIES ON
THE SCHOOL OF SPIRITUAL SCIENCE*

**FROM MOUTH TO EAR:
LISTENING TO THE SPIRIT IN THE DIGITAL AGE**

with Dr. Adam Blanning



Sunday, February 16, 2 PM

Bothmer Hall

5919 SE Division St., Portland 97206

Suggested Donation: \$10-\$20

Adam Blanning, MD practices in Denver, Colorado. He works as a consultant to Waldorf schools, teaches widely about child development and therapeutic support for children, and directs the U.S. physician's training programs in Anthroposophic medicine. He is also president of the Anthroposophic Health Society (anthroposophichealth.org).



You are Cordially
Invited to
The Annual Gathering
of
The Portland Branch of
the Anthroposophical
Society

Sunday, March 8, 2020
12 pm

For More Information Contact
Valerie Hope 503-775-0778
valerieannhpdx@aol.com

Bothmer Hall, 5919 SE Division St.

Every year we come together from all corners of Portland and her environs for this celebration of community, bursting the bounds of our other responsibilities, our individual initiatives, and our study groups, to join in common activity for the health of our community and ourselves. What began largely as a requirement of our non-profit status has blossomed into a joyful and productive time together - complete with great food!

Part of our focus this year will be a follow-up from our exploration at last year's gathering of Prokofieff's book, *Relating to Rudolf Steiner and The Mystery of the Laying of the Foundation Stone*. From that April gathering a study group formed. At this year's gathering we will consider the significance of implanting in our hearts the Foundation Stone, the dodecahedron of love which Rudolf Steiner created out of a concentrated substance of love and brought to the members at the Christmas Conference of 1923.

The Branch council will also bring questions so that we can re-imagine together the functioning of the Branch to ensure effectiveness and solvency.

This will be followed by brief reports from the council, and members' evaluation of the council and the year.

We look forward to seeing you there!

Warmly, the Portland Branch Council:
Sara Genta, Valerie Hope, Ruth Klein,
Tom Klein, Walter Rice, Jerry Soloway

PACIFIC EURYTHMY

PROJECTIVE GEOMETRY WITH JOHN TAKACS

MONDAY EVENINGS:
MARCH 2ND, 9TH & 16TH
5:30-6:30
\$20 A CLASS

IN THE EURYTHMY ROOM AT
PORTLAND WALDORF SCHOOL
2300 SE HARRISON ST, MILWAUKIE
OR 97222

FOR MORE INFORMATION GO TO PACIFICEURYTHMY.COM
OR E-MAIL CARRIE MASS AT: PACIFICEURYTHMY@GMAIL.COM

The Art Hall Introduces

THE NEW FIVE COLLECTIVE
COLOR KEEPERS

MJ CONNORS DAVISON
ROBIN LIEBERMAN
PATRICIA HOMAN LYNCH
JANNEBETH RÖELL
JENNY SIEGEL

OPENING RECEPTION

Thursday, January 16, 2020
5-8 p.m.

special guest musicians
ORION String Quartet PDX
with Sophia Rice '08

Cedarwood Waldorf School
3030 SW Second Avenue, Portland, OR, 97201

www.thearthall.wordpress.com
503-222-1192

Exhibit open through March 30, 2020



CEDARWOOD
WALDORF SCHOOL

Working with Meaning

A painting workshop with Laura Summer in Portland, OR

location given upon registration

Friday – Monday, March 13 – 16, 9am-3pm

In this 4 day workshop we will work with painting in relation to words. How does a painting arise from a poem? Can a poem arise from a painting? How can we create out of meaning so that our viewer experiences their own meaning. How can we bring something and yet leave our viewer free? How do we influence each other?

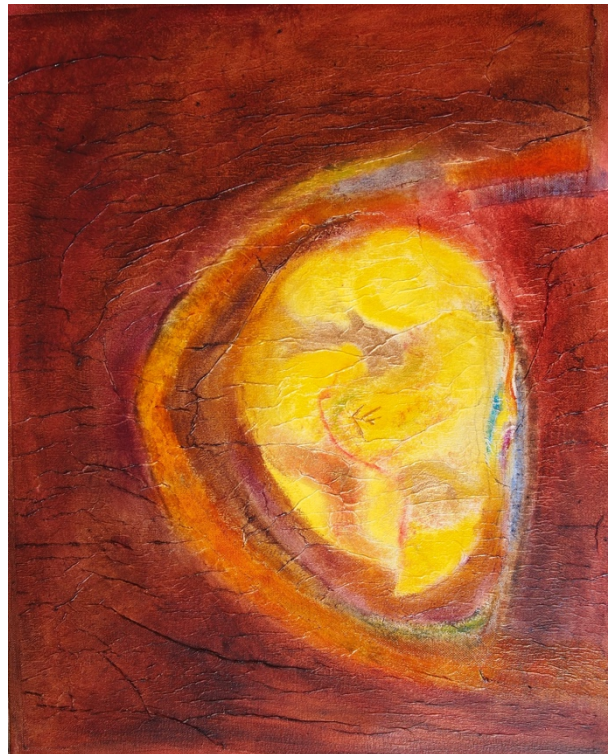
Working with many media including watercolor, pastel, ink, collage and poetry we will explore these questions.

No experience is necessary – the techniques are both exciting and forgiving.

Like treasure hidden by the earth,
Like taste hidden by the fruit,
Like gold hidden by the stone,
Like oil hidden by the sesame seed,
Like fire hidden by the wood,
Channamallikarjuna, jasmine-tender,
Hides as the being behind becoming;
No one knows him.

Akka Mahadevi (India, 1130-1160)

Translated by Vinaya Chaitanya



Sliding scale \$0-300, all supplies included.

Register with Robin Lieberman 503-222-1192 robin@robinlieberman.net

Contact Laura Summer for information laurasummer@taconic.net 518 672 7302

Working with Meaning

A painting workshop with Laura Summer

at the Eugene Waldorf School 1350 McLean Blvd, Eugene 97405

March 17-19

Tuesday 2-4pm, Wednesday 9am-4pm, Thursday 9am-12

In this 3 day workshop we will work with painting in relation to words. How does a painting arise from a poem? Can a poem arise from a painting? How can we create out of meaning so that our viewer experiences their own meaning. How can we bring something and yet leave our viewer free? How do we influence each other?

Working with many media including watercolor, pastel, ink, collage and poetry we will explore these questions.

No experience is necessary – the techniques are both exciting and forgiving. You are encouraged to come to all 3 days but if that is not possible you may come to Tuesday or Wednesday.

ANTIPHON FOR DIVINE WISDOM

Sophia!

you of the whirling wings,
circling encompassing

energy of God:

you quicken the world in your clasp.

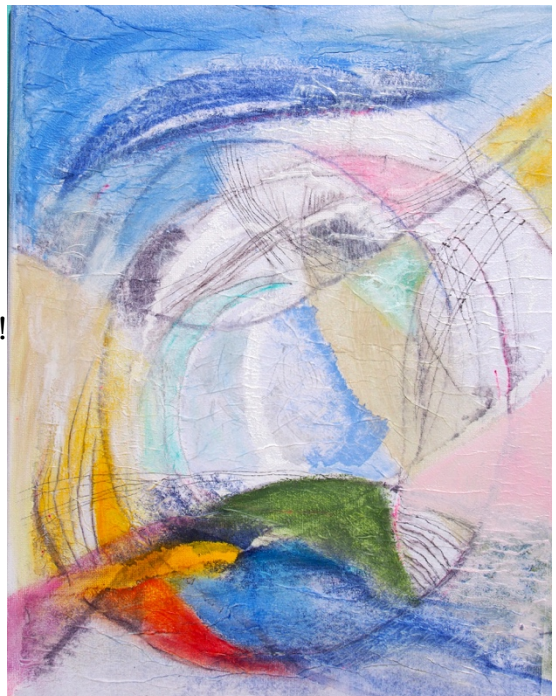
One wing soars in Heaven

one wing sweeps the Earth

and the third flies all around us. Praise to Sophia!

Let all the Earth praise her!

Sliding scale \$0-300, all supplies included.
Contact Laura Summer for information and to register
laurasummer@taconic.net 518 672 7302



M.C. RICHARDS PROGRAM

9-MONTH, RESIDENTIAL PROGRAM FOR YOUNG ADULTS, AUGUST 2020 – MAY 2021

*“Our knowledge,
if we allow it to be transformed within us,
turns into capacity for life serving human deeds.”*

— Mary Caroline Richards

To learn more, and apply, visit: freecolumbia.org
Free Columbia is located in Columbia County, N.Y.

If you have questions you can send them to:
Nathaniel Williams,
director of the M.C. Richards Program,
at: info@freecolumbia.org or 518-653-6160



Areas of activity and learning:

- study of texts and literature
- experiential learning through biology, mathematics and physics
- work assignments and service learning
- studio work in the visual, practical and performing arts
- explorations of social theory and practice, anthropology and the human sciences
- Individual projects

Main Blocks — Five mornings per week

Trimester One: Grounding	Trimester Two: Breathing	Trimester Three: Individuality and Wholeness
Aug. 24-Sept. 18	Nov. 9 – Nov. 25	Mar. 8 – Mar. 31
Explorations of Place and History through Visual Art and Excursions. — Nathaniel Williams	Discovering Meaning in Nature: Animals, Humans, and Evolution. — Craig Holdrege and Nathaniel Williams	Model-free Physics and the forces of Technology. — Gopi Krishna Vijaya
Sept. 21 – Oct. 2	Nov. 30 – Dec. 18	Apr. 5 – Apr. 30
Attending to Experience through Nature Observation. — Catherine Read	Taking Appearances Seriously – Visual Experience and the World of Light, Darkness, and Color. — Henrike Holdrege and Nathaniel Williams	How can poetry and creative writing foster aesthetic education, particularly of our relationship to the natural world? — Luke Fischer
Oct. 5 – Oct. 30	Jan. 11 – Jan. 29	May 3- May 21
Anthropology as Relationship: Self-knowledge through learning about people, culture and place. — Lucas Dreier	Plexus Listening Lab: Re-arranging bodies and identities toward a new vocal togetherness. — Faye Shapiro	Metamorphosis, Plasticity, and Context-sensitivity – Learning from Plants. — Craig Holdrege and Nathaniel Williams
<p>All Three Trimesters Two afternoons per week students choose work in smaller group focus-areas such as:</p> <ul style="list-style-type: none"> • Social Theory and Action • Ceramics • Visual and Studio Arts • Equine Arts 	Feb. 1 – Feb 26	May 24- May 28
	Transformation, Polarity, and Expanding the Boundaries of Thought through Projective Geometry. — Henrike Holdrege	Conclusion