

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society in Portland, Oregon

www.PortlandAnthroposophy.org

Volume 8.1 January 2012

From the Branch Council

On behalf of the branch members and our extended community we would like to heartily thank the outgoing newsletter team for their seven years of service. The newsletter they steadfastly crafted has supported the social life of our Anthroposophical community, our initiatives, and our development as individuals by providing a calendar, events-related materials, biographies of community members, and advertising (they began by publishing and mailing out copies). So to **James Lee, Jannebeth Roell** and **Diane Ramage** we offer deepest thanks and

appreciation for all their efforts, and the very best wishes for their future endeavors.

We would also like to welcome the new newsletter team of Wes Burch, Valerie Hope, and Timothy Popof. In a transition period (as evidenced by this month's shortened newsletter!), they are defining their roles and "modus operandi." They are also trying out a new calendar format this month so feel free to let them know what you think of it, as well as any suggestions or wishes you have. Look for more information to come.

Best wishes to you for the New Year from your Council members: Valerie Hope, Ruth Klein, Tom Klein and Walter Rice.

A BREATHING EXERCISE IN PAINTING

Within our hurried culture we sometimes hold our breath or forget to breathe.

Come live in the colors as we paint nature's sequence: SUNSET, MOONRISE, SUNRISE. This will enliven the forces of breathing--in breath, out breath--a rhythmical process to promote healing.

Four consecutive Tuesdays, February 7, 14, 21, 28
5:00-8:00 PM, \$200 includes ALL materials and refreshments.

Join **ROBIN LIEBERMAN, MSW**, artist and painting therapist in the warm glow of her downtown Portland studio with a view of the setting sun:
1410 SW Morrison Street, Suite 901

Robin is known for her warmth and passion and ability to nurture one's natural creativity.
CURIOSITY IS THE ONLY PREREQUISITE!

Contact Robin at 503-222-1192 or
robin@robinlieberman.net

VEIL PAINTING WORKSHOP

Have you always wanted to learn this exquisite method of watercolor painting and create beauty? YOU CAN!

SOON

We will have a fun day learning in a relaxed and beautiful wooded environment, close-in, west side of Portland.

**Saturday, February 4, 2012
10:00 AM to 4:30 PM**

\$75 includes all materials and lunch
(some lower fee places available)

Join **Robin Lieberman, MSW**, artist and painting therapist for this light and color-filled day.

Robin is a warm and passionate teacher with a natural ability to nurture one's creative process.

Curiosity is the only prerequisite!

Space is limited; please call or email soon:
503-222-1192 or robin@robinlieberman.net

If you are interested to learn more about the Portland Branch of the Anthroposophical Society, please call Diane Ramage at (503) 908-0131.

The Portland Branch Thanks the following Members and Friends for their Generous Donations in 2012!

Ruth Klein
Tom Klein

Kathy Kremer
Jeff Rice

Regina Loos

The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Takacs Clinic, Portland Waldorf School, Cedarwood Waldorf School, Swallowtail School, Pohala Clinic, and Healthbridge. The newsletter and calendar are posted on the Portland Branch website at www.portlandbranch.org.

Questions, suggestions and submissions may be sent by e-mail to anthroposophy@earthlink.net. Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month's edition. Submit calendar items to branchcalendar@mindspring.com no later than the first of each month for publication in the next edition.

- Co-Editor:Wes Burch
- Co-Editor and Calendar:Valerie Hope
- Co-Editor and Editorial Support:Timothy Popof
- Proofreading:Co-Editors
- Communications:Valerie Hope
- Logistics.....Community Volunteers Like You
- Website Services:Seth Miller
- Accounting:Ruth Klein

**Please submit your Donations to the Portland Branch
c/o Ruth Klein at 3609 SE Center, Portland, OR 97202**

Portland Anthroposophical Society Calendar

Portland Branch Events

Portland Branch Council Meeting

Monday, February 13 • 7-9 pm • 2606 SE 58th Ave. Phone 503-775-0778 • email valerieannhpx@aol.com.

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

Meetings are on the second Monday of each month.

January Portland Community Events

Micha-el School Events:

13515A SE Rusk Rd, Portland, Rm. 7 • Contact 503-774-4946 or johncmiles@usa.net • See website for details www.Micha-ellnstitute.com

The Threefold Social Order for Today and Future Development • Friday, January 20, 7-9 pm

Foundation lecture about the social image of the Waldorf School.

The Waldorf School as Expression of the Threefold Social Order • Friday, January 27, 7-9 pm.

Foundation lecture about the social image of the Waldorf School.

Uncover Your Voice with Christiaan Böele • Tuesday, January 31, 6:45 - 9 pm.

We are very pleased to welcome Christiaan Böele back to the Micha-el Institute. Some of you attended his introductory singing class last year. This year it will be held at the Micha-el School in the undercroft (the basement of the Church of the Annunciation). Admission will be by ticket only. Past and present Micha-el Institute students can attend for the payment of \$10. For further details, ticket prices and to purchase tickets see the website.

February Portland Community Events

Micha-el School Events

13515A SE Rusk Rd, Portland, Rm. 7 • Contact 503-774-4946 or johncmiles@usa.net • See website for details www.Micha-ellnstitute.com

The Tasks for Humanity at the Present Time • Friday, February 3, 7-9 pm

Foundation lecture about the social image of the Waldorf School.

First Class of the School of Spiritual Science, Lesson 3

Sunday, February 12 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207

Blue card required. Second Sunday of each month. Please contact Diane Ramage at 503 908-0131 or Cheri Munske at 503 772-2632

Seeing the World Through Painting: A workshop with Laura Summer

February 24 & 25, Friday and/or Saturday, • 9am-4pm Portland Waldorf School, 2300 SE Harrison St., Milwaukie, Or. •

Suggested donation \$120-\$150 (one day \$75) Register with Sandra Burch, 503-353-1818 or galenalyn@gmail.com For more information: <http://www.freecolumbia.org/> • *Can we see the word? Can we experience time in the visual? What transformation occurs when we repeat something? How do we choose a color mood to encompass a poem or story?* Working with poems and stories as well as

watercolor, pastel, charcoal, and collage we will explore these questions. Through relaxing our expectations, while playfully manipulating our media, we will experience the realm of creation and develop skills for our further work. No experience is necessary; the techniques are both exciting and very forgiving. (See flier and article included with this newsletter.)

Robin Lieberman Painting Workshops:

Contact Robin, MSW, Painting Therapist at 503-222-1192 or robin@robinlieberman.net

Veil Painting Workshop • Saturday, February 4th, • 10 am - 4:30 pm

\$75 includes ALL materials and LUNCH (Some lower fee places available.) A fun and relaxed opportunity to learn this exquisite method of watercolor painting in a beautiful wooded environment, close-in, west side of Portland. Join Robin Lieberman, MSW, warm and passionate artist and painting therapist for this color and light-filled day! Curiosity is the only pre-requisite. Space is limited.

Breathing Exercise in Painting • Four consecutive Tuesdays, February 7, 14, 21, 28 • 5:00-8:00 PM • 1410 SW

Morrison, Suite 901 • \$200 includes ALL materials and REFRESHMENTS Often, many of us "forget to breathe" or hold our breath, and some live with asthma. Joyfully, (and thankfully) we can "live in the colors" as we paint, enlivening the forces of breathing; in breathing and out breathing, a rhythmical process, painting a sequence of the Sunset, Moonrise, Sunrise. Join Robin in the warm glow of her downtown Portland studio with a view of the setting sun.

March Portland Community Events

Vernal Equinox Painting Workshop

Tuesday, March 20 • 5:00-8:00 PM • 1410 SW Morrison, Suite 901 • \$50 includes ALL materials and refreshments.

Contact Robin Lieberman, MSW, Painting Therapist at 503-222-1192 or robin@robinlieberman.net

Continue painting your way in concert with the seasons and welcome the coming of Spring, a time of renewal. Join Robin in the warm glow of her downtown Portland studio.

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch 2nd 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.

Anthroposophical Course for Young Doctors, Study Group 1st Tuesday of the month 7-8:30 PM

Pohala Clinic, 12050 SE Holgate Blvd. • Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalaclinic.com.

First Class of the School of Spiritual Science Second Sunday of the month • 9:30 AM sharp

Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Please contact Diane Ramage at 503-908-0131 or Cheri Munske at 503-772-2632

Karma Exercises and Study 1st and 3rd Thursdays at 7:00 PM

NE Portland • The study group is working with Rudolf Steiner's karma exercises. Call James Lee for information (503) 249-3804 or send an e-mail to him at anthroposophy@earthlink.net.

Knowledge of the Higher Worlds 1st and 3rd Tuesdays 7:30 - 9:00 PM

3046 NE 33rd Avenue, Portland, OR 97212 • Contact Donna Patterson and Bob Kellum at 503-331-7393.

Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays

7:30 - 9:00 PM, in SW Portland • Starting to work on the 3rd *Mystery Drama* by Rudolf Steiner, *The Guardian of the Threshold*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@comcast.net or by phone at (503) 908-0131

Portland Waldorf School Community Choir Friday mornings from 8:45 - 10:15 am

Portland Waldorf School, 2300 SE Harrison Street, Milwaukie in the Orchard Room

Anyone who enjoys singing songs through the seasons, across the centuries and around the world is welcome, including drop-ins. This event is free. Marion Van Namen (503) 956-4046.

Waldorf Education and Teacher Training

Lectures and courses conducted throughout the year by the Michael Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net.

Outside of Portland

Dennis Klocek Seminar on Biodynamic Agricultural Practices

Fri. Jan. 20, 6-8pm – Sat. Jan. 21, 9am-2pm • Montinore Estate, 3663 SW Dilley Rd., Forest Grove, Or. • \$150 • space is limited. • Email katy@montinore.com to register. For more info: <http://montinore.com/index.php/news/biodynamic-seminar-35/>

Dennis Klocek is a leading educator and researcher in the field of Biodynamics. This workshop will address the practices of Biodynamic agriculture, the nature and role of Biodynamic Preparations and the alchemical four elements theory in the practice of Biodynamics. Dennis will offer an intro to the Four Elements Theory, the alchemical processes of Sal and Sulf, signatures of form and process in nature, and nature dynamics revealed in planetary time events.

2012 Oregon Biodynamic Group Winter Study and Meeting

Saturday & Sunday January 28 (12:30-8pm) & 29th (7:30 am—12:30 pm) • at the Cox's, 14415 Orchard Knob Rd.

Dallas, OR 97338 503-623-6043 • If planning to spend the night and have related questions please call Carol Cox. There is also a Best Western Hotel nearby 503-623-6300. • For any other questions or info, call Andhi Reyna 541-942-5424 or email andrew937@aol.com


Directions: about 14.0 miles west of Salem on Hwy 22, turn LEFT onto PERRYDALE RD. at Dolph Corner, go 1.6 miles, turn RIGHT onto ORCHARD KNOB RD., go 0.7 miles to 14415 Orchard Knob Rd. • All are welcomed to attend and are greatly appreciated for their presence. For our winter study meeting this year we would like to go deeper into and further our understanding of BD Prep 501, the horn silica preparation. This preparation is one that requires greater exploration as well as possibly more widespread use in our own Pacific NW Region - Let's help facilitate this work! Steiner's *Agricultural Course* Lectures 1 through 5 will be discussed and it will be useful for us all to read and work with these chapters prior to the meeting. We can go through the lectures collecting information that relates to 501, or quartz, or the light and warmth properties....Reading Lecture 7 in *Man as Symphony of the Creative Word* can also be helpful. Discussion on where the Oregon BD Group is headed in this new year as well as over the next years to come and how our mentoring and training is going will also be addressed. **To Bring:** Brown bag lunch for Saturday; potluck items for Saturday dinner, Sunday breakfast and lunch; dish, glass, utensils, napkin; sleeping gear; musical instruments (for Saturday eve social time); seeds for seed exchange. So please join us, new and current members alike!

International Postgraduate Medical Training MAY 4-11

Rudolf Steiner College, Fair Oaks, California • International Postgraduate Medical Training and Anthroposophic Nursing Certification Course. Contact A. Landman MD (medical course) or E. Sustick RN (nursing course) paamdrscourse@anthroposophy.org 914-393-5605

The Guardian of the Threshold JULY 18-22, 2012

260 Hungry Hollow Rd, Chestnut Ridge, NY 10977 • The Threefold Mystery Drama Group, under the directorship of Barbara Renold in Spring Valley, NY, will present Rudolf Steiner's third mystery drama, *The Guardian of the Threshold*, during a conference that will mark the 100th anniversary of the play's first performance. There are plans for the fourth in 2013. If interested in working with her, or attending the conference at 260 Hungry Hollow Rd, Chestnut Ridge, NY 10977 please contact Barbara Renold at 845-356-0674 or barbararenold@yahoo.com



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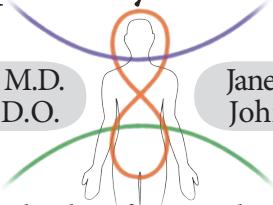
curative painting and collaborative psychotherapy for individuals and couples

Robin Lieberman
MSW, LCSW

503.222.1192 robinlieberman.net


Multi-Specialty Health Clinic

Debra Glasser, M.D.
Joan Takacs, D.O.



Janel Guyette, M.D.
John Takacs, D.O.


The Physicians at the clinic focus on alternatively extended medicine including Comprehensive Family Practice, Internal Medicine, and Physical Medicine and Rehabilitation. They utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spatial Dynamics®, and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury.



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Embryo In Motion: Understanding Ourselves as Embryo
4-DVD Set Now Available With Jaap van der Wal, PhD, MD

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

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