



Anthroposophical Society PORTLAND BRANCH

Newsletter

January 2018

First Class and Section Work

Rudolf Steiner spoke of the importance of the esoteric work of the First Class of the School of Spiritual Science, how it could enrich the work in the various Sections and from there work into the world. There are eleven Sections representing a wide range of professions. A few of these Sections are the General Anthroposophical Section, the Medical Section, the Pedagogical Section, the Performing Arts Section, the Natural Science Section, and the Visual Arts Section. Many Anthroposophists are active for years without being aware of what the Sections are or their connection with The School of Spiritual Science.

With the generous aid of the Portland Branch Council, we will be hosting speakers in 2018, long time workers in their sections, who will hold weekend workshops for both the general public and First Class members.

We hope that you are as thrilled about this enriching opportunity as we are, and will be able to attend. Perhaps you can even offer to help with hall set-up, refreshments, their lodging, airport pick-up, or their meals. Further information will follow in future newsletters.

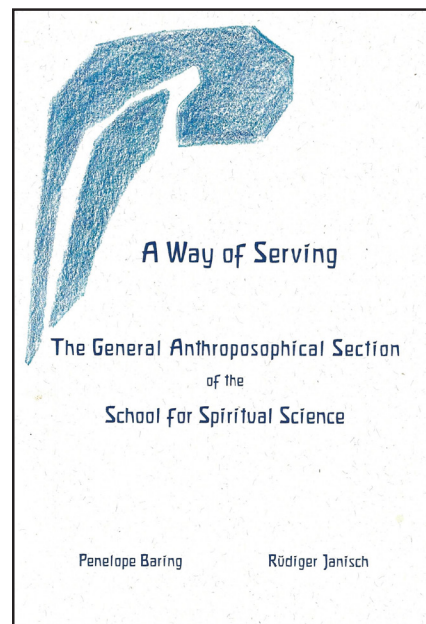
Diane Ramage, Cheri Munske, Rebecca Soloway
Class Holders, Portland, OR

We must regard this School as constituted directly out of the will of the world of spirit itself, modified only insofar as an effort is made to interpret it in the right way for the era we entered when the age of darkness was over and a light returned – though as yet this still comes to imperfect expression on Earth since people perpetuate the old darkness. But the light is here. And only if we understand that it is now present again will we fully grasp the nature and intent of this, our school of the spirit.

Rudolf Steiner
March 21, 1924

Review

by Christopher Guilfoil



A Way of Serving

The General Anthroposophical Section of the School of Spiritual Science

by Penelope Baring and Rüdiger Janisch
Mercury Press, 2013

This concise and comprehensive booklet is not meant to be a theoretical explanation of the work of the School of Spiritual Science; rather it's intended to be a workbook for approaching the question in the title. For the 90 some years since its inception, the "Section for Anthroposophy Common to All," a more literal translation of the original German name, has remained a vague concept to many.

In January of 1924, Rudolf Steiner explained in the formation of the School, that there would also be sections for those striving within certain professions. The core of

this School was intended to be the personal striving for the purely human, or “the purely human need to find the paths of the soul to the spiritual world.”¹

This personal striving may lead one toward a path of self-development, freely offered in the School, in which members choose to take greater responsibility for the needs of the Earth and its metamorphosis. The study of anthroposophy begins to create a new community, with increasing opportunity for these “paths of the soul” to become a sharpened feeling for responsibility. Early on the booklet reflects on this feeling for responsibility of soul and the steps for joining the School.

The core of the workbook addresses the practice of this initiatory path – it addresses how a culture consciously living with earnest questions could become a social force. What we can learn from each other becomes a common social setting. The authors clarify, “The School of Spiritual Science has the potential to be a center for research, connecting our questions with the questions of others.”

“Action research” is also a key component of the arts, which are central in this path of the soul the School embodies. “Art is the right hand of Nature,” wrote Schiller. “The latter has given us being, the former has made us human.” Self-development requires playfulness, humor and joy. “Art is dedicated to joy,” said Schiller. The School builds a bridge upon which we sway back and forth, spanning the sense world and the world of spirit. Here art can be at once serious and joyous. “We can traverse the Rainbow Bridge from the world of Wisdom to the world of Love.”²

Nothing about the esoteric working of the School and its sections should be intellectual and abstract. Ever since Steiner’s seminal work “The Philosophy of Freedom,” dry, dialectical thinking was to gradually become so called

*“We can traverse
the Rainbow Bridge
from the world of Wisdom
to the world of Love.”*

“living thinking,” with its resulting moral imagination and moral technique. Anthroposophy was to become visible in the world - What and Why were to become How. How becomes the real purpose of applied research. In the spirit of this liberation of thinking, with art becoming the daughter of freedom, with thinking moving into feeling, the ‘esoteric’ becomes an ‘open secret.’

In the final chapter of A Way of Serving, the task

of preparation and meditation is placed before one as a possible inner practice, freely chosen but with a particular set of instructions contained alongside each of the First Class mantras, the so called Class Lessons. Working with these lessons and mantras is a personal endeavor. Due

*In the spirit of this liberation of thinking,
with art becoming
the daughter of freedom,
with thinking moving into feeling,
the ‘esoteric’ becomes an ‘open secret.’*

to this individual quality of unraveling and developing this “open secret,” the authors have crafted a concise and progressive workbook as opposed to a manual on meditation or mindfulness. The School of Spiritual Science, with the First Class, the General Section, and all the sister sections - being born out of moral technique, out of the liberation from dialectic thinking, continues to unfold its vitality as members strengthen their bonds in this research collective.

1 The Constitution of the School of Spiritual Science, Rudolf Steiner, Feb.3 1924 (GA 260a)

2 A Way of Serving, page 22

2018 Save The Dates!

Dear Friends,

As we anticipate 2018, it can be helpful to look ahead to the impulses already in place in our community for the coming year. As you can see it is quite full, but nicely paced. I will here simply offer the list of events below, and refer you to two articles in this newsletter which elaborate some new impulses in our community related to the School for Spiritual Science – one piece offered by our First Class Holders, and a book review by Christopher Guilfoil. More on this topic will come in future newsletters.

Of special note, and coming right up in February, is the conference with Michaela Glöckler and sixteen other medical and educational professionals. (see materials at the end of this newsletter.) Although the title indicates that it is about child development, it will be of interest to anyone who is moved to understand healthy human development. This conference might also be thought of as supporting the impulses for the School of Spiritual Science in 2018, as the content reflects activity for both the medical and pedagogical sections.

Also of special note is the new Pacific Eurythmy Training that has begun in Portland. The following list is in addition to the many ongoing study groups, activities, and eurythmy offerings regularly listed in our calendar.

- January 18-22** Rev. Craig Wiggins, Christian Community, Eugene
February 2-5 Rev. Craig Wiggins, Christian Community, Portland
February 23-26 Meeting the Challenges of Child Development in Education and the Healing Arts with Dr. Michaela Gloeckler and 17 other health care and educational professionals
March 4 Branch Annual Gathering, AGM
March 8 Art Hall Event with Tom Klein and Martin Levin
March 8-11 Rev. Sanford Miller, Christian Community, Eugene
March 25 Easter Observance
April 13-15 Rudiger Janische re. School of Spiritual Science, General Section
April 20-23 Rev. Craig Wiggins, Christian Community, Eugene
May 3-6 Rev. Sanford Miller, Christian Community, Portland
May 18-20 Michael Howard re. School of Spiritual Science
June 22-July 1 Tone Eurythmy Conference with Jan Ranck
September 21-23 Michaelmas Observance, Calendar of the Soul/First Class, with Herbert Hagens
November 2 All Souls Observance
November 14-18 National Biodynamic Conference w/some possible events in advance
Pacific Eurythmy Training Tuesday evenings and one weekend/month

With best wishes for your working in 2018,
Valerie Hope, ed.

The Holy Nights Readings

by Tom Klein

The time for The Holy Nights Readings is here. For those who have not yet attended, the readings are every evening during the twelve nights after Christmas. They begin on December 26th and continue until January 6th. Each evening from 7:30 to about 9 pm we read from a lecture series. We then have some time to socialize and partake of the refreshments provided by our hosts and others. Last year there were about 14 people each evening and 36 people attended at least one reading. This year we will be reading the lecture series, The Gospel of St. John, which we last read in 2010.

Please call (503-777-3176) to receive a list of the remaining homes where the readings take place or for more information. I look forward to seeing you all during these Holy Nights.

Calendar of the Soul

40. (January 5 - 11)

And when I rest in Spirit grounds
The bottom of my Heart is filled,
Are vacancies of self-illusion filled
From loving spheres of Soul
With the Logos' fiery might.

41. (January 12 - 18)

The creative powers of my Soul
Aspire from deep within my Heart
To ignite in Human Lives
The forces of the Gods to just
endeavour,
To manifest the Self
In human Love and human Deeds.

42. (January 19 - 25)

It is the strong urge of the Soul
In this dark, Winter's Night
To manifest the Powers of the Self,
To guide them into Darknesses
And to expect with glowing Heart
What the Senses shall reveal.

43. (January 26 - Feb 1)

Within the Depths of Winter
Essential Spirit Being starts to glow,
Apparently endowing all the World
Through forces of the Heart
with steadfast Beingness;
Defying frosty worlds, with fire of Soul
The hearts of Human Beings.

Calendar translation by Stefan Schwabe



What's New at the Goetheanum?

by Anya Thaker

Dr. Christiane Haid & the Theme of the Year

This month, as we continue building our bridge between Dornach and Portland, we feature Dr. Christiane Haid. She is a member of the Goetheanum leadership and has recently written important articles on the 2017/2018 theme of the year.



Since 2012 Dr. Haid has been the head of the Literary Arts Section at the Goetheanum, and is one of 6 women on the 19 member Goetheanum leadership group. She oversees the publishing house, Goetheanum Verlag, and works to see that the Verlag is involved closely with the First Class and its works.

Prior to this she worked for the Albert-Steffen Foundation and wrote her doctorate of philosophy (DE) on the topic, *“Myth, Dream and Imagination. Albert Steffen’s Short Mythologies,”* by Schwabe publishing, Basel. She also is a prolific lecturer at the Goetheanum, well versed in Anthroposophy and speaking profoundly on a variety of topics. Visit the section’s website to see her upcoming talks (in German) at conferences on the First Class, Albert Steffen, the Egyptian “breath”, a study of Rudolf Steiner’s works, and the *Humanization of man*. <http://www.ssw.goetheanum.org/en/veranstaltungen/>

Theme of the year

Christiane Haid, along with Jaap Sijmons, General Secretary of the Anthroposophic Society in the Netherlands, wrote an article for the Jan/Feb 2017 edition of Anthroposophy Worldwide titled, *“Light and Warmth for*

the Human Soul”. In a more recent issue, No. 10/17, they elaborated on the theme in an article entitled, *“On the practice of memory, conscience and imagination”*.

It can be helpful to read both of these pieces as we come to the close of 2017 and reflect on the annual theme for 2017/18: Light and warmth become freedom and love.

In their Jan/Feb. article, Haid and Sijmons outline the Foundation Stone Meditation, suggesting meditations for 2017/18 and years to follow leading up to 2023/24.

The theme of the year can be summarized as: *An exercise to know oneself: practice in “spirit-recalling”*.

Spirit-recalling: a different type of remembering

In the first stanza of the Foundation Stone meditation we find the call to *practice spirit-recalling*. What is *spirit-recalling* we may ask? Haid and Sijmons explain that through work with our *memory*, we learn more about our individual I, and “when we work *meditatively* with the Foundation Stone, a ‘light of thoughts shines towards us’ and enables us to draw new inspiration for our actions”. They have quoted Rudolf Steiner here and go forth to explain exercises he gave for developing the memory of the I.

One exercise is to think back on a childhood memory. When able to *enter* back into that memory and so to say, activate the memory, one is *beholding spirit*. When able to *see* or *hear* what occurs during this *revisiting*, one can receive *spiritual insight*.

Another exercise involves asking to remember one’s intentions for this incarnation. This can help one with tasks needed to be fulfilled.

By revisiting memories, one learns more about oneself through images in the mind’s eye and feelings. Through these exercises we open ourselves to communication with the hierarchies, that is through images, feelings and light.

When entering into states of remembering, we are reminded of the importance of free, unbiased thinking, so that we are able to receive *cosmic thought*.

“Who is it that speaks to us in this way? Who asks us to carry out these exercises? As we practice, we become aware of basic orientations of soul and spirit, and we are gradually led to a knowledge that encompasses our earthly and cosmic being” (AWW 1-2/2017).

A call to action

Haid and Sijmons encourage us to *revisit* the Foundation Stone meditation and actively work on the exercises of spirit-recalling so as to bring this work presently to *life*, to “encourage the striving for a deeper understand-

ing of the threefold human being – of body, soul and spirit – through inner practice”. This is part of our task for 2017/2018.

We are in a time period of 7 years now until we mark 100 years since the Christmas conference held in 1923/24 when Rudolf Steiner brought forth this meditation. This occurred a year after the burning of the first Goetheanum and almost a year and half before his passing in March 1925.

Haid and Sijmons, for the Goetheanum leadership, ask if groups around the world can work with the Foundation Stone meditation, for this works with the *substance* of the Anthroposophic Society. The Goetheanum will hold an International conference on the Foundation Stone mediation, at Christmas 2018. In these years leading up to 2023/24 the focus will be on these great exercises: “spirit recalling”, “spirit awareness” and “spirit beholding”.

For an in depth look at spirit-recalling and the theme of 2017/18 refer to the article below from AWW 1-2/17 and 10/17 :

http://www.goetheanum.org/fileadmin/AWX/aw_e/AWE2017_1-2.pdf

Important Announcement About Portland's AGM

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

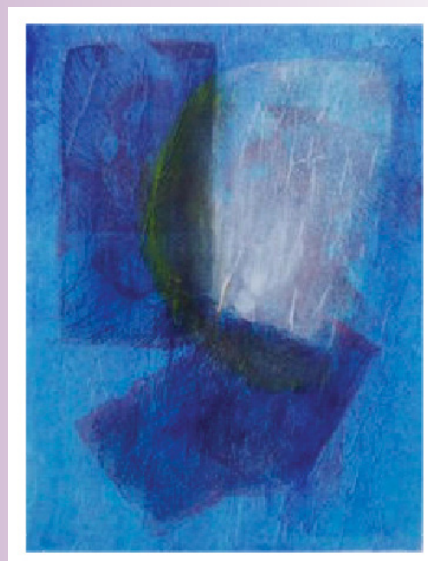
January Art Dispersal and Workshop in Portland - Update

Due to unfortunate and challenging family circumstances, painting – Laura Summer's way of making sense in the world - has taken a back seat for now, and Laura has needed to postpone her west coast teaching schedule. We are so fortunate that Laura had already sent us 30 (!) new paintings for the Art Dispersal, which will happen with her blessings at The Art Hall on January 19. And she has given us inspiration and guidance to hold the two day workshop – Visual Art as Contemplative Practice – The Gospel of Saint John - without her for now in the South Performance Space of Cedarwood Waldorf School on January 20-21. Please continue to sign up with Robin Lieberman who will facilitate. See the fliers and calendar items in this newsletter.

We will welcome Laura back to Portland in due time. For now we send her our blessings and gratitude as we continue to learn and grow from her creativity and teachings that she so generously shares with the world. And we are sending love to her family.

Many, many blessings to all, in the spirit of community that Laura so eloquently manifests,
Robin Lieberman 503-222-1192

Laura Summer Events in Eugene
have been postponed.



Temptation

Under a starry sky I was taking a walk,
On a ridge overlooking neon cities,
With my companion, the spirit of desolation,
Who was running around and sermonizing,
Saying that I was not necessary, for if not I, then someone else
Would be walking here, trying to understand his age.
Had I died long ago nothing would have changed.
The same stars, cities and countries
Would have been seen with other eyes.
The world and its labors would go on as they do.

For Christ's sake, get away from me.
You've tormented me enough, I said.
It's not up to me to judge the calling of men.
And my merits, if any, I won't know anyway.

~ Czeslaw Milosz



Pencil on Paper Christopher Guilfoil 10"x12"



The Next Generation of Biodynamic Farmers

When you imagine what the future of agriculture looks like, where does biodynamics fit in? Do you see the potential for biodynamics to be embraced as strongly by farmers, consumers, and those who care for the earth as was organics? What would that mean for our health, the life of our communities, and the vitality of the earth? We're working to make this a reality.

I'm Anthony Mecca, Farmer Training Coordinator at the Biodynamic Association and farmer at Great Song Farm in Red Hook, NY. I did not grow up a farmer. I called suburban New Jersey home during my formative years, and took courses in computer science and English before finding my way to farming. Somewhat to my surprise, I found that the Earth was kind and forgiving; that it was an extraordinary teacher if I could listen carefully enough. I found that hard work and hot sun were a forgotten medicine. I found that community could grow around the beautiful revelation of the Earth and the sustenance it provides.

This vision lives at the center of the BDA's work that has been growing in breadth and depth over the last 10 years. I found my calling in agriculture. To delve deeper I had to forge a path of learning independently. I dipped in and out of working with biodynamics over these years, struggling to find a way in. I knew there was something more for me in biodynamics, but I wasn't clear how to access it.

My journey to biodynamics, and the impact biodynamics has had on my life and work, spurred the question "How can I make this work accessible to other aspiring farmers?" I first became a Mentor Farmer through the

BDA's Farmer Training program, and now I coordinate these programs that reach across North America. Our new Biodynamic Farmer Foundation Year offers many elements that enhance the training and bring it to a wider audience. In addition to apprenticeships, we're now welcoming already established farmers to participate! Their invaluable experience will help bring more land under biodynamic cultivation and more products to the marketplace at a time when it is vitally needed. Do you know of a farmer in your community who might be interested in participating? I do, and I am excited to offer them this new opportunity!



The Biodynamic Farmer Training programs at the BDA are critical to developing the next generation of biodynamic farmers. Looking back at my journey to becoming a biodynamic farmer, it is clear that while I put a lot of work in myself,

the support of others made all the difference. It is in this spirit that I ask you to give generously to the Association so that others may find the support they are seeking, so they may develop their much needed gifts towards healing the Earth and humanity.

The 2018
National Biodynamic Conference
will be held in Portland
Wed. November 14 – Sun. November 18

Portland Branch Calendar January, 2018

First Class of the School of Spiritual Science

Sunday, January 14, 9:30 am sharp • First Recapitulation Lesson (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons normally held second Sunday of each month • Contact Diane Rumage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

Portland Branch Council Meeting

Monday, January 15, 7 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

Holy Nights Readings – The Gospel of St. John

December 26-January 6 - 7:30 pm • At the homes of community members – a schedule will be emailed • Contact Tom Klein for information and to volunteer to host for an evening. 503-777-3176

This is a long-standing tradition in our community, which includes a social time and refreshments. We last read this Gospel together in 2010.

Exhibit/Art Dispersal and Artist Talk: Why Art? The importance of culture in our culture with

Robin Lieberman

Friday, January 19, 7 pm • The Art Hall at Cedarwood Waldorf School, 3030 SW 2nd Ave • Contact Robin Lieberman, 503-222-1102.

Laura Summer's colorful, expressive paintings will ensoul the Art Hall through February. On this night they will be available for Dispersal. Come be a steward of one of these beings. An introduction to Laura and a video of her speaking to us will be presented.

Visual Art as Contemplative Practice: The Gospel of St. John, Workshop with Robin Lieberman

Saturday/Sunday January 20/21, 2018, 10 am-4 pm • Cedarwood Waldorf School, South Space, 3030 SW 2nd Ave Fees: \$90-\$150 to be shared by Free Columbia and the Art Hall • Contact Robin Lieberman, 503-222-1102

Learn to know something by working artistically in community. Laura Summer has been sharing her teaching materials with Robin, who will facilitate/peer lead this interesting workshop. See flier in January newsletter

January Events With Laura Summer In Eugene Have Been Postponed

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

All events at Bothmer Hall, 5919 SE Division St. • Donation \$10/talk or what you can afford. Contact Christine Badura, 707-494-6741 badura88@hotmail.com or Betty Baldwin, bettybaldwin3@gmail.com To make an appointment with Rev. Wiggins for the Sacrament of Consultation or other things: phone 484-557-8086, email craig@wiggins.nl

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

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

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

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

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

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

So many of us – especially parents, grandparents, teachers, and health care professionals directly involved with children – can benefit from support when it comes to fostering a healthy childhood; one that allows children to grow into adults who are greatly needed by this world - motivated, tolerant, creative, empathetic and possessed of common and moral sense. This conference is for anyone who is interested in healthy human development, provides support for how to get there, and how to celebrate the journey in the process.

Portland Branch AGM Gathering and Potluck

Sunday March 4, 12-4 pm • More details soon. The gathering will be held later this year to accommodate the Child Development Conference with Dr. Michaela Glöckler and a group of educators and medical/therapeutic community members, February 23-26.

Art Hall Event with Tom Klein/String Art and Martin Levin/Geometric Sculpture
Thursday, March 8 • Contact Robin Lieberman, 503-222-1192 • Watch this space for more details.

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

School for Spiritual Science with Rudiger Janisch of the General Section
Friday April 13-Saturday April 14 • Watch this space for more details.

Christian Community Events with Rev. Sanford Miller
Thursday May 3 –Sunday May 6 • Watch this space for more details.

School for Spiritual Science with Michael Howard of the Art Section
Friday May 18- Sunday May 20 • Research in the Visual Arts Section. Details to follow in the February newsletter.

Tone Eurythmy Conference with Jan Ranck
Friday, June 22 – Sunday July 1 • Watch this space for more details.

Calendar of the Soul/First Class with Herbert Hagens
Friday, September 21 – Sunday Sept. 23 • Watch this space for more details.
This will serve as our Michaelmas Observance.

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

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

Ongoing Local Activities and Study Groups

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

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

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.

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

Eurythmy Foundation Course with Jolanda Frischknecht • Tuesdays & One Weekend/ Month
Tuesdays 6-7:30 pm, One weekend/month Friday 6-7:30, Saturday 10:30-2:30 with lunch break • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • \$20/session; Cost: \$20/session; Tuesdays Only \$80; weekend \$30; all classes \$110; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 This class is for those who have done Eurythmy for some time as well as for those new to it; for those who want to deepen their experience and dive into the eurythmical movements more intensively; session will consist of both Tone and Speech Eurythmy; we will explore and deepen the basic elements of Eurythmy as well as entering into an artistic process together of expressing poetry and music through the wonderfully enlivening and meaningful movements of Eurythmy.

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

Eurythmy, Portland Waldorf School Community: 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

Festivals Study Group: First and Third Friday Mornings

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

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

The Inner Work Path, a foundation for meditative practice in the light of Anthroposophy by Lisa Romero Friday Mornings

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

Beginning with a short artist activity from "fifty-two weeks" by Laura Summer, we will spend time painting from the Calendar of the Soul and then begin working with The Inner Work Path. All are welcome,.

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

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

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

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

We will work with play *The Soul's Awakening*, and Steiner's 1913 lecture series, *The Secrets of the Threshold*, which he gave after the performance of the play.

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

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

No experience necessary, \$20/Session

Portland Waldorf School Community Choir • Friday Mornings with David Edwards

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

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the 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

Embryo In Motion: Understanding Ourselves as Embryo

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

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

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

HOW NOW BROWN COW



- flyers
- brochures
- business cards
- newsletters
- invitations
- handmade maps
- annual reports
- illustration
- art classes
- lazure
- murals
- almost anything...

Christopher Guilfoil
c.guilfoil@gmail.com



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 Ramage at 971-271-7479.

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

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

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

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

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

Betty Baldwin, Kevin Gregg, Valerie Hope, Ruth Klein
Tom Klein, Joann Logan, Arnold Logan, Brian McClure
Kim Sinclair, Angela Sparks, Jerry Soloway
Rebecca Soloway

**We will gratefully receive your Branch membership dues
(\$50 or what you can afford).**

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

**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

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 and collaborative psychotherapy for individuals and couples

Robin Lieberman
MSW, LCSW

503.222.1192 robinlieberman.net

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

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

urhealth.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.)

The
Anthroposophical
Society in America



the SACRED
Gateway

Sacramento Waldorf School, Fair Oaks, CA

April 6, 7, 8, 2018

Register now at: www.anthroposophy.org/sacredgateway

The Art Hall
welcomes back
innovative New York artist

LAURA SUMMER



Opening Reception/Art Dispersal
Friday, January 19, 7:00 p.m.

Artist talk: 7:30 p.m.

“ Why Art? The
Importance of Culture in
our Culture.”

Exhibit open through
February 28, 2018

to learn more about Art Dispersal
visit <http://www.freecolumbia.org>

Cedarwood Waldorf School
3030 SW 2nd Portland OR. 97201
<https://thearthall.wordpress.com>
direct all inquires to Robin Lieberman at
503 222 1192, or robin@robinlieberman.net





Rembrandt, A Child Being Taught How to Walk, 1660

So many of us – especially parents, teachers, and health care professionals directly involved with children – can benefit from support when it comes to fostering a healthy childhood; one that allows children to grow into adults who are greatly needed by this world - motivated, tolerant, creative, empathetic and possessed of common and moral sense. This conference provides support for how to get there, and how to celebrate the journey in the process.

Dr. Glöckler's presentation topics:

- Meeting the Challenges of Child Development in Education and the Healing Arts – Public Lecture; free to conference attendees, \$20.00 all others.
- The Cycles of Child Development
- ADHD and Autism
- Effects of Electronics on the Developing Child
- Anxiety, Depression & Working with Children Healing from Trauma
- The Meaning of Autism in the 21st Century: Where are we going and how should we get there?
- The natural development of the child: the 7 Year Cycles And Their Corresponding Physical, Emotional And Spiritual Aspects

Breakout Groups - Anthroposophically Inspired Tools that can help:

Fifteen breakout groups will be offered by educators and health care professionals – see attached listing

Fees

Early Bird for members of sponsoring groups & students	\$155
Early Bird for non-members	\$175
After January 19	\$195
Dr. Glöckler Friday, 7 pm Lecture, free to conference participants	\$ 20
Lunches (2)	\$ 14 each

Contact: Tom Klein, tgklein@aol.com

Sponsoring Groups: The Portland Branch of the Anthroposophical Society, SPAN, PCCI, NUNM Anthromed Club

Meeting the Challenges of Child Development in Education and the Healing Arts With



Dr. Michaela Glöckler

February 23-26, 2018
Portland, Oregon
Cedarwood Waldorf School,
3030 SW Second Ave.

Dr. Glöckler is an internationally acclaimed speaker and authority on child development, with more than 20 years of pediatric clinical experience, who also served as a school doctor. From 1988-2016 she was the head of the Medical Section of the Goetheanum/ School of Spiritual Science, involved with international coordination of the Anthroposophic Medical Movement. She co-wrote the book, *A Guide to Child Health*; and is a co-founder and current president of the Alliance Eliant, an alliance of 10 European associations of applied anthroposophy set up in 2006 to make a civic contribution towards improving quality of life and cultural diversity in Europe.

Breakout Sessions/Dr. Glockler Lectures

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

- 1. Reflexology with Amy Joy Allahdadi:** Amy Joy's workshop will cover a spectrum of reflexes and their developmental importance in the incarnating and maturing child, the learning and behavioral challenges a child will exhibit when they have not been fully developed/integrated, and how partially and unintegrated reflexes will present in the classroom. Amy Joy will also share some simple movements and other tools that teachers can employ in the classroom to help students who are struggling with learning, behavioral and physical imbalances.
- 2. The Evolving Nature Of Gender Expression with Dr. David Gershan and Dr. Lisa Del Alba Repeated Twice:** Gender expression is undergoing a profound and rapid revolution. Children proclaim with assurance gender that is not congruent with birth anatomy. Teens and adults are also proclaiming gender identities that are at odds with our concepts of anatomy and sexual orientation. How has this revolution been understood? How do the individuals understand it? Is gender expression developing to even newer forms in the 2000s? Let us look at this revolution within the contexts of a phenomenologic and Anthroposophic approach. **(Repeated Saturday am & pm)**
- 3. Role of Fever and Acute Remedies with Dr. Robert Kellum – Repeated Twice:** We'll explore the importance and safety of fever, and the value of remedies that work with inflammation rather than suppress it. We'll examine the gesture of a selection of remedies as illustrative of reinforcing the body's own efforts, and a guide for useful remedies to have on hand for various acute conditions will be provided. **(Repeated Saturday and Sunday)**
- 4. How Homeopathics Work to Promote Healing with Dr. Paul Kalnins:** In this session Dr. Kalnins will lead a discussion on current hypotheses regarding homeopathic mechanisms. He will briefly review how hormesis, nanoparticle pharmacology, colloid chemistry, and the role of sensory receptors in the intestine can help form a bridge between Anthroposophical approaches to health and modern biomedicine."
- 5. Helpful Stories for Challenging Behavior in Children with Donna Patterson:** Bring your stories to share, and problems in search of stories. We'll explore the power of stories, how to choose them, how and when to read them, etc. with case examples, so that you leave with greater resources and confidence.
- 6. Working with Learning Difficulties for the Whole Class with Tammy Wagner:** Activities and lessons that are geared for the student with learning difficulties can help strengthen everyone in the class. This workshop will focus on various ways to incorporate the "Extra Lesson" and other integrating exercises in the Main Lesson and throughout the day.
- 7. Restorative Eurythmy for Parents, Teachers, and Caregivers with James Knight:** In this course we will explore and experience eurythmy as a health giving and restorative art in response to the stresses of daily life tasks. We will give particular consideration to those whose work brings them into direct contact with those they serve in a giving fashion and the drain this can sometimes be on their life forces. We will explore movements and movement meditations that can help to ground us, balance our soul forces and strengthen our ability to meet the challenges of being a giver in today's modern life.
- 8. Introduction to Spacial Dynamics with Dr. John Takacs:** An introduction to Spacial Dynamics movements and their therapeutic and pedagogical uses.
- 9. Therapeutic Eurythmy with Lesley Cox – Two Sessions (A & B):** Our work will consist of trying to better understand what Hygienic and Therapeutic Eurythmy are, and how their exercises can potentially help to harmonize and strengthen the metabolic, nerve-sense, and rhythmic systems. We will focus principally, but not exclusively, on the unique needs of school aged children. Two sessions are offered so that take-aways can be practiced. **(Saturday & Sunday)**

10. **Healing from the Hearth of your Home with Julie Foster, NP:** Compresses and Applications useful for common childhood illnesses and support for the development of a growing child. Learn about what is in your kitchen to care for an ill child at home. Be empowered to apply simple measures of lemon ankle wraps, onion compresses, such. Anthroposophic nursing and medicine perspectives will be reviewed for choosing an application.
11. **The Role of the School Doctor with Dr. Ali Givens and Dr. Padeen Quinn – Repeated Twice:** We will explore the important role of the school doctor in working with other professionals to assess the physical, emotional and spiritual needs/development of every school child, while also acting independently and in confidence as a neutral mediator between children, parents and teachers, in the care of healthy social integration. **(Repeated Saturday and Sunday)**
12. **Music Therapy with Marion Van Namen:** The Four elements in nature, the human being and music; how our music making reveals and influences the relationship between the physical, etheric, astral and I am .
13. **Rhythmical Massage Therapy with Margaret Kerndt:** When a person experiences rhythmical massage therapy, the movements offered find resonance within their own rhythms , within in the fluid, airy and warmth realms of their physical body. In this workshop, we will experience how and why rhythmical massage can be a potent resource in children and adults for restoring greater ‘freedom within balance’.
14. **Therapeutic Arts with Cheri Munske:** Our world presents today’s child with many challenges, including a tendency to over intellectualization. Using color, form and movement we will explore how the therapeutic arts can counter this tendency. With a focus on exercises which promote healthy breathing, we will experience how color and movement can strengthen and support the inherent forces of health within the child, as well as in our environment and community.
15. **The Rise of Chronic Illness with Dr. Michaela Glockler:** Chronic Illness, particularly ADHD, asthma, diabetes and obesity, have all risen dramatically in the last 30 years, to the point that today they affect about 1 in 5 children in America. Has such chronic illness impacted your family? What are the causes behind this epidemic and what can we do about it?
16. **The Spoken Word: Signature and Educator of Our Humanness with Helen Lubin:** Living language as a companion and co-educator. How is it that this wondrous instrument of speaking can become instrumental in furthering human development?

Dr. Glockler Lectures

2/23, Friday

8-9:15 am **Anxiety, Depression and working with Children Healing from Trauma**
Location: National University of Natural Medicine (NUNM) 049 SW Porter St.

7-9:00 pm **Meeting the Challenges of Child Development in Education and the Healing Arts**
Location: Cedarwood Waldorf School, 3030 SW Second Ave.

2/24, Saturday

9:00 am **Cycles of Child Development, Location: Cedarwood Waldorf School**

1:30 pm **ADHD and Autism, Location: Cedarwood Waldorf School**

7-9pm **The Meaning of Autism in the 21st Century: Where are We Going and How Should We Get There? Location: NUNM**

2/25, Sunday

9:00 am **Effects of Electronics on the Developing Child, Location: Cedarwood Waldorf School**

2/26, Monday

7:30 am **The Development of the Child: The 7 year Cycles and their corresponding Physical, Emotional and Spiritual Aspects, Location: NUNM**

Meeting the Challenges of Child Development in Education and The Healing Arts
Michaela Glöckler Conference ♦ February 23-26* ♦ 2018 Portland, Oregon
Cedarwood School, 3030 SW 2nd Ave, & NUNM, 049 SW Porter St.

Friday 2/23/18 8-9:30am	Lecture at NUNM by <u>Dr. Michaela Glöckler</u>	Anxiety, Depression, and Working with Children in Healing from Trauma <i>National University of Natural Medicine (NUNM) 049 SW Porter St. Portland OR Room 107 Free to public and facultative for conference participants</i> <i>Free NUNM events are Co-sponsored by the NUNM Anthroposophic Medicine Club</i>					
7- 9pm	Public lecture by Dr. Michaela Glöckler	Meeting the Challenges of Child Development in Education and The Healing Arts <i>At Cedarwood Waldorf School . \$20.00 charge to public; included in cost of conference for conference participants</i>					
Saturday 2/24/2018	9-10:30am	10:30am 11:00am	11am -12:30pm	12:30- 1:30pm	1:30- 3:00pm	3:00- 3:30pm	3:30-5:00pm
	Lecture by <u>Dr. Michaela Glöckler</u> Cycles of Child Development <i>at Cedarwood School (CWS)</i>	Break	Breakout Groups (CWS): 1- Reflexology Amy Joy Allahadati 2-Gender Expression Dr David Gershon & Dr Lisa Del Alba 3-Role of Fever & Acute Remedies Dr Bob Kellum 4-How Homeopathy Works Dr. Paul Kalmis 5- Helpful Stories for Challenging Behaviors in Children Donna Patterson 6- Therapeutic Activities in the Classroom Tammy Wagner 7-Restorative Eurythmy for Parents, Teachers & Caregivers James Knight The Meaning of Autism in the 21 st Century: Where are We Going and How Should We Get There? <i>NUNM: 049 SW Porter St. Portland OR Room 310 Free to public and facultative for conference participants</i>	Lunch	Lecture by <u>Dr. Michaela Glöckler</u> ADHD & Autism <i>at Cedarwood School</i>	Break	Breakout Groups: (CWS) 8- Spatial Dynamics Dr John Takacs 2- Gender Expression, Dr David Gershon, Dr Lisa Del Alba 9A- Therapeutic Eurythmy Lesley Cox 10- Home Remedies Julie Foster NP 11- Role of the School Doctor Dr. Ali Givens & Dr. Padeen Quinn 12- Music Therapy Marion van Namen 13-Rhythmnical Massage Margaret Kerndt
7-8:45pm	Lecture at NUNM by Dr. Michaela Glöckler						
Sunday 2/25/2018	Lecture by <u>Dr. Michaela Glöckler</u> Effects of Electronics on the Developing Child <i>at Cedarwood School</i>	Break	Breakout Groups (CWS): 9B Therapeutic Eurythmy (continued) Lesley Cox 14-Therapeutic Arts Cheri Munske 11--Role of the School Doctor Drs Ali Givens & Padeen Quinn 3 Role of Fever & Acute Remedies Dr Bob Kellum 15- Rise of Chronic Illness Dr Michaela Glöckler 16- Speech Therapy Helen Lubin	Lunch	Plenum: Conference Review and Next Steps <i>at Cedarwood School</i>	End Break	Free showing of the film "Vaxxed" at Cedarwood for conference attendees. All others by donation. *Lecture on Monday 26th at 7:30 am, NUNM
Monday 2/26/18 7:30-9:15am	Michaela Glöckler Lecture to NUNM Grand Rounds	The Development of the Child: The 7 year Cycles and their Corresponding Physical, Emotional and Spiritual Aspects. <i>NUNM Radelet Hall:2719 SW Kelly Avenue, Portland. This lecture is free and open to the public, and facultative for conference participants</i>					

Meeting the Challenges of Child Development in Education and the Healing Arts - Presenters



Amy Joy Allahdadi, Reflexology: Amy Joy is a certified Therapeutic Consultant and Waldorf Teacher who helps children to meet physical, emotional, and learning challenges with warmth, compassion and a deep holistic understanding of the developing child. Combining rhythmical and neural-developmental movement, play, sensory activities and storytelling, she works to integrate and develop children's reflexes and brain and sensory systems to align learning, behavioral and physical imbalances. She holds certificates from Rhythmic Movement Training Internation (RMTi), HANDLE, and the Micha-el Institute.



Lesley Cox, Therapeutic Eurythmy: Lesley first worked as a public Junior High and High School teacher, but within a few years happily found herself in England at Emerson College, where she completed their Teacher Training program. At length she chose to study Eurythmy, and in 1985, after graduating from the Spring Valley school, she joined the Portland Waldorf School, where she continued to teach Eurythmy to the early childhood and younger grades children for 28 years. She received her Therapeutic Eurythmy diploma in 1998 and has since then worked with students at PWS, with patients in a clinical setting, and privately.



Dr. Lisa Del Alba ND, The Evolving Nature of Gender Expression: Dr. Del Alba has worked in a family practice setting since graduating from SW College of Naturopathic medicine in 1999. She has extended her medical practice with training in Eurythmy Therapy, Anthroposophical medicine, autoimmune illnesses, ADHD and adrenal/hormonal/thyroid health, environmental medicine, neuroplasticity, and pain management. She has worked as school doctor in several Waldorf schools, and currently has medical practices in Eugene and Portland, OR.



Julie Foster, NP, Healing from the Hearth of your Home: Julie Foster is a licensed and board certified Family Nurse Practitioner, and founder of Pohala – A Place of Healing. Her practice bridges mainstream medicine with integrative medicine by way of Anthroposophic, Naturopathic, and Indigenous wisdom. In her 26 years of nursing she has had extensive experience in trauma/emergency nursing, work in a psychiatric hospital, and with the therapeutic aspects of education.



Dr. David Gershan, The Evolving nature of gender expression Working for over 23 years as a Family Medicine Physician, his teachers are those he has treated who are marginalized because of gender and sexual non-conforming identities from all social, economic, ethnic and racial groups. He witnessed changes in the language of gender diversity and ever strengthened ability to articulate needs in the medical and social spheres. Formal training in Anthroposophic medicine began in 1995 in Arlesheim, Switzerland. A Member of PAAM & First Class of the School of Spiritual Science, he practices Anthroposophic medicine in San Francisco.



Dr. Ali Givens, Role of the School Doctor: As a Naturopathic Physician in private practice, Dr Givens focuses on Homeopathy, Obstetrics, Pediatrics, Hydrotherapy, Nature-Cure, and Cranio-Sacral Therapy. She has completed a two-year course in school doctoring with Adam Blanning, MD and studied child development with Michaela Glockler. A biodynamic gardener and devoted Waldorf mom, Ali deepens her understanding of healing through continuous study of Anthroposophy, and is a founding member of SPAN.



Dr. Paul Kalnins, How Homeopathy Works to Promote Healing: Dr. Kalnins serves as assistant professor and attending physician at the National University of Natural Medicine (NUNM) in Portland, Oregon. Integrating insights from Goethean science and Anthroposophy, he lectures on a variety of subjects, including physiology, herbal pharmacology and neuroendocrine-immunology. As a clinical supervisor, he oversees primary care teaching rotations, and guides students in formulating integrative approaches to patient care.



Dr. Robert Kellum, ND, PhD, LAc, LMT, The Role of Fever and Acute Remedies: Dr. Kellum is a board-licensed Naturopathic physician and practitioner of Classical Chinese Medicine, a licensed body worker for over 25 years, and holds advanced degrees/training in sociology, anthropology and psychology. A board-certified IPMT Graduate of Anthroposophic Medicine, Bob spearheaded the development in 2012 (with other colleagues) of the Society for Physicians of Anthroposophic Naturopathy (SPAN).

Meeting the Challenges of Child Development in Education and the Healing Arts - Presenters



Margaret Kerndt, Rhythmical Massage: Margaret Kerndt practices Rhythmical Massage, Therapeutic Eurythmy and BioDynamic Craniosacral Therapy (BCST) in a private practice in Portland Oregon. She has a background in Shiatsu, Swedish Massage, Spacial Dynamics, Bothmer Gymnastics and Amnion Aquatics.



James Knight, Restorative Eurythmy for Parents, Teachers and Caregivers: James holds a Bachelors degree in Psychology and Education; completed a Foundation Year in Anthroposophy at Rudolf Steiner College, and a 5 year course in Spacial Dynamics; studied eurythmy in the US, Germany, & England; and holds diplomas in both eurythmy and eurythmy therapy. He has toured as a Eurythmy performer in Europe and the United States, has taught Eurythmy to adults and children, and has worked as a Eurythmy and movement therapist over the last 20 years.



Helen Lubin, The Spoken Word: Signature and Educator of Our Humanness: Helen Lubin has been active as a speech artist/educator for some 30 years in Waldorf classrooms, teacher education and other adult education settings, as well as in therapeutic speech arts; 10 years in anthroposophic curative education; freelance editor/translator.



Cheri Munske, Therapeutic Arts: Cheri has been a teacher and educator the whole of her adult life. She spent over 23 years in the classrooms of Waldorf Schools as well as other private and public schools. She holds a BSA, Master's in Therapeutic Arts, and is trained in Extra Lesson. For many years she has shared her passion for puppetry through teaching and workshops, exhibitions and performance. In all of her work Cheri strives to meet the needs of today's child and adult through the healing power of the arts and movement. She has a private practice in therapeutic arts and educational support.



Donna Patterson-Kellum, LMT, Helpful Stories for Challenging Behaviors in Children: Donna brings together over fifteen different bodywork modalities, based on over 30 years of experience as a massage therapist: advanced level craniosacral and visceral manipulation, zero balance, myofascial release, mechanical link, lymph drainage, Lowen manual interface, etc. Having also completed a three year training in rhythmical massage, she works with a strong Anthroposophic consciousness, using skilled light touch, breathwork, and emotional release to allow connective tissue restrictions arising from life trauma to reveal and self-correct themselves, bringing release from pain and dysfunction.



Dr. Padeen Quinn ND, The Role of the School Doctor: Dr. Quinn is a graduate of the University of Montana and the National University of Naturopathic Medicine. She works at a non-profit integrative health clinic with a special interest in treating mental health concerns, autoimmune diseases, digestive issues and hormonal imbalances. She has completed a year of postgraduate medical training sponsored by PAAM and is a persistent student of anthroposophy. Her three children were fortunate to attend Waldorf through high school.



Dr. John Takacs, Spacial Dynamics: Dr. Takacs graduated from the NY Steiner School, where a lifelong commitment to the study and embodiment of Rudolf Steiner's work began. He received a degree in Mechanical Aerospace Engineering and another in Osteopathic medicine; and developed a clinic associated with a team of Anthroposophic and Spacial Dynamic therapists over the last 30 years. Board certified in Family Practice, Osteopathic Neuromuscular Medicine and Anthroposophic Medicine & is a certified spacial dynamics practitioner/trainer.



Marion Van Namen, Music Therapy: Marion's destiny is to bring out the musical being we are in each and every human being that wants to experience music with her. Whether it is with the voice, cello, piano, African drums, instrument making or improvisation, Marion is game to let the heavens sing with and through you. Whether you want to play, sing, solo or "just" listen. Marion grew up in the Netherlands, was trained in Waldorf Education, anthroposophical music therapy, choral conducting, vocal improv and business administration. She is the founder and artistic director of the adult non-audition choir Sing Portland! She lives in Portland, OR with her 6 year old twins.



Tammy Wagner, Working with Learning Difficulties for the Whole Class: Tammy has been teaching grade school since 1980. She taught middle school science for 11 years, earned a MA in Elementary Education, then began her family. After finding Waldorf Education she completed her Remedial Teacher training with AHE. She was the Student Support Coordinator and Extra Lesson teacher at The Waldorf School of Princeton and has been class teaching at the Portland Village School since 2007 where she is currently teaching fourth grade.



Rembrandt, A Child Being Taught How to Walk, 1660

**Meeting the Challenges of
 Child Development
 in
 Education and the Healing Arts
 With
 Dr. Michaela Glöckler
 February 23-26, 2018
 Portland, Oregon
 Cedarwood Waldorf School,
 3030 SW Second Ave.**

Registration Information

Date

Full Name _____

Job Title/School-Institution _____

Phone _____

Cell Phone _____

Email Address _____

Address _____

City _____

State _____

Lunch – check selection and day

Sack lunch includes sandwich, cookie, kettle chips and beverage.	Saturday	Sunday
<input type="checkbox"/> Mediterranean: Spinach, red bell peppers and sun-dried tomato hummus on olive bread.		
<input type="checkbox"/> Turkey & Cheddar: with tomato, lettuce and mayo on multigrain bread		
<input type="checkbox"/> Caprese: Mozzarella, basil, tomatoes, salt, pepper, sun-dried tomato tapenade		
Salads, include beverage		
<input type="checkbox"/> Soba Noodle Salad: Buckwheat noodles, edamame, cabbage, zucchini, carrot, broccoli slaw, bell pepper, scallions and sesame seeds with soy ginger dressing (vegetarian, dairy free)		
<input type="checkbox"/> Classic Cobb: Chicken breast, romaine, hard-boiled egg, blue cheese, bacon, tomato, scallions and French Vinaigrette (Wheat Free)		
<input type="checkbox"/> Willamette Valley: Mixed greens, hazelnuts, blue cheese, apples, grapes, raspberry vinaigrette (vegetarian, wheat free)		

Total # of lunches at \$14 each _____ Total Amount for lunches _____

Early Bird Fee by 1/29:
Members of sponsoring groups and students \$155
Others \$175

Registration Fees

Early Bird Registrations must be received by 1/29/18 Register and pay online at www.portlandbranch.org

Early Bird for members of sponsoring groups* & students	\$155
Early Bird for non-members	\$175
After January 19 (all registrations)	\$195
Conference Fee	\$ _____
Total for Lunch	\$ _____
Total Enclosed with this registration	\$ _____

*Sponsoring Groups include the Portland Branch of the Anthroposophical Society, The Society for Physicians of Anthroposophic Naturopathy (SPAN), the Portland Curative Collective Inc. (PCCI), and the National University for Natural Medicine Anthroposophic Medicine Club (NUNM). Great thanks to Cedarwood Waldorf School for donating space.

Register online at www.portlandbranch.org, or pay by check made out to **Portland Branch** ♦ Mail registration form and payment to: Portland Branch of the Anthroposophical Society ♦ 3609 SE Center St., Portland, OR 97202, Attn: Tom Klein. ♦ For work study opportunities contact Tom Klein, tgklein@aol.com Only written cancellation requests will be honored – by snail or email. They must follow up any telephone discussions and include attendee's name and the amount tendered. **Received prior to February 1**, full refund less \$50 admin fee. **After February 1**, not eligible for a refund, you may send an alternate without additional charge. Contact Tom Klein, tgkein@aol.com, 503-777-3176

Breakout Groups (see session descriptions and presenter bios sheets)

Saturday Morning, 2/24 11 am-12:30 pm

- | | 1 st Choice | 2 nd Choice |
|--|------------------------|------------------------|
| 1. Reflexology, Amy Joy Allahdadi | | |
| 2. The Evolving Nature of Gender Expression, Dr. David Gershan, Dr. Lisa Del Alba
(To be repeated Saturday afternoon) | | |
| 3. The Role of Fever and Acute Remedies, Dr. Robert Kellum
(To be repeated Sunday morning) | | |
| 4. How Homeopathics Work to Promote Healing, Dr. Paul Kalnins | | |
| 5. Helpful Stories for Challenging Behaviors in Children, Donna Patterson | | |
| 6. Working with Learning Difficulties for the Whole Class, Tammy Wagner | | |
| 7. Restorative Eurythmy for Parents, Teachers, and Caregivers, James Knight | | |

Saturday Afternoon 3:30-5pm

- | | | |
|---|--|--|
| 8. Introduction to Spacial Dynamics, Dr. John Takacs | | |
| 2. The Evolving Nature Of Gender Expression, Dr. David Gershan and Dr. Lisa Del Alba
(Repeat of the morning session) | | |
| 9a. Therapeutic Eurythmy, Lesley Cox – two sessions, continued Sunday morning | | |
| 10. Healing from the Hearth of your Home, Julie Foster, NP | | |
| 11. The Role of the School Doctor, Dr. Ali Givens and Dr. Padeen Quinn
(To be repeated Sunday morning) | | |
| 12. Music Therapy, Marion Van Namen | | |
| 13. Rhythmical Massage, Margaret Kerndt | | |

Sunday Morning, 2/25 11 am-12:30 am

- | | | |
|--|--|--|
| 3. The Role of Fever and Acute Remedies, Dr. Robert Kellum (Repeat of Saturday am) | | |
| 9b. Therapeutic Eurythmy, Lesley Cox (Continued from Saturday afternoon) | | |
| 11. The Role of the School Doctor, Dr. Ali Givens and Dr. Padeen Quinn (Repeat of Saturday pm) | | |
| 14. Therapeutic Arts, Cheri Munske | | |
| 15. The Rise of Chronic Illness, Dr. Michaela Glockler | | |
| 16. The Spoken Word: Signature and Educator of our Humanness, Helen Lubin | | |