



Anthroposophical Society PORTLAND BRANCH

Newsletter

January 2019

Christmas and Epiphany: Two Nativities, 13 Holy Nights and their Significance for Us in These Times

by Valerie Hope

Dear Friends, we now find ourselves at the time of year when ‘the sun’s creations slumber’ and daylight hours are shorter. Rudolf Steiner describes what we can strive to make conscious during this time: “Now, when the light of the outer sun is faintest and its warmth feeblest, now is the time when the soul withdraws into the darkness but can find within itself (emphasis added) the inner, spiritual Light. The lights on the Christmas Tree stand there before us as a symbol of the inner, spiritual Light that is kindled in the outer darkness.”¹ During this season, which can be a time of deep spiritual experience, we can seek to expand our understanding and experience of the mysteries surrounding the coming of the Christ to the earth.

“When the external physical world is darkest of all, then the soul that unites with the forces spiritually pervading the aura of the earth may have the strongest experiences... days of physical darkness, which are, however, days of spiritual enlightenment, — when the human soul lives in forces that surge and weave through the aura of the earth. ...The earth’s aura then truly acquires forces which it does not have when it is flooded and illuminated by the physical forces of the sun. And because Christ is united with the aura of the earth ever since the Mystery of Golgotha, also the forces of the Christ-Impulse can in those days particularly influence human souls, if only they are open to receive them.”²

Perhaps even those of us who are less developed can be instructed by what Rudolf Steiner tells us about the experience during this season of those who are more

advanced. “The soul of the seer lives on from the festival of Jesus’ birth to that of the Epiphany (celebration of the Incarnation of the Christ vñ) in such a way that the Christ Mystery is revealed. It is during these Thirteen Holy Days and Nights that the soul can grasp most deeply of all, the import and meaning of the Baptism by John in the Jordan.”

Because of the eternal nature of the Christmas event, it may seem to us that ‘Christmas’ had always been observed as it is now, but Rudolf Steiner describes in several lectures the evolution of human consciousness, and with it the



Giovanni Bellini The Baptism of Christ 1502

evolution of our relationship to and understanding of the nativity, at what he calls 'The Turning Point of Time'.

Many theologians over time have focused on the Christian teachings which can offer us a moral compass. But in the process, they tended to reduce Jesus, the one who shared the teachings with the world around him, to the status of a mortal teacher. As we contemplate the understanding that Dr. Steiner offers us, we re-focus on the event of Epiphany, the descent of Christ, the 'Sun-Earth-Spirit' into the body of Jesus of Nazareth at the Baptism in the Jordan. This is the nativity that was celebrated during the first three centuries A.D. -- the Festival of

*The Calendar of the Soul
Christmas, December 22 - 28*

*I feel free of enchantment
The spirit-child in the soul's core.
In the clear light of the heart
The holy Word of the World
Has fathered the heavenly fruit of hope,
That grows jubilating into the distances of the
world
From the godly roots of my being.*

Christ's birth was celebrated on January 6. Epiphany "was meant to revive in human souls the remembrance of the descent of the Christ Spirit into the body of Jesus of Nazareth at the Baptism by John in the Jordan...For during the first centuries of Christendom an inkling still survived of the mystery that is of all mysteries the most difficult for mankind to grasp, namely, the descent of the Christ Being into the body of Jesus of Nazareth."

This insight, Steiner tells us, is "The insight for which we prepare ourselves today through Anthroposophy, through the wisdom belonging to the fifth Post-Atlantean epoch of civilization."

Our capacity to understand this deep wisdom has dissipated over time. "From the fourth century onwards, with the approach of the materialistic age, the powers of the human soul — then still at the stage of preparation — were not strong enough to grasp the deep Mystery which from our time on will be understood in ever greater measure. And so it came about that to the same extent to which the outer power of Christianity increased, inner understanding of the Christ Mystery decreased, and the festival of the 6th of January ceased to have any essential meaning."

"The Festival of Jesus' birth was celebrated for the

first time in Rome in the year A.D.354." While this represents a truth lost, Dr. Steiner tells us that the working of Divine Wisdom can be seen in fixing the festival of Christ's Nativity, identifying it with the birth of Jesus of Nazareth, the Luke Jesus, December 24/25. "Although the men responsible knew nothing of it — we cannot but marvel at the subconscious wisdom with which the festival of Christmas Day was instituted."

December 24 is the day dedicated to Adam and Eve, the next day is the Festival of Christ's Nativity. Thus, the birth of Jesus of Nazareth (the Luke Jesus) was linked with the thought of our origin in earth evolution. "Forces working in hidden depths of the soul caused the picture to be presented of man as a being of soul-and-spirit before physical embodiment, at the starting-point of evolution as a physical human being. The picture is of the newborn child whose soul is as yet untouched by the effects of contact with the physical body, of the child at the beginning of physical evolution on earth. But this is not a human child in the ordinary sense; it is the child who was there before human beings had reached the point of the

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

Save The Dates!

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

December 26 - January 6

Holy Nights Readings:
The Gospel of St. John in Relationship to the Other Gospels, contact tgklein@aol.com

March 1 - 2

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

Friday April 5 & Saturday April 6

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



first physical embodiment in earth-evolution. This is the being known in the Kabbala as Adam Kadmon — Man who descended from divine-spiritual heights, with all that he had acquired during the periods of Saturn, Sun, and Moon. The human being in his spiritual state at the very beginning of earth-evolution, born in the Jesus Child — this was presented to mankind by a Divine wisdom in the festival of Jesus' birth."

Rudolf Steiner speaks of the love that this image has called forth from human beings, and sent into the world. He also describes it as a source of inspiration, peace, and understanding for our own origins and the future we are striving for.

"Turning to the source to be found in man's own, original being, before the onset of the Luciferic influence, we can say to ourselves: Whatever may befall you, whatever may torment you and draw you down from the shining spheres of the spirit, your divine origin is an eternal reality, hidden though it be in the depths of the soul. Recognition of this innermost power of the soul will give birth to the firm assurance that the heights are within your reach. And if you conjure before your soul all that is innocent, childlike, free from life's temptations, free from all that has already befallen human souls through the many incarnations since the beginning of earthly evolution, then you will have a picture of the human soul as it was before these earthly incarnations began."

"If we rightly understand this festival we must say: That which we believe to be born anew symbolically every Christmas Night, is the human soul in its original nature, the childhood-spirit of man as it was at the beginning of earth-evolution; then it descended as a revelation from the heavenly heights. And when the human heart can become conscious of this reality, the soul is filled with the unshakable peace that can bear us to our lofty goals, if we are of goodwill (emphasis added). Mighty indeed is the word that can resound to us on Christmas Night, do we but understand its import."

As we expand our picture of the Christmas season far beyond what most of us were raised with, to include the idea of our spiritual origins on December 24, Adam and Eve day; the birth of Jesus at Christmas; and the Birth of a Sun-God, the Christ, on Epiphany, we can use the most propitious time of the 13 Holy Nights to also expand our understanding of who we are, what we're meant to be doing here, and all that comes to us from the spiritual world to make our mission possible.

¹Birth of the Sun-Spirit as Spirit of the Earth. The Thirteen Holy Nights, Rudolf Steiner, December 26, 1911, Hanover All passages in quotation marks are from this lecture, except for the passage indicated by endnote 2

²Spiritual Science, a Necessity for the Present Time, Rudolf Steiner, March 13, 1915, Nuremberg

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 Darknenses
And to expect with glowing Heart
What the Senses shall reveal.

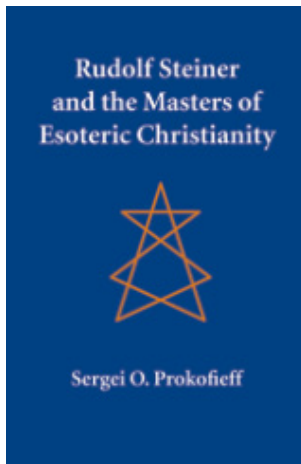
43. (January 26 - Feb 1)

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

On the Wise Magi, the Great Masters: An Excerpt from Rudolf Steiner

Submitted by Christopher Guilfoil



Christian Rosenkreutz. In this profound study he shows how the Masters have guided humanity over millennia, their working with Rudolf Steiner and the founding of anthroposophy, with particular reference to the Christ Being and the events at the Turning Point of Time. Also considered are particular aspects of Rudolf Steiner's own development and Initiation, his founding of the new mysteries during the Christmas Conference of 1923–24, and Rudolf Steiner's own position within the circle of Masters.

Below are the concluding words of a lecture Rudolf Steiner gave on Dec. 19, 1904 that is published under the title: *Signs and Symbols of the Christmas Festival, The Birth of the Light (GA 90)*:

“The anthroposophical science of the spirit is not mere abstract thoughts or a web of dogmas. It has a great task and world mission to accomplish in order to enliven again what mankind has forgotten, to strike fire again into what our ancestors have given us. Then human egotism will cease. Men will learn to live in the unitary spirit of the world, in a wisdom which, besides much else, streams from spiritual science. Spiritual science is practical in the best sense and gives us inner strength and certainty of hope. It makes possible the mood of peace and confidence of

spirit that flow from the Christmas festival to permeate deeply the souls of those striving for spirit knowledge.

Exalted spiritual leaders of mankind have prescribed this festival for us in primeval ages. So at the end of this hour let us place before our souls the following as true Christmas wisdom.

Advanced human brothers are the leaders of the spiritual movement. They were already present at the beginning of the post-Atlantean age when the great cosmic festivals were established. Today, as the great teachers of mankind, they again reveal such truths to us. These teachings are not imparted to us out of speculation or as their own opinions, but because they were present when these things occurred. They have prepared the peace, which is to stream over mankind in the future, and they have created the holy script in these festivals. From this is to be read the message of peace, the message of inner soul bliss attainable through spiritual science. If we live in the way put forth by the Masters of Harmony, we will gradually approach the great ideal that they themselves live. Spiritual science reminds us of these exalted leaders when we are seized by the Christmas mood. It speaks of peace and of the sacrificial gifts of the great Masters —

“The anthroposophical science of the spirit is not mere abstract thoughts or a web of dogmas. It has a great task and world mission to accomplish in order to enliven again what mankind has forgotten, to strike fire again into what our ancestors have given us.”

a peace that streams into the future of mankind. We see it surrounded by the radiance of spiritual light and concordance of feelings. In the glory in which the Fathers appear, we recognize those who lead us into the future. In our striving toward them, a life is born out of our own soul that is immersed in peace and harmony, which, as the birth of peace at Christmas, is an image of the course of the

sun through the universe.

This is what the wise Magi, the great Masters, teach us. It is this that we are told by those human beings who speak, not out of mere blind faith in these Masters, but out of their full knowledge. The Masters are, and the spiritual world movement, under the guidance of the Masters, is the great, sublime movement of peace that leads man to the cosmic harmony in which human souls will live with the unerring regularity of the sun coursing through the universe, showing us the path to the radiant beauty of the Spirit Sun.”

The Mission of Rudolf Steiner, an Excerpt

From a lecture by Dr. Ernst Katz

...However, one can ask: Did Rudolf Steiner ever actually state what he considered to be his mission? In his autobiography he describes eloquently and sensitively all the people he met and what they felt as their mission, but nothing about his own mission. Of course, his autobiography covers the period only up to 1907, and most of his esoteric work came later. But once, on his sickbed, only a couple of weeks before he died, he wrote a poem that tells what he felt as his mission. Unlike many other poems he wrote during his creative life (which start typically with “The light of the sun,” or “The sphere of spirit is the soul’s true home”) this last verse is a declaration of his Will, what he wanted to accomplish against the odds of the forces that want to degrade the human being to the level of being merely a thing, a thing that can be fashioned to specifications, that is bound by external rules, and can be discarded after being used. The human thing. This verse starts with the words “I want ...” (Ich möchte ...):

I want with cosmic spirit
To enthuse each human being
That a flame they may become
And fiery will unfold
The essence of their being.

The other ones, they strive
To take from cosmic waters
What will extinguish flames
And pour paralysis
Into all inner being.

O joy, when human being’s flame
Is blazing, even when at rest.
O bitter pain, when the human thing
Is put in bonds, when it wants to stir.



Betty Staley

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

by Betty Staley

Illustrations by David Newbatt

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

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

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

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

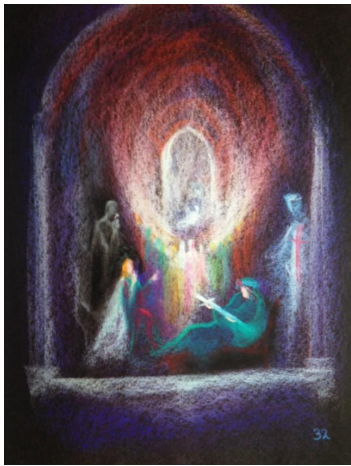
Creating images is a way to address realities so that new ways of understanding emerge. During the Saturday workshop, we will work with the images of the three castles from the medieval story of Parzival.

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



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

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



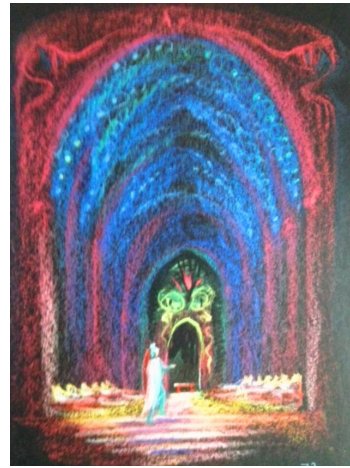
II. The Castle of the Grail.

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

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

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

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



III. The Castle of Wonders.

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

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

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

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

Nutmeg Flats Recipe (as requested)

From Diane Rowley



“Valerie, I brought a plate of Nutmeg Flats to share at the Meditation Workshop last weekend and they were a big hit! Everyone asked for the recipe and someone suggested that I just put the recipe in the newsletter, so I said that I would send it to you and ask if you could include it in the next issue.” (I am not surprised that the recipe was requested – these are delicious, even better than they sound! Vh)

- 1 c. butter, room temp.
- 3/4 c. sugar
- 1 egg yolk
- 2 c. flour
- 1 1/2 t. freshly grated nutmeg
- 1 egg white, beaten

Preheat oven to 275. Lightly grease 10x15" jelly roll pan or cookie sheet.

Cream butter and sugar in med. bowl until light and fluffy. Add egg yolk and beat well. Stir in flour and nutmeg, blending thoroughly. Turn onto prepared pan and spread out evenly with fingertips and hands. Brush the top with beaten egg white. Score with a fork in long lines.

Bake until lightly golden brown, about 60 min. Cut (a pizza cutter works well for this) into bars while still hot (diamond shaped is nice) and remove from pan onto cooling racks, otherwise they will stick. Enjoy!

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 Valerie Hope, valerieannhpx@aol.com. The deadline for submissions is the 15th of the month preceding publication. Items selected for publication may be edited for style, content and length.

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

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

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

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

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

Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, James Conlon, Leslie Cox, Yvonne De Maat, Sacha Etzel, Julie Foster, Ali Givens, Michael Givens, Kevin Gregg, Anca Hariton, Valerie Hope, Lauren Johnson, Paul Kalnins, Bob Kellum, Donna Patterson-Kellum, Timothy Owen-Kennedy, Ruth Klein, Tom Klein, Anne Kollender, Judith Levin, Martin Levin, Robin Lieberman, Joann Logan, Arnold Logan, Lisa Masterson, Brian McClure, Cheri Munske, Padeen Quinn, Jeffrey Rice, Susan Rice, Walter Rice, Diane Ramage, Frank Salvatore Jr, Diane Schell-Rowley, Barbara Strong, Kim Sinclair, Angela Sparks, Jerry Soloway, Rebecca Soloway, William Surface, Linda Sussman, Joan Takacs, John Takacs, Robin White, Brian Wickert

Paid Dues 2019: Jeff Rice, Jerry Soloway, Rebecca Soloway

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

Send to: The Portland Branch c/o Ruth Klein
12286 SE 41st Court, Milwaukie, OR 97222

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

Another Way to Donate to the Portland Branch

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

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

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

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

First Class of the School of Spiritual Science

Sunday January 13 9, 9:30 am sharp • Lesson 5 • (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons are normally held on the second Sunday of each month • Contact Diane Rumage at 971-271-7479, Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

Portland Branch Council Meeting

Monday, January 14, 7:00 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

Painting Through the Seasons, Phyllis Helland at the Art Hall January 17-February 28, 2019

Thursday, January 17, 5:30-8:00 pm opening reception and presentation • Cedarwood Waldorf School, 3030 SW 2nd Ave • Contact Robin Lieberman, 503-222-1192, robin@robinlieberman.net • Exhibit open to the public by appointment through February 28

Eugene artist, Phyllis Helland, presents her beautiful watercolors and sketches throughout the year with written blog entries. Come hear Phyllis talk about this artistic work that feeds her soul—and yours!

Christian Community Events January 24-27 with Rev. Craig Wiggins

All events at Bothmer Hall unless otherwise noted, 5915 SE Division St. • suggested donation \$10/event or what you can afford
Contact Christine Badura with questions 707-494-6741, badura88@hotmail.com.

Thursday Jan 24, 7pm, The Fire of Love: creative of being. Christine Badura's home, 3225 SE Loeffelman Rd., Milwaukie

Friday, January 25, 7:30 pm What does Epiphany Reveal to Us This Year?

Saturday, January 26, 9:00 am *The Act of Consecration of Man*; **10:30 am** Bible Study John 5 "He has lain ill for 38 years."

Sunday, January 27, 9:15 am *Religious Instruction, 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* Help with cleanup greatly appreciated. See the Christian Community blog for details and other events in Portland, Eugene, and Seattle <http://ccoregon.blogspot.com>.

Pedagogical Eurythmy: Public Lecture and Discussion

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

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

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

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

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

Overview of the Waldorf Curriculum: Public Lecture and Discussion

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

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

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

Friday April 5 & Saturday April 6 (details to come) • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

Ongoing Local Activities and Study Groups

First Class of the School of Spiritual Science • Second Sunday of the Month

9:30 am sharp (**no admittance after the class starts**) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Ramage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

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

7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpx@aol.com

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

School of Spiritual Science Study • Second Thursday of the Month

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

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

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

Community Painting Tuesday Mornings

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

Adult Eurythmy Class with Jolanda Frischknecht

Tuesdays 6:30-8 pm • Takes place in 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

8:45-9:15 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact: Sarah Rem, 503-729-1740 or sannerem@gmail.com

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

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

Festivals Study Group: First and Third Friday Mornings

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

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

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

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

A short painting exercise and reading. All are welcome!

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

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

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

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

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

Portland Waldorf School Community Choir • Friday Mornings with David Edwards

9:00-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • Free will donations gladly accepted, all voices are welcome. Contact www.portlandwaldorf.org • pws_choir-subscribe@yahoogroups.com

(503) 654-2200 • No practice during school breaks.

Waldorf Education and Teacher Training Lectures and Courses

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

Waldorf Teacher Education, Eugene

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

the art hall presents

PHYLLIS HELLAND

PAINTING THROUGH THE SEASONS

opening reception

THU, JAN 17, 2019

5:30 pm – 8:00 pm

6:00 pm artist presentation

Exhibit open to the public by
appointment through February 28

Please direct inquiries to
robin@robinlieberman.net

503.222.1192

The Art Hall at
Cedarwood Waldorf School
3030 SW Second Ave
Portland, OR 97201
thearthall.wordpress.com



theART
HALL
AT
CEDARWOOD
WALDORF SCHOOL

The Christian Community – Portland

Movement for Religious Renewal

REV. CRAIG WIGGINS VISITS JAN. 24 to 27

All events at Bothmer Hall
unless otherwise noted
5919 SE Division St. Portland

Suggested donation \$10/talk, or what you can afford

For questions contact:

Christine Badura: 707-494-6711, badura88@hotmail.com
or Betty Baldwin 626-824-3750, bettybaldwin3@gmail.com

THURSDAY JAN. 24

7:30PM

"The Fire of Love: Creative of Being"

Talk by Craig Wiggins

at Christine Badura's house, 3225 SE Loeffelman Rd. Milwaukie

FRIDAY JAN. 25

7:30PM

"What does Epiphany reveal to us this year?"

Talk by Craig Wiggins at Bothmer Hall

SATURDAY JAN. 26

9:00AM The Act of Consecration of Man

10:30AM New Testament Study:

John 5: "He has lain ill for 38 years."

SUNDAY JAN. 27

9:15AM Religious Instruction, Grades 1-8

10:00AM Children's Service, Grades 1-8

10:30AM The Act of Consecration of Man

• Open communion for adults

POTLUCK FOLLOWING

Childcare must be pre-arranged with Christine Badura

To make an appointment with Rev. Wiggins
for the Sacrament of Consultation and other things

Phone (484) 557-8086

email: craig@wiggins.nl

Christian Community in Oregon Blog: ccoregon.blogspot.com

THE CHRISTIAN COMMUNITY

was founded in 1922 with the help of Rudolf Steiner, Austrian educator and esotericist. The Christian Community recognizes Christ's deed of life and death as the pivotal renewal in humanity's history. The church is centered around the seven sacraments in their renewed form.

There is no formal written dogma. Members are encouraged to form independent judgements in religious matters. Each priest has the freedom to teach anything which does not contradict the content of the sacraments. As a result, the teachings are rich, varied and evolving and can incorporate such ideas as reincarnation and karma, a truly cosmic conception of Christ, and the role of spiritual beings at all levels of existence.

www.thechristiancommunity.org

REV. CRAIG WIGGINS

was born and raised in Joplin, Missouri. He received a degree in German, which landed him an assignment to Cologne, Germany in the religious order of which he was then a member. After the order disbanded, he became involved in The Christian Community in Amsterdam where he and his family had moved in the meantime. Seminary in Stuttgart. After ordination in 1992 he worked in the Dutch cities Amsterdam, Arnhem, Zutphen and Groningen. After a 1 1/2 year stint in Devon, PA he was sent to San Francisco in 2011. Father of four adult children who all live in Holland, one grandson.

Contact Information

For more information, to inquire about baptisms or confirmations, membership conversations or sacramental consultation please contact:

Christine Badura: 707-494-6711



Pedagogical Eurythmy

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

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

13515a SE Rusk Road, Milwaukie, OR 97222



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

An Overview of the

Waldorf Curriculum

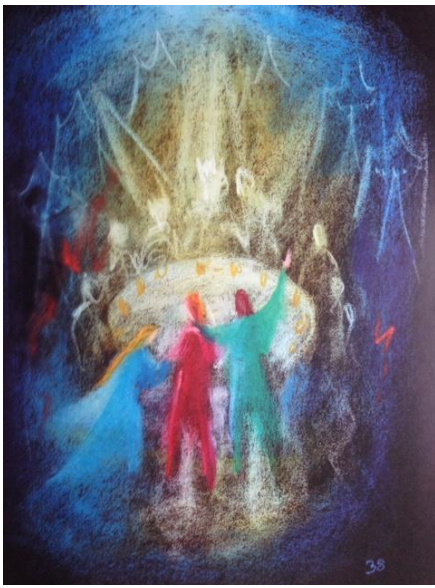
A Public Lecture and Discussion
with Nancy Thompson and Wade Cavin
Hosted by the Micha-el Institute

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

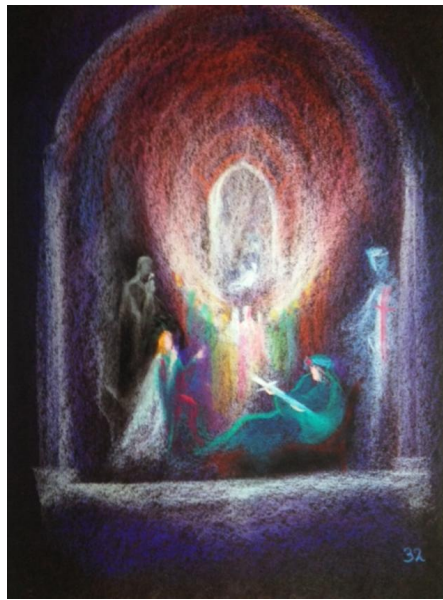
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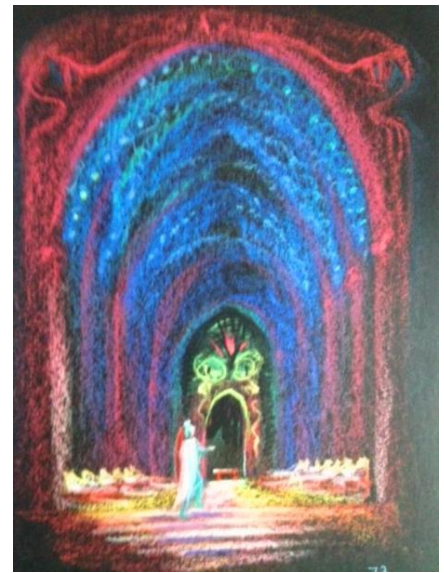
Micha-el Institute
Waldorf Inspired Teacher Training
www.micha-elinstitute.com



In Arthur's Castle



In the Grail Castle



Gawain Castle of Wonders

(David Newbatt, Wynstones Press)

Creating Strength and Vision:

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

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

Cedarwood Waldorf School, 3030 SW 2nd Ave.

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

Contact Rebecca Soloway, rrsoloway1@gmail.com

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

The developmental stage between 6th and 8th grade is a minefield of opportunities, challenges, and dangers. Understanding the needs of this age group is essential in preparing a healthy sense of self that will carry youngsters into adolescence. Using insights from Rudolf Steiner and neuroscience, we will explore ways in which teachers and parents can guide them for healthy emotional and academic growth.

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

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

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



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

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



Kaspar Hauser and the Struggle for the True Identity of Mankind

With

Eckart Böhmer

April 5 & 6, 7:30 pm

Bothmer Hall
5915 SE Division St.

Kaspar Hauser about 1830 (Carl Kruel)

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

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

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

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



Sponsored by the Portland Branch, 2019



Embryo in Us

UNDERSTANDING
OURSELVES
AS EMBRYO

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

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

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

The purchase price is \$195.00. Shipping and handling: \$5 for domestic (US) and \$25 for shipping outside the U.S.

To order by mail make out a check to the Portland Branch, and send to 3609 SE Center Street, Portland, Oregon 97202-3204, Attn. DVD. You can also order on our website using Paypal at www.portlandbranch.org.

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