



Michael with the Flaming Chariot. David Newbatt

Community Festivals - Tea & Conversation

~Respectfully Submitted by Valerie Hope

By my count some 18 people crowded around my dining room table on the evening of June 16 for the last gathering before our Summer hiatus.. The enthusiasm for being together, and for the topic of conversation, warmed the room. By the end several people had signed up to join a Festivals Study Group to shepherd each of the four 'Pillars of the Year' – Michaelmas, Christmas, Easter and St. Johns. If you are interested contact **Christine Badura, 707-494-6741, badura88@gmail.com** She is also looking for a co-organizer, as she is on-call at work.

The Introduction:

I started things off by briefly describing our community history and status vis-à-vis the Festivals. I noted that we celebrate the Festivals differently with children than in our adult community.

Most consistent and long-standing is our observance of the Twelve Holy Nights. Over at least a couple of decades Tom Klein has called us together to read

Rudolf Steiner's Gospels. He has organized whose home we would meet in each night, as well as the rotation of the Gospels we would read. As for other observances, a variety of individuals have organized the All Souls Gathering over time, and in recent years James Lee and Jannebeth Roell have hosted various studies during the four Sundays of Advent. Infrequently, various community members have brought us Michaelmas, Easter, and St. Johns observances. Over the last year or two our gatherings have benefitted from the important artistic additions of eurythmy, choral groups and other music. We also look to the possibility of adding visual arts.

In recent years the Council, and some community members, have felt the need to deepen our understanding, and thereby our ability to observe, the Festivals associated with the cycles of the year. These are: Michaelmas in Autumn, Christmas in mid-winter, Easter in Springtime, and St. John's Day in mid-summer. Dr. Steiner calls Christmas and Easter the 'two Great Pillars of the year'.

In the interest of deepening our relationship to the Festivals, we had decided that together we would study Dr. Steiner's indications about a Festival as an important aspect of our observances. In addition, I began to excerpt his Festival lectures in the newsletter as we approached a Festival, and to include many beautiful and relevant artistic depictions. I also recently began to publish 'The Calendar of the Soul' verses for each month to help us be in touch with what's happening in nature.

Our 'Tea and Conversation' was intended to identify next steps, and to gauge community interest.

Christine Badura, out of a desire to deepen her own connection to the Festivals, has offered to initiate a Festivals Study Group. She posed the question, "Why should we be interested in the Festivals, anyway? How can we determine what to do, and who will do it?" She noted that we celebrate Festivals to increase our connection with the Spiritual World, and offered some inspiration from Rudolf Steiner's "The Four Seasons and the Archangels": *We must learn to live more intensely with the course of the seasons than is the custom today...Strong and resolute thoughts are needed to admit honestly to ourselves that the saving of human evolution depends upon man allying himself with wisdom...there is a real need today to give life again to old habits...We need, for example, to be sincere again*

in our experience of the course of the year. All that numbers of people know today about Christmas is that it is a time for giving presents, also — perhaps, a time when in a very external way, thought is turned to the Mystery of Golgotha! It is superficialities such as these that are really to blame for the great calamity into which human civilization has drifted today.(ed. Note - WWI) *It is there that much of the real blame must be placed; it lies in the clinging to habits, and in the unwillingness to realize the necessity of renewal — the need, for example, to imbue the true Christmas thought, the true Christmas feeling, with new life.*

This impulse of renewal is needed because we can only become Man again in the true sense by finding the spiritual part of our being. It is a 'World-Christmas' that we need, a birth of spiritual life. Then we shall once again celebrate Christmas as honest human beings; again there will be meaning in the fact that at the time when the Earth is shrouded in her raiment of snow, we try to feel that our world of thought is permeated with the Christ Impulse — the world of thought which today is like the blood within us, in contrast to the old world of thought which was like the breath."

The Conversation

Below are ideas that were contributed to the conversation, as gleaned from the notes that were taken. Perhaps they can't properly convey the spirited nature of the conversation, but can reflect the diversity of perspectives. So that everyone could participate in the conversation, the note pad was passed around the table, with each person recording an idea that was expressed, then passing it on.

Rhetorical Questions: Why celebrate Christmas? Christmas is every day. What is that phenomenon? What does it mean? Who are we doing it for? More could be said more, but let's hear what people have to say.

The Festivals help with overcoming separation, building a union between Earth and Heaven.

Let's share our personal experiences with the Festivals.

It's like gardening, tuning in to what's going on with Nature, what to do each season. I wish my gardening friends would tell me what they're experiencing, because that's not my thing.

How might our experience of the cycles of the year and the Festivals be different for us in our urban environment than they were when we were agrarian societies? Can we understand the Festivals in a non-zealous way?

It is more important to make the effort to tune into Nature and find our connections with her now, as our urban environment creates more separation from her. The Festivals are being lost throughout time. An

agrarian way of life allowed for a closer relationship with the spiritual world than does our present industrial/technological age.

We can't do it alone, we need to do it with others. Renewing the Festivals, making them new, means doing what's appropriate in the moment — doing outwardly what we are experiencing inwardly.

An online description of a recent St. Johns observance in a New Zealand Waldorf School related to the common spirit in all people, bridging religious and language differences. A quotation about Peace was read in many languages, and children lit a candle for others in the world who are in need of warmth and help.

Being raised as a Catholic and exposed to Judaism in NYC, I understand how we can get side-tracked from empathy, understanding, and compassion for each other by our religious beliefs.

St. Johns is of more interest to me than Christmas or Easter.

Children are responsive to religious experiences, e.g. song, verse.

Remembrance of responding to opportunities to experience reverence as a child; how can we create the opportunities to experience reverence?

It can be important to find one's own enthusiasm, fire for a given Festival as understanding deepens, and see what arises rather than being rigid, fixed, told to do a certain thing at a certain time.

Dr. Steiner associated an Archangel with each Festival, an imagination to work with, and an art form for each. We can begin to penetrate his indications and find forms which will take us deeper.

We can create a *Treasure Chest* for each Festival — lectures, studies, files, supplies, ideas, etc. We can get it out in advance of a Festival and discern if we see something new.

What sparks each of us individually? We might form a group for each Pillar (Festival) to study and deepen our understanding of it, working with Rudolf Steiner's indications, keep the *Treasure Chest* for that Festival, and develop the form for its observance each year.

What is our perception of the seasons of the year? Who has the sensitivity to what's going on? How do we develop this sensitivity? This may help us decide which Festival group to join.

How is it different observing Festivals in the Southern Hemisphere? In December it doesn't feel like Christmas there.

Dr. Steiner gives indications that the activity is different in each hemisphere. The earth is breathing in in one hemisphere (mid-winter, Christmas) as it breathes out in

the other (mid-summer, St. Johns), so our activity is different in each.

We can awaken in ourselves purity that is childlike to penetrate our Festival connection with our heart as well as our head.

We know more than we think – we are just not noticing. We can pay attention to how we feel at different times of the year. Festivals help us to acknowledge a particular time of year and therefore be able to participate in it.

It's important to give these experiences to children so they don't feel empty inside as teens. The opportunity to feel reverence is important to the child. Now we need to create opportunities for reverence. Old forms are increasingly empty.

We observe Festivals so as to be grounded. Choose one you like and know or choose one you want to know more about.

Each festival has an energy- we can find that in the natural world, in the Spiritual World (Archangels), and determine how to celebrate them.

Who are we doing this for? The Earth? The Spiritual World? Parent Communities?

How far are we trying to reach out? It is important that as Anthroposophists we go deep, not hold anything back. Then those who are looking can find something of Anthroposophy.

Are we looking form a group and/or groups (one for each of the Pillars)? Is that a goal of this meeting? Yes.

A good rhythm for study would be every 2 weeks. The study group can develop an approach for meeting our goal of deepening our festival life as a community.

Looks of surprise were evident on many faces when it was announced that already it was nearly 9pm. Time flies when you're engaged! The room grew noisy as people left their seats for goodies, tea and more conversation.

Calendar of the Soul

June 29-July 5; Verse 13 -Summer

And when I live in senses' heights,
There flames up deep within my soul
Out of the spirit's fiery worlds
The gods' own word of truth:
In spirit sources seek expectantly
To find your spirit kinship.

July 6-12; Verses 8/9- Whitsun

Surrendering to senses' revelation
I lost the drive of my own being,
And dreamlike thinking seemed
To daze and rob me of myself.
Yet quickening there draws near
In sense appearance cosmic thinking.

July 13-19; Verse 15

I feel enchanted weaving
Of spirit within outer glory.
In dullness of the senses
It has enwrapt my being
In order to bestow the strength
Which in its narrow bounds my I
Is powerless to give itself.

July 20-26; Verse 16

To bear in inward keeping spirit bounty
Is stern command of my prophetic feeling,
That ripened gifts divine
Maturing in the depths of soul
To selfhood bring their fruits.

July 27-August 2; Verse 17

Thus speaks the cosmic Word
That I by grace through senses' portals
Have led into my innermost soul:
Imbue your spirit depths
With my wide world horizons
To find in future time myself in you.

~Transl. Ruth & Hans Pusch



Colorblind

If I were blind and couldn't see
 What would color mean to me?
 Would shades of red, or green, or blue,
 Have any power to imbue

The feelings they invoke so now?
 Or could such feelings still somehow,
 Find color simply on their own,
 In forms of vision not yet known?

Could I still feel blue's calming cold?
 The warmth of red?, or yellow's bold?
 What would an inner landscape mean,
 Experiencing violet, or green?

What color the warmth of a noonday sun?
 What color touch from a dear loved one?
 What color, depths of passion stirred?
 Of feeling valued, feeling heard?

What color crickets in spring night air?
 Or the smell of a lover's perfumed hair?
 What color a walk on the ocean's shore?
 What color a chance not there before?

What color the joy of a life conceived?
 A promise kept, a goal achieved?
 What color the loss from heedless haste?
 Of burning hate? Of needless waste?

Of joyful hearts with caring friends?
 Or times of grief when friendship ends?
 With eyes consigned to black of night
 What are the colors of inner sight?
 Life's colors blend in patterned hues
 Like light that springs from darkened muse
 In soulful yearnings quest to be
 The spirit's true epitome.

Yet trapped within the senses' lair,
 With sight as clear as mountain air,
 High from a peak's commanding view,
 What do you see that's not in you?

There behind the realm of sight,
 There lies a greater inner light.
 The colors of soul we feel inside,
 Glow still in the heart of the feeble-eyed.

Deep in the black of every soul,
 Hides light that makes us innately whole.
 The art that grasps life's crucial key,
 Holds colors of things we cannot see.

All deeper truth but lies in wait,
 For inner struggle to create.
 And wrestling with an artist's soul,
 We seek to make the painting whole.

Much like the worm, earthbound and blind,
 Our color flows from us to find,
 The canvas wet until the end,
 With colors we forever blend.

Where outer day meets inner night,
 Where inner warmth meets outer light,
 There pours from every soulful fight,
 The flooding rainbow...
 of inner sight

Robert Kellum
 6-1-14



Rainbow Bridge, David Newbatt, Wynstones Press



Lyre Association of North America to hold Summer Conference, "Playing the Lyre with Joy" - July 30th through August 3rd in Portland, Oregon

The Lyre Association of North America (LANA) is holding a Summer Lyre Intensive, "Playing the Lyre with Joy," from **Wednesday, July 30**, through **Sunday, August 3**, in **Portland, Oregon**. Internationally-recognized master lyre teacher, **Hajime Kira from Tokyo, Japan**, will be the guest presenter.

The public is warmly invited to hear these special instruments at an **Evening Musicale** by conference participants on **Saturday, August 2nd, 7:15 pm**, at **Cedarwood Waldorf School, 3030 SW Second Avenue** in Portland. A freewill donation is welcome at the door.

The Lyre Association is a non-profit organization that supports lyrists in North America, including those who are new to the instrument and are taking it up for the first time. We warmly welcome all friends from the Pacific Northwest who may have an interest in the lyre but no previous experience. We would also like to extend a special invitation to Early Childhood teachers who would like to use the kinderharp in classroom work. This conference will provide a perfect initial exposure to the beauty and joy of playing this healing instrument!

The modern lyre is a most unique and unusual instrument because of its purity of tone and harmonic potential. It is suitable for all ages to play, from young children to older people, and although it has specific techniques of playing, it is not a difficult instrument to master. It can be enjoyed at all levels of playing ability. Its tone gives a wonderful quality of healing and relaxation, whether it is played in a therapeutic, social, or teaching setting.

The cost to attend the conference, which will be held at the [Cedarwood Waldorf School](#) in Portland, is \$200 for LANA members and \$225 for non-members, if registered by June 25. After that date the cost is

\$225 and \$250. Per diem rates and meal packages are available.

For further conference information, including registration and payment, go to lyre2014.bpt.me, contact lyrists@gmail.com, or write to LANA, c/o M. Ketchum, 13 Morgan St., Phoenixville, PA 19460.

Phone: [610-608-9281](tel:610-608-9281) www.LyreAssociation.org

[Conference Registration](#) | [LANA on FaceBook](#) | [Lyre Notes](#)

Guest Accomodations Needed July 29 - August 3

Approximately forty Lyre Conference participants will need lodging. Conference participants will be asked to pay you \$25/night for a guest bed - or \$35 with breakfast - (which could be waived or donated to the Lyre Association as a gesture of support, if you wish). Please fill in the form at <http://fs3.formsite.com/lyrists/Housing/index.html>

If you can offer lodging for one or more lyrists participating in this conference. Please contact Diane Rowley (local host) with any questions 503-819-4112 diane.schell.rowley@gmail.com

Accommodations Needed for Michael Institute Waldorf Teacher Trainees

The Micha-el Institute summer conferences are just around the bend. We are looking for people interested in lodging Waldorf teacher trainees during their summer conferences at the following rates: \$33/night single room, private bath; \$28/night single room shared bath; \$23/night shared room and bath. The conference dates this year are: June 15-28; July 7-19; and August 21-26. Contact John Miles at 503-774-4946 with offers of space.

Portland Branch Calendar

July 2014

First Class of the School of Spiritual Science – Lesson Three

Sunday, July 13, 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month.

Schedule for the year: 7/13 Lesson Three; **August, no meeting;** 9/14 Lesson Four; 10/12 Lesson Five; 11/9 Lesson Six; 12/14 Lesson Seven

Portland Branch Council Meeting

The July meeting will be on Monday the 28th, 1pm Goals Setting for the year • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpdx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

Micha-el Institute Events/Lodging Needed

Foundation Studies Classes (open to all): The Waldorf Curriculum, Thursdays 7pm March 13-April 4 • Art in the Waldorf School, Thursdays 7pm April 10-May 22. **Waldorf Teacher Training Conferences:** Early Childhood, June 15-28 • External Comprehensive Grades 1,3,5,7, July 6-19 • Foundation Conference August 21-25 • Micha-el School, 13515 SE Rusk Rd, Milwaukie, OR • Contact John Miles, 503-774-4946 johncyilmiles@gmail.com

The Micha-el Institute is looking for people interested in lodging Waldorf teacher trainees during their summer conferences at the following rates: \$33/night single room, private bath; \$28/night single room shared bath; \$23/night shared room and bath. Contact John Miles at michaelinstitute@gmail.com

Playing the Lyre with Joy: A Lyre Association of America Summer Conference in Portland

July 30-August 3 • Cedarwood Waldorf School, Portland • \$200 for Lana members, \$225 for non-members if registered by June 25 • For further conference information and registration go to www.lyre2014.bpt.me or mail payments and registration forms to Margo Ketchum, 13 Morgan St., Phoenixville, PA 19460

Internationally recognized master lyre teacher Hajime Kira from Tokyo, Japan will be the guest presenter. Japan is now one of the flagship locations in the world for lyre teaching and playing. Mr. Kira will present techniques and exercises to address all aspects of lyre playing. This conference is suited to both to experienced lyrists and those who would like to take it up for the first time. Approximately 40 conference participants will be in need of lodging. If you can offer lodging fill in the form at <http://fs3.formsite.com/lyrists/Housing/index.html>. Contact local host Diane Rowley with any housing questions: 503-819-4112 diane.schell.rowley@gmail.com (see newsletter article.)

New Spacial Dynamics Institute Training Course

Begins October 17-21 • Camp Kuratli in Boring, Oregon, about 20 minutes outside Portland • for more information and to register www.Spacialdynamics.com

The Spacial Dynamics Institute will be beginning a new training course in the Portland area. Ready for your next step? See newsletter article and attached flier.

Ongoing Local Activities and Study Groups

First Class of the School of Spiritual Science • Second Sunday of the month except May

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632

Council Meetings of the Portland Branch • Second Monday of the month except July 28 1pm

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.

Mystery Dramas with Speech-Formation Exercises – On Hiatus until September

Beginners Welcome, NE Portland • Those interested please contact Diane Ramage by e-mail at drumage@comcast.net or by phone at 971-271-7479.

Portland Waldorf School Community Choir • Friday Mornings

8:45-10:15 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@yahoo.com (503) 654-2200

The Spiritual Hierarchies and the Physical World • First and third Tuesdays

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

World Economy Study Group • Second and Fourth Wednesday of the month, 5:30-7pm

5:30-7 pm • 827 NE Alberta St. • Contact Michael Gives, 503-609-0890

Please join us in a diverse study group around the principles and practices of Associative Economics. We will be reading and discussing Rudolf Steiner's 14 lectures on the "World Economy". The recommended text is "Economics: World as One Economy", translated by Dr. Christopher Houghton Budd. It can be found at <https://www.cfae.biz/publications/shop/>

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

September-June • Eugene Waldorf School • Contact Lee Ann Ernandes @ message phone, 541-686-9112

Preparing Waldorf teachers for their future vocation since 1990.

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

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

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

Newsletter co-editors are Wes Burch & Valerie Hope, Seth Miller is our webmaster, and Ruth Klein is our treasurer.

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

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2014:

Christine Badura, Betty Baldwin, Virginia Berg, Sandra Burch, Wes Burch, Sara Case, Yvonne DeMaat, Mia Ellers, Lauren Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, James Lee, Robin Lieberman, Robin O'Brien, Padeen Quinn, Diane Rumage, Jeff Rice, Jannebeth Roell, Diane Schell-Rowley, Jerome Soloway, Rebecca Soloway, Barbara Strong, Elizabeth Webber, Neil & Cindy Weinberg

Please submit your Branch membership dues (\$50) each January, or your donations, to:

**The Portland Branch
c/o Ruth Klein, 3609 SE Center, Portland, OR 97202**

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



Primary Care Infused with the Aloha Spirit integrating Anthroposophic Medicine.

Julie E Foster, MSN, FNP
3848 SE Franklin St.
Portland, OR 97202
503.572.4196
pohalacclinic.com

Pohala
A Place for Healing



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

Place Your Ad Here!

And Support the Portland Branch

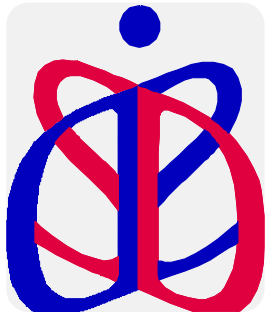
Contact Valérie Hope at valerieannhpdx@aol.com

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.



**SPACIAL
DYNAMICS
INSTITUTE**

**NEW LEVEL I
TRAINING
PROGRAM
FALL 2014**



BEGINS:

MECHANICVILLE, NEW YORK

OCTOBER 9-13, 2014

PORTLAND, OREGON

OCTOBER 17-21, 2014

AUSTIN, TEXAS

NOVEMBER 6-10, 2014

CONTACT:

129 Hayes Road, Schuylerville, New York 12871 518-695-6377 518-695-6955 (f)
info@spacialdynamics.com www.spacialdynamics.com