



**Spring**  
David Newbatt,  
Wynstones Press

## Calendar of the Soul

### June 1-7; Verse 7-Luciferic Temptation

My Self is threatening to fly forth,  
Lured strongly by the world's enticing light.  
Come forth now, Intuition,  
To rightful vigor in divining,  
Replace in me the power of thought  
Which in the senses' glory  
Would ever lose itself.

### June 8-14; Verses 8/9- Whitsun

The senses' might grows strong  
United with the gods' creative work,  
It weighs my power of thinking  
Down to a dreamlike dullness.  
When godly Being  
Desires union with my soul,  
Must human thinking in quiet dream-life rest content.

When I forget the narrow will of Self,  
The cosmic warmth that heralds summer's glory  
Fills all my soul and spirit;  
To lose myself in light  
Is the behest of spirit vision  
And intuition tells me strongly:  
O lose yourself to find yourself.

### June 15-21; Verses 10/11

To summer's radiant heights  
The sun in shining majesty ascends,  
It takes my human feeling  
Into its own wide realms of space.  
Within my inner being stirs  
Presentiment which heralds dimly:  
You shall in future know:  
There has perceived you now a godly being.

In this the sun's high hour it rests  
With you to understand these words of wisdom:  
Surrendered to the beauty of the world,  
Be stirred with new-enlivened feeling,  
The human I can lose itself  
And find itself within the cosmic I.

### June 22-28; Verse 12-St. John's Mood

The radiant beauty of the world  
Compels my inmost soul to free  
God-given powers of my nature  
That they may soar into the cosmos;  
To take wing from my Self  
And trustingly to seek myself  
In cosmic light and cosmic warmth.

### June 29-July 5; Verse 13

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 grounds now seek expectantly  
To find your spirit kinship.

~Transl. Ruth & Hans Pusch

**Note:** There are only **50** weeks from Easter 2014 to Easter 2015, but we have **52** verses. Therefore Herbert O. Hagens recommends that, in order to keep in sync with the major Christian festivals, we double up certain verses between Whitsun and St. John's.

The Portland Branch of the Anthroposophical Society

Invites you to

**Save The Date!**

See the Calendar & fliers for more info.

**June 16** Branch Tea and Conversation  
about Festival Celebrations (last  
gathering before summer)

## Join Us for Tea and More Conversation: Why do we celebrate the Festivals, and how can we celebrate them in a meaningful way?

Before we adjourn for the summer we will gather for a Branch conversation and evening tea party to discuss ideas for deepening our community Festival life. At the lively potluck/ conversation that 28 of us shared at the Hope's home in February, the topic was, "What is our responsibility for the future of Anthroposophy?" One result of the conversation is that those present said they'd like to have more such community conversations on a regular basis to discuss important topics.

To help deepen our celebration of the Festivals, we will explore together the questions: "**Why do we celebrate the Festivals, and how can we celebrate them in a meaningful way in our community?**" We are looking forward to addressing this topic with all of the warmth and depth that we experienced together in February. Is there a festival that you feel a particular interest in/connection to?

We hope to see you at the Hope's home, **2606 SE 58<sup>th</sup> Ave.** (in the block south of Division) on **Monday, June 16 at 7:15 pm.** Christine Badura is organizing this event on behalf of the Council. For more information or to offer assistance you can contact her at 707-494-6741 or [badura88@hotmail.com](mailto:badura88@hotmail.com)

## The Festivals and Their Meaning – Intro

What do the festivals mean to us today? There must be many people who carry around a question like this along with the bags of Christmas shopping, or find it knocking on some back door of the mind as they pass the annual offerings of chocolate eggs piled high on the supermarket shelves. Perhaps we must accept that the time-honoured rituals of the year have lost their once-vigorous social energy and are now declining into habit. Our ancient customs seem to have generated only customers. It is tempting to look back and imagine that things were very different in the days of our grandparents, but this book (*Festivals and Their Meaning*) will make clear that even in the early years of this century Rudolf Steiner expressed his concern that the festivals, which had bound communities together so strongly in the past, had virtually lost their ability to be a wellspring of social feeling and enlightenment...

...as the years went by both personal interviews and practical projects were increasing their claims on Rudolf Steiner's time. The building of a centre for Anthroposophical work at Dornach, the establishment of a school for the children of factory workers in Stuttgart, the founding of therapeutic clinics and the furthering of artistic work – all of this required his singular attention. The Whitsun lecture of 1924...followed a morning lecture for workers on the building site at Dornach and

an afternoon of consultations with patients at the new clinic in nearby Arlesheim. By the end of that day preparations were already being made for travel to Koberwitz to give a course of lectures on agriculture.

All this strenuous activity was an endeavor to offset the visible decline of cultural life in Europe which deeply concerned Rudolf Steiner, and which he addressed always with a strong sense of urgency. He also saw that a real understanding of the significance of the festivals in our lives would play an important part here, for no less than the transforming power of a living Christianity, aware that 'He is with us always', could bring about the necessary evolution from within to nourish society with sufficient strength of soul for its task of building the culture of a new age...

...the 'foundation stone' for this new building (the second Goetheanum) was entrusted to those present in the form of a meditation with four verses. It is the earnest, prayerful mood of the fourth verse which comes at the very beginning of this book\*, invoking the guidance of Christ and asking for warmth in the heart and illumination for the mind. In the lectures that follow\* there is no mistaking Rudolf Steiner's deepest intention that out of the wisdom of the Father who created the world, and love for the Holy Spirit who unites all humanity, we might see more clearly the meaning of the Birth, Death and Resurrection of the Son, Jesus Christ.

\**The Festivals and Their Meaning*. These passages were excerpted from the introduction by Ann Druitt, 1995

### The Foundation Stone, Fourth Verse

At the Turning –point of Time  
The Spirit-Light of the World  
Entered the Stream of Earthly Being.  
Darkness of Night  
Had held its sway;  
Day-radiant Light  
Poured into the souls of men:  
Light that gives warmth  
To simple Shepherds' Hearts,  
Light that enlightens  
The wise Heads of Kings.  
O light Divine,  
O Sun of Christ!  
Warm Thou our Hearts,  
Enlighten Thou our Heads,  
That good may become  
What from our Hearts we would found,  
And from our Heads direct  
With single purpose.





## Playing the Lyre with Joy: A Lyre Association of America Summer Conference to be held July 30<sup>th</sup> – August 3rd in Portland, Oregon

The Lyre Association of North America (LANA) will hold their Summer Lyre Intensive, "Playing the Lyre with Joy," in Portland, Oregon. Internationally-recognized master lyre teacher, **Hajime Kira** from Tokyo, Japan, will be the guest presenter. Mr. Kira received his musical training as a lyrist in Germany and was subsequently instrumental in bringing the lyre to Japan and helping to establish lyre ensembles throughout his country. Japan is now one of the flagship locations in the world for lyre teaching and playing.

During this summer's conference, Mr. Kira will present techniques and exercises to address all aspects of lyre playing, from technical skill-building to tone production. His special approach to the lyre stimulates the movement of inner listening in an extraordinary way.

In the words of master lyre teacher Anna Prokhovnik Cooper, "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 Lyre Association is a non-profit organization that promotes the modern lyre and supports the lyre community. LANA seeks to vary its annual conference locations in an effort to reach as many lyrists as possible across North America, including those who are new to the instrument and would like to it take up for the first time. This summer will be LANA's first time to host a conference in the Pacific Northwest, in the beautiful city of Portland, Oregon.

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, along with affordable lodging options in private homes and school classrooms. Nearby hotel lodging is also available.

For further conference information, including registration and payment, go to [www.lyre2014.bpt.me](http://www.lyre2014.bpt.me), or mail payments and registration forms to Margo Ketchum, 13 Morgan St., Phoenixville, PA 19460.

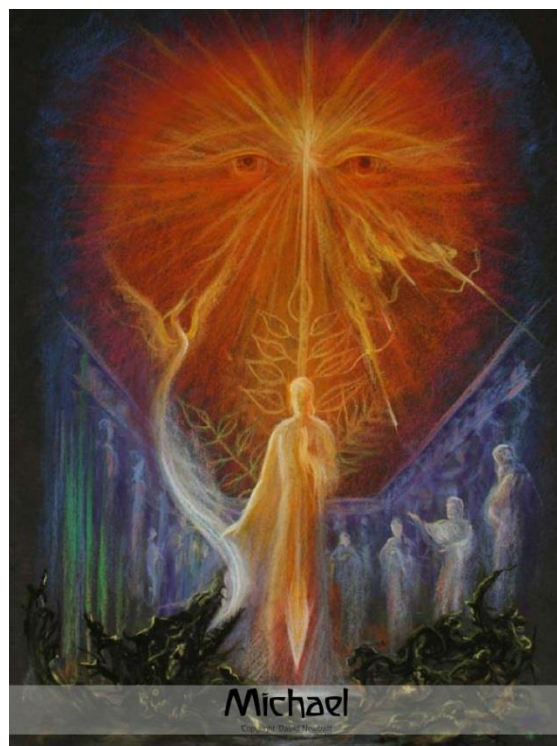
Interested individuals are encouraged to become members of the Lyre Association of North America. Members not only support the work of the Lyre Association but also receive a subscription to *Soundings: A Lyre Review* and discounts on conference and workshop fees. Membership is \$50 for supporting members and \$40 for regular members. Go to [www.lyreassociation.org](http://www.lyreassociation.org) for the membership form.

### Guest Accommodations Needed July 29–August 3

Approximately 40 Lyre Conference participants will be in need of 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](mailto:diane.schell.rowley@gmail.com)

### Accommodations Needed for Michael Institute Waldorf Teacher Trainees

The Michael 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.



**Space travel.**

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The  
Technology  
Is not fully  
Developed yet  
And the trip  
Is very  
Demanding.  
But we  
Are looking  
For a few  
Courageous  
Pioneers,  
And we would  
Love for you  
To join us  
At this exciting  
Time.

|||||||

Once all systems  
Are go,  
The launch sequence  
Initiates,  
And your ship  
Begins it's ascent,  
There is no way  
To cancel the trip.  
Space can be lonely  
And challenging,  
As you leave  
Many friends behind...  
And most of what you own,  
you will not be able to bring with you.  
No clothing or personal items  
Will survive the trip.  
In addition,  
In the final stages of your journey here,  
The senses fade  
And the boundaries of the body dissolve,  
Skin erupts and the flesh is bubbled off,  
Eyes, teeth and hair fall out,  
Organs liquidate, bone disintegrates.  
But the important thing is that your soul,  
When properly developed for the flight,  
Will achieve safe passage,  
With more warm souls to receive you,  
And an opportunity for a whole new and  
different life  
Than what you had on earth.

Please consider  
Joining usssssssss

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Robert kellum 11-2-13



**Elf With Arnica**

**Elke Buhler, Wynstones Press**

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](mailto:valerieannhpdx@aol.com) and Wes Burch, [truelion@comcast.net](mailto:truelion@comcast.net). The deadline for submissions is the 15<sup>th</sup> 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.portlandbrnch.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](http://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, Yvonne DeMaat, Mia Ellers, Lauren Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, Robin Lieberman, Robin O'Brien, Padeen Quinn, Diane Rumage, Jeff Rice, 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

# Portland Branch Calendar

## June 2014

### First Class of the School of Spiritual Science – Lesson One

Sunday, May 18, 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Rumage at 971-271-7479 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month, **except in May.**

Schedule for the year: **5/18, 3<sup>rd</sup> Sunday to accommodate Mother's Day; 6/8** Lesson Two; **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

Monday, May 12, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email [valerieannhpdx@aol.com](mailto: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.

### An Introduction to Spacial Dynamics with Jaimen McMillan

Sunday, June 1, 10 am-1 pm followed by complimentary buffet • Bothmer Hall (next to medical clinic) 5915 SE Division St. • \$25 Pre-registration not required [info@spacialdynamics.com](mailto:info@spacialdynamics.com)

Learn what has put a spring in the step of your friends and colleagues! Experience the healthy, harmonious continuum between body and surrounding space. See newsletter article and attached flier.

### Branch Tea and Conversation: Why do we celebrate the Festivals, and how can we celebrate them in a meaningful way?

Monday, June 16, 7:15 pm • at the Hope's home, 2606 SE 58th Ave. (in the block south of Division) Contact Christine Badura, 707-494-6741, [badura88@hotmail.com](mailto:badura88@hotmail.com)

Before we adjourn for the summer we would like to gather for a Branch conversation and evening tea party to get creative about deepening our community Festival life. Do you have a special interest in or connection to one of the Festivals? See newsletter article and excerpt from the introduction to a collection of Rudolf Steiner's lectures, "*The Festivals and Their Meaning.*" If you're interested in reading more, it's available on the Rudolf Steiner Archive, [www.rsarchive.org](http://www.rsarchive.org)

### 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 [johnmiles@gmail.com](mailto:johnmiles@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](mailto: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](http://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](mailto: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](http://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.



### **Tours: In Search of Francis of Assisi; & In Search of the Black Madonna**

July 12-25, based in Assisi, a study of St. Francis with Jeff Feldman and Sarnia Guiton. Rudolf Steiner's insights will be a major focus with visits to sites associated with this extraordinary human being. • August 31-September 14, visits to four shrines in Europe that house Black Madonnas • contact Sarnia Guiton, Sophia Services, 604-740-0676, [www.sophiaservices.ca](http://www.sophiaservices.ca)

May 15 is the booking deadline for St. Francis, June 31 for the Black Madonna.

## **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**

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

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner's karma exercises. The Spiritual Hierarchies and the Physical World • First and third Tuesdays

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

Beginners Welcome, NE Portland • Those interested please contact Diane Ramage by e-mail at [dramage@comcast.net](mailto:dramage@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](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoo.com](mailto: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 33<sup>rd</sup> 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 Michael Institute. Contact John Miles, 503-774-4946 [johncmiles@usa.net](mailto: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.



### **Rudolf Steiner's Four Mystery Dramas: A Festival and Performance August 8-17, 2014**

Next August, the **Threefold Mystery Drama Group** will perform Rudolf Steiner's four mystery dramas, highlighting a nine-day festival and conference to explore the future of the anthroposophical movement.

**Never before has the cycle of four mystery dramas been performed in repertory in English.**

Registration for this historic event will open in February 2014. The registration fee of \$595 (\$425 for seniors and students, \$300 for limited-view seats) will cover full performances of Rudolf Steiner's four mystery dramas, plus a rich program of talks, artistic activities, group discussions, a performance of *The Green Snake and the Beautiful Lily*, and more. Performance seats will not be sold separately from conference registrations. All performances will take place in air-conditioned Rose Hall of Green Meadow Waldorf School. Click here to go to the website:

[http://www.threefold.org/conferences/rudolf\\_steiners\\_four\\_mystery\\_dramas.aspx](http://www.threefold.org/conferences/rudolf_steiners_four_mystery_dramas.aspx)

## Physical Medicine & Injury Rehabilitation



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The standard kit includes all parts, fasteners, complete illustrated instructions and costs \$200. Each bee box is predrilled for easy assembly and has a closeable "port hole" window for an easy look at the bee situation within. Fully assembled hives are also available and I offer free guidance in beekeeping with these hives.

See: [www.beeologique.com](http://www.beeologique.com)

*I have built these Demeter compliant Warré beehive kits for beekeepers in the Willamette Valley since 2008. My hives were chosen to be placed in the Spikenard Bio-dynamic Honey Bee Sanctuary in Virginia and Taggart Siegel, the director of the honey bee documentary "Queen of the Sun", chose my Warré beehives to place in his back yard at his home.*

**Bill Wood** (541) 687-8211 Eugene, Oregon  
[beeologique@gmail.com](mailto:beeologique@gmail.com)

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**Pohala**  
A Place for Healing

## 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](http://www.PortlandAnthroposophy.org).



Michael at the Side of  
Mankind, David Newbatt

Join us for  
**Tea and Conversation**  
About  
**Festival Celebrations**  
for our  
**Portland Branch Community**

**Monday, June 16, 7:15 pm**  
**Last meeting before Summer Break**  
**The Hope's Home**  
**2606 E 58<sup>th</sup> Ave**  
**(in the block south of División)**

Rudolf Steiner was concerned about the visible decline of cultural life, and saw that a real understanding of the significance of the festivals in our lives would play an important part here, for no less than the transforming power of a living Christianity, aware that 'He is with us always', could bring about the necessary evolution from within to nourish society with sufficient strength of soul for its task of building the culture of a new age...

*~ Paraphrased from the introduction to **Festivals and Their Meaning***



# Ready for your next Step?

## **An introduction to Spacial Dynamics® with Jaimen McMillan**



Go to YouTube video intro:  
Spacial Dynamics level I  
Training courses

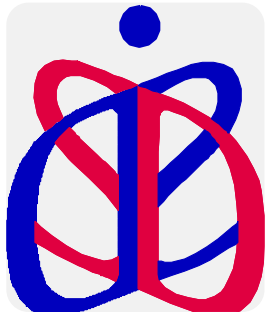
**Sunday June 1st 10:00am -1:00pm - \$25**

Followed by complimentary buffet lunch

Learn what has put a spring in the step of your friends and colleagues! Experience the healthy, harmonious continuum between the body and surrounding space.

**LOCATION:** Bothmer Hall (Next to the medical clinic) 5915 SE Division St, Portland

**info@spacialdynamics.com**



**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