Anthroposophical Society PORTLAND BRANCH

Newsletter



St. John the Baptist, by David Newbatt, Wynstones Press

St. Johns Tide – June 24

What Is Happening for Us – and the Earth – at Midsummer?

The excerpts below are taken from two of Rudolf Steiner's lectures describing the festivals and the cycle of the year. I offer them in an attempt to describe the experience we are entering into at midsummer, or St. John's Tide, and to put this into the context of the cycle of the year. Dr. Steiner tells us that at midsummer, the longest day of the year, the earth has breathed farthest out into the cosmos, and is about to begin the descent back to earth. He tells us that "the sulfurous Dragon, tormentor of human nature, manifests on earth at high summertime...the sulfurous Dragon revealed in the weaving of flames rising up and at once fading again. This Dragon moving below in his own sulfurous element, taking June 2016

form as the tormentor of humanity and the opponent of the higher hierarchies." (1) p. 323

In future issues we will present more about how the Archangel Michael can help us to counter what is at work in midsummer.

...Let us recall how the year's course, in its regular sequence through Spring, Summer, Autumn, Winter, has a spiritual content; how spiritual occurrences, supersensible occurrences, are revealed in what happens in the course of the year just as a man's super-sensible soul and super-sensible spirit are revealed in what happens in his bodily life between birth and death. Let us reflect how, in what appears outwardly during the year's course, in Winter's snow, Spring's sprouting, waxing life, in Summer's life of blossoming and Autumn's life of ripening and fruiting — how in all this which discloses itself physically to men something spiritual is hidden,

The Portland Branch of the Anthroposophical Society Invites you to Save The Dates!	
See the attached Calendar & fliers for more info. And more events	
September 24	Transforming Evil in Every- day Life with Julian Roberts
October 8	Kaspar Hauser with Glen Williamson
November 2	All Souls
<u>2017!</u>	
8/19-21	Oliver Conradt, Solar Eclipse
8/29-9/2	Dr. Jaap van der Wal
10/26-30	Thomas Meyer
Your 2016 dues will be gratefully received. Thank	

Your 2016 dues will be gratefully received. Thank you for helping to make our lively community life possible. Please send \$50 – or what you can – c/o Ruth Klein, 3609 SE Center St., Portland, OR 97202. something spiritual sustains it. And so let us turn our gaze first to what takes place in this yearly course, from spring to summer and on towards the autumn. ...In all that Earth reveals, in stone and plant, in everything that has being, spiritual beings live; not merely a general wishy-washy spirituality, but separate spirit-beings, Nature-spirits. These Nature-spirits hide during the winter in the bosom of the Earth; they are breathed in, as it were, by the Earth; they are within the Earth. When spring comes, Earth breathes out, as it were, her spirituality; these Nature-spirits strive upwards... (1) p. 320

..."If I have united myself with the Christ force, my soul also streams out into cosmic spaces along with the out-breathing force of the Earth-soul, and receives the Sun force, which the Christ now brings to human souls from the *Earth*, whereas before the Mystery of Golgotha He brought it to them from the *cosmos*." (2) p. 23

...At about the time of the spring equinox, the earth has just breathed out; the soul is still half within the Earth, but the Earth has breathed it out; the streaming soul-forces are pouring out into the cosmos. (2) p. 23

If we look at the Easter thought, we have to consider that Easter occurs at the time of the bursting and sprouting life of spring. At this time the Earth's breathing out her soul-forces, in order that these soul-forces may be permeated again by the astral element surrounding the Earth, the extra-earthly, cosmic element. The Earth is breathing out her soul. What does this mean?

It means that certain elemental beings which are just as much in the periphery of the Earth as the air is or as the forces of growth are — that these unite their own being with the out-breathed Earth soul in those regions in which it is spring. These beings float and merge with the out-breathed Earth soul. They become dis-individualized; they lose their individuality and rise in the general earthly soul element. We see countless elemental beings in spring just around Easter time in the final stage of the individual life which was theirs during the winter. We see them merging into the general earth soul element and rising like a sort of cloud (*red, yellow, with green*).

I might say that during the wintertime these elemental beings are within the soul element of the Earth, where they had become individualized; before this Easter time they had a certain individuality, flying and floating about as individual beings. During Easter time we see them come together in a general cloud (*red*), and form a common mass within the Earth soul (*green*). But by so doing these elemental beings lose their consciousness to a certain degree and enter into a sort of sleeping condition. Certain animals sleep in the winter; these elemental beings sleep in summer. This sleep is deepest during **St. John's time**, when they are completely asleep. Then they begin once more to individualize, and when the Earth breathes in again at Michaelmas, at the end of September, we can see them already as separate beings again. (2) p. 52

...But if in summer we look down to the Earth, then the Earth is as if impoverished by the loss of those Nature-spirits. The Nature-spirits have gone out into the wide universe; they have united themselves with the cloud-structures and everything that human sight encounters in the heights above. In all the ways I have mentioned they have streamed up to the heights, these Nature-spirits, and with them they have taken, in an extremely subtle form, extremely fine dilution, that which manifests outwardly as crude and lifeless sulphur. And in fact these Naturespirits, as they billow and surge in cloud-forms and the like, during summer's height, weave and live pre-eminently in sulphur, the sulphur that is then present there in an extraordinarily subtle way, in the heights of the earthly realm. If we could speed through these high reaches of our earthly world during the height of summer with a sort of tastingfeeling sense, we should be aware of a sulphurous taste and even of a sulphurous smell, though in an extraordinarily dilute, subtle and intimate form. (1) p. 321

The inner process which occurs during high summer is a permeation of the organism by that which is represented crudely in the material world as sulphur. When a man lives with the summer sun and its effects, he experiences a sulphurising process in his physical-etheric being. The sulphur that he carries within him as a useful substance has a special importance for him in high summer, quite different from its importance at other seasons. It becomes a kind of combustion process. It is natural for man that the sulphur within him should thus rise at midsummer to a specially enhanced condition. Material substances in different beings have secrets not dreamt of by materialistic science.

Everything physical-etheric in man is thus glowed through at midsummer with inward sulphur-fire, to use Jacob Boehm's expression. It is a gentle, intimate process, not perceptible by ordinary consciousness, but — as is generally true of other such processes — it has a tremendous, decisive significance for events in the cosmos.

This sulphurising process in human bodies at midsummer, although it is so mild and gentle and imperceptible to man himself, has very great importance for the evolution of the cosmos. A great deal happens out there in the cosmos when in summer human beings shine inwardly with the sulphur-process. It is not only the physically visible glow-worms (Johannis Käferchen) which shine out around St. John's Day. Seen from other planets, the inner being of man then begins to shine, becoming visible as a being of light to the etheric eyes of other planetary beings. That is the sulphurising process. At the height of summer human beings begin to shine out into cosmic space as brightly for other planetary beings as glow-worms shine with their own light in the meadows at St. John's time.

From the standpoint of the cosmos this is a majestically beautiful sight, for it is in glorious astral light that human beings shine out into the cosmos during high summer, but at the same time it gives occasion for the Ahrimanic power to draw near to man. For this power is very closely related to the sulphurising process in the human organism. We can see how, on the one hand, man shines out into the cosmos in the St. John's light, and on the other how the dragon-like serpent-form of Ahriman winds its way among the human beings shining in the astral light and tries to ensnare and embrace them, to draw them down into the realm of half-conscious sleep and dreams. Then, caught in this web of illusion, they would become world-dreamers, and in this condition they would be a prey to the Ahrimanic powers. All this has significance for the cosmos also. (2) pp 16-17

What develops up there, however, under the influence of the Sun's warmth and light, is akin to the process that goes on in the human organism when cravings, wishes, emotions and so on come welling up. Anyone who has the faculty for beholding and feeling such things knows that the Nature-spirits in the heights during midsummer live in an element which is as much saturated with desire as is the desire-life that is bound up with the animal nature of man — that animal part of man wherein he, too, is sulphurised, is permeated with sulphur in a very diluted form. We see, as it were, man's lower aspect, that which is animalized in him, arched as Nature's formation above us at the height of summer, filled with the life of Nature-spirits. What we thus recognize in its sulphurous quality when it weaves and lives in human nature, we call the

Ahrimanic; in it the Ahrimanic actually lives. So we can also say: when in high summer-time we turn spiritual vision towards the heights, then in the cosmic sulphurous desires the Ahrimanic is revealed to us. (1) p. 321

So we can look with understanding and reverence upon the wisdom-filled guidance of the cosmos. We know, of course, that man needs this animal desire nature, precisely because in overcoming it, and not otherwise, he can develop the forces that first make him fully human. And man could not have this desire nature, this animalizing element, if the same animal desire element were not a part also of the cosmos. The sulphur, then, the sulphurous Ahrimanic element is, as it were, one pole out in the cosmos, and the arrows discharged by the Cosmos through space to combat this sulphurous element are concentrated in meteoric iron — in the meteoric projectiles, so to say, of the universe. (1) p. 322

And so, Dear Friends, we will have much more to say of this meteoric iron in the future.

- 1. The Michael Inspiration from The Festivals and their Meaning
- 2. The Michael Imagination from The Cycle of the Year

AS AWAKENERS of ancient memories, festivals turn our thoughts and feelings to the past. Through what they signify they awaken in us thoughts that link us to all that our souls held holy in distant ages. But other thoughts also are roused through the understanding of the content of these festivals, thoughts which turn our eyes to the future of mankind, which, for us, means the future of our own souls. Feelings are awakened which lend us the enthusiasm to live on into the future, and inspire our wills with strength so to work that we may grow ever more and more adequate for our future tasks.¹

RUDOLF STEINER'S THE BEING OF THE ARTS: a call to artists!

The Art Hall is offering an opportunity for several art disciplines to work together and bring to life Rudolf Steiner's magical and tender story "The Being of the Arts." Eurythmists, musicians, fine artists and others are encouraged to consider this endeavor. Please send an email of interest to

<u>robin@robinlieberman.net</u>: all inquiries will be answered in early July, at which time a time and place for our first meeting will be announced. At this moment in time we will consider working on one chapter at a time.

THE ART HALL PRESENTS: A RARE OPPORTUNITY IN PORTLAND!!

In collaboration with the Art Hall at Cedarwood Waldorf School, a group of artists have invited Jennifer Thomson from Crestone, CO, to offer one of her fabulous art retreats in Portland this September, and she said "Yes!" So we will be exhibiting her landscape paintings with a reception planned for Friday, September 17 followed by a 5 day retreat, Monday through Friday, September 19-24, in a beautiful west side forested setting, where Pamela Whitman recently held a Veil Painting workshop.

Please see the flier announcing the retreat in this newsletter. You can also see more information in the calendar. There are limited places available so please sign up soon! Through July 1 you may contact Kathy Kremer at <u>kkremerdesigns@msn.com</u> and then <u>robin@robinlieberman.net</u>.

We have a wonderful year of exhibits planned for the 2016-2017 academic year, including Jennifer, Valerie Miles, Katie Montgomery, a regional group of artists who've been studying Rudolf Steiner's Nine Sketches and hopefully a collaboration amongst several disciplines to bring alive Steiner's "The Being of the Arts" in the Spring of 2017. Please follow us at <u>thearthall.wordpress.com</u> and here for updates. 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 Rumage at 971-271-7479.

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

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

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, <u>www.portlandanthroposophy.org</u>. Paper copies are available at the 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 2016: Cyndia Ashkar, Wesley Burch, Sandra Burch, Helen Homola, Christopher Guilfoil, Valerie Hope, Bob Kellum, Donna Patterson-Kellum, Tom Klein, Ruth Klein, Anne Kollender, James Lee, Robin Lieberman, Cheri Munske, Natalie Norman, Padeen Quinn, Jannebeth Roell, Diane Rumage, Diane Schell-Rowley, Rebecca Soloway, Jerome Soloway, Linda Sussman, Marion Van Namen, Elizabeth Webber, Cindy Weinberg, Neil Weinberg, and thanks to a generous anonymous donor.

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

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

Library News from Tom Klein

Recently the branch Library received a donation of 54 books And videos from Linda Sussman. This brings us to a total of 1,600 books. Many of these new books are titles that we did not have. Thank you Linda.

Calendar of the Soul

May 29-June 4, Verse 10

To the summer's solstice The radiant solar being rises And carries all my human feeling With it into cosmic spaces. I sense a stirring in myself A feeling, a faint promise, One day you will know: You were just experienced by a spirit being.

June 5-11, Verse 11

In this solar hour It's up to you to realize: Surrendered to the beauty of the world Feeling alive in every limb: The human I can lose itself To find itself in Cosmic I again.

June 12-18, Verses 11-12*

June 19-25, Verse 12, St. Johns Mood

St. John's Ambiance The glistening beauty of the world Compels me from the depths of soul To free for cosmic flight The divine forces of my life; To flee the constraints of my self And seek with confidence My Self in cosmic Light and Warmth.

June 26-July 3, Verse 13

When I am in the zenith with my senses In depths of soul a flame arises From fiery worlds of spirit, The Logos-truth of gods: In these wide spirit realms Expect to find your kin.

* Herbert Hagens suggests working on verses 11-12 for two weeks each as part of an adjustment that allows us to keep in sync with the four major Christian festivals, and can bring us into a deeper connection with the St. John's mood. This and two other adjustments help to account for the fact that there are 55 weeks from Easter 2016 to Easter 2017, but only 52 verses. See his recommended schedule below.

Calendar translation by Stefan Schwabe. "A transposition; I tried to recast these calendar verses in cadence and tenor, into our current English, to bring to our appreciation their strength and spirituality in terms of today's thinking, feeling and will. St. Michael's Feast 2011"

An Invitation from the Anthroposophical Society in Canada

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"Festivals are not merely the commemoration of historical events or personalities. They are in and of themselves, each year, spiritual events carrying a significance that grows and deepens with the developing phases of human evolution." ~Rudolf Steiner

Portland Branch Calendar

June, 2016

First Class of the School of Spiritual Science-Lesson Five

Sunday, June 12, 9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Rumage at 971-271-7479; Cheri Munske at 503- 484-4133; or Rebecca Soloway, (516) 850-1027. Blue card required. Second Sunday of each month.

Portland Branch Council Meeting

Monday, June 13, 7pm • 2606 SE 58th Ave. • Contact Valerie Hope, 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.

Portland Art Retreat – Landscape Painting with Jennifer Thomson

September 19-23, 9am-5pm daily • Venue details given upon registration • \$425 includes tuition, supplies, snacks, 5 lunches Contact Kathy Kremer, KKremerDesigns@msn.com or Robin Lieberman, robin@robinlieberman.net 503-222-1192

Experience fall through five days of ART. Let spaces of Blue, Gold, Orange & Red arise. A hint of Green, shimmering. In the periphery overlapping veils of yellow, red and blue die into grey, contrasting the light. Add Black for weight and wakefulness. Feel the release of light. As outer nature dies, an inner light appears in the autumn landscape. An ongoing veil painting over the 5 days. Studio and outdoors..various exercises..working with color moods, gestures, color relationships, composition light & dark & inspirational exercises from artists of the past. Materials: watercolor, gouache, charcoal.

Transforming Evil in Everyday Life: Overcoming fear, boredom, doubt, and resentment as a path to the sacred, with Julian Roberts

Saturday, September 24, 10 am-4 pm • Cedarwood School, 3030 SW Second Ave. • Contact Valerie Hope, 503-775-0778; email valerieannhpdx@aol.com.

Where is true meaning in everyday life? How can I experience the spirit while carrying out my daily responsibilities?

How do I survive the nine to five job? This course will explore these questions and the challenges normal life poses to inner development. Practices for transforming the evil in everyday life into pathways to experience the sacred will be shared.

A hands-on approach will be taken, and participants will use their own experience as a basis for learning. Presenter Julian Roberts is a '97 graduate of the Sacramento Waldorf School. He holds a BA in philosophy from UC Berkeley and an MPH/MBA from Johns Hopkins School of Public Health. He has worked as a consultant, in the non-pro t sector and currently has a full time job in the public sector. In his early 20s, he was mentored by Friedemann Schwarzkopf and Orland Bishop and currently studies Rudolf Steiner. He has participated in the Lakota Vision Quest ceremony and has an active meditative life. He has a deep interest in how the inner life can redeem and change everyday experience.

Kaspar Hauser, The Open Secret of the Foundling Prince – told by Glen Williamson

Saturday, October 8, • Venue to be announced • Suggested donation \$10 • Contact Valerie Hope, 503-775-0778; valerieannhpdx@aol.com.

A true story of an innocent boy imprisoned in a dark cell for most of his childhood. In a journey through darkness to light, this tale explores what it means to be human. 187 years ago a strange boy appeared on the streets of Nuremburg, barely able to stand, walk or speak. In Kaspar Hauser: The Open Secret of the Foundling Prince, historical facts and characters mix with a supernatural tale of a golden house, a wicked stepmother, and a boy kept in a dark cellar for most of his childhood. Who was he? And why does his story still affect us?

Ongoing Local Activities and Study Groups

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

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

First Class Study • Second and Fourth Tuesday of the month • Blue card required 7:30-9pm • Contact Tom Klein, 777-3176, <u>Tgklein@aol.com</u>. This group works with the contents of the class.

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

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

First Class Study • Second and Fourth Tuesday of the month • Blue card required 7:30-9pm • Contact Tom Klein, 777-3176, Tgklein@aol.com. This group works with the contents of the class.

First Class Study: The First Class of the Michael School and its Christological Foundations by S. Prokofieff • Second Thursday of the Month • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, jrsoloway@hotmail.com or 503-908-7615

Council Meetings of the Portland Branch • Second Monday of the month 7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpdx@aol.com

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

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, <u>Carrie.mass@portlandwaldorf.org</u>

If you've ever attended a Waldorf High School, this is for you!

Eurythmy, Portland Waldorf School Community: Wednesday Mornings

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free

All are welcome. Contact: Carrie Mass, <u>Carrie.mass@portlandwaldorf.org</u>

Festivals Study Group: First and Third Thursdays

7-8:30 pm • 3711 SE Brooklyn St. • To find out which Thursday is next 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. This is also greatly deepening our experience of the cycle of the year.

Light, Color and Darkness in Painting (Therapy) Working with Indications from Liane Collot d'Herbois; a study and painting group: Begins again in October

10 am – 12 pm • Studio 901 at 1410 SW Morrison St. • Contact Robin Lieberman, 503-222-1192 or <u>robin@robinlieberman.net</u> or Cheri Munske 503-484-4133

Please join Robin Lieberman, MSW, painting therapist and Cheri Munske, art therapist, for study and painting. We will be working from Liane's book of the same title, exploring color each month. Some experience with Anthroposophy and painting preferable.

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

7:30-9:00 pm • Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • Contact Diane Rumage by e-mail at <u>drumage@comcast.net</u> 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 <u>www.portlandwaldorf.org</u> • <u>pws_choir-subscribe@yahoogroups.com</u> (503) 654-2200

Painting and Study with Patricia Lynch, Friday Mornings

9:15-11:00 am, 3359 NE 72nd Ave., Portland. Contact Patricia Lynch at patriciahomanlynch@gmail.com

Painting from "Fifty-Two Weeks" by Laura Summer, and reading "Art as Spiritual Activity, Rudolf Steiner's Contribution to the Visual Arts." All are welcome.

Rose Well Painting Studio

Summer schedule available online at <u>http://rosewellstudio.com/aboutus</u> • Contact Sandra Burch with questions, 503-353-1818 Celebrate summer with veil painting classes, open studio and private instruction with Sandra Burch. Come play with color in Milwaukie. All fees are sliding scale. Let's paint!

The Temple Legend 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

Theosophy Study Group • First Monday of the Month

7:45-9:00 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or <u>irsoloway@hotmail.com</u> Please join us in lively discussions centered on Rudolf Steiner's *Theosophy*.

Threefold Social Renewal Study Group • Every Friday, beginning on September 18

11:30 am – 1pm • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • contact Michael Givens, mgivens.lac@gmail.com or 503-609-0890

We will be reading and discussing Becoming Human: A Social Task – The Threefold Social Order by Karl Konig

Community Painting Group • Tuesday Mornings

8:45-10:00 am • Portland Waldorf School, Grimm Room next to aftercare, 2300 SE Harrison St., Milwaukie • \$15 PWS parents & alumni, \$20 all others (per session) • Adults only. All levels of painting experience welcome! • To register contact Cheri Munske, <u>cherimunske@gmail.com</u>, 503-484-4133 <u>www.transformativeartspdx.com</u> •

Led by Cheri Munske of Transformative Arts, participants will explore the beauty, colors and moods of the everchanging seasons through watercolor painting and dynamic drawing exercises.

World Economy Study Group • Last Friday of the Month

6:00-8:00 pm • 3046 NE 33rd Ave. • contact mgivens.lac@gmail.com or 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/

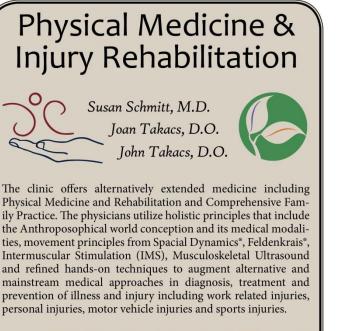
Waldorf Education and Teacher Training Lectures and Courses

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

Waldorf Teacher Education, Eugene

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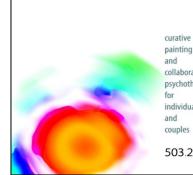


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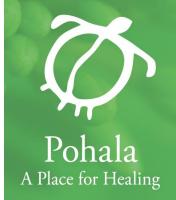
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Contact Valerie Hope at Valerieannhpdx@aol.com

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 <u>www.PortlandAnthroposophy.org</u>.

Kaspar Hauser The Open Secret of the Foundling Prince

Told by actor and storyteller Glen Williamson



A true story of an innocent boy imprisoned in a dark cell for most of his childhood.

In a journey through darkness to light, this tale explores what it means to be human.

Created as an epic fairytale with historical interludes, this story includes inspiring spiritual pictures as well as the latest scientific research about one of 19th Century Europe's most compelling figures.

Saturday, October 8 7:30 pm

Venue to be announced

Presented by the Portland Branch of the Anthroposophical Society and Anthropos Glen Williamson appearing courtesy of Actor's Equity Association

TRANSFORMING EVIL IN EVERYDAY LIFE

Overcoming Fear, Boredom, Doubt, and Resentment as a path to the Sacred

Saturday, September 24, 10 am – 4pm Cedarwood School, 3030 SW Second Ave. Contact Valerie Hope, <u>valerieannhpdx@aol.com</u>

Where is true meaning in everyday life? How can I experience the spirit while carrying out my daily responsibilities? How do I survive the nine to five job?

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Portland Art Retreat... September 19-23

With Jennifer Thomson

Landscape

Painting...Experience fall

through five days of **Art**

Autumn's clarity, light changes, coolness, earth's aroma, signals an inner soul change from summer's dreaminess to Michael's wakefulness.

Mornings: Veil painting: Let spaces of Blue, Gold, Orange & Red arise. A hint of Green, shimmering. In the periphery overlapping veils of yellow, red and blue die into grey, contrasting the light. Add Black for weight and wakefulness. Feel the release of light. As outer nature dies, an inner light appears in the autumn landscape.

Over 5 days, we will explore various artistic approaches to landscape painting. Such as color moods, gestures, color relationships, compositional light & dark and inspirational exercises from artists of the past. **Material:** watercolor, gauche, charcoal.

Work Space: Studio & Outdoorsnearby area: garden & creek, possible 2 afternoon outings at Sauvie, Columbia Gorge or a Japanese Garden (depending on weather)

Bring with you: brushes & note pad or sketch pad

Daily Class: 9am to 5pm (2 hour lunch break)

Tuition: \$425 includes art supplies, 5 veggie lunches and snacks.

Deposit: \$100 nonrefundable, to reserve a space

Accommodations: \$25 to \$35 per night with a community family. Call Kathy or Robin

Location: Lovely westside, forested setting in Portland, Oregon. Details given upon registration.

Info & Sign up: Robin Lieberman, robin@robinlieberman.net, 503-222-1192 1410 SW Morrison Street, Suite 901 Portland, Oregon 97205

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