



Anthroposophical Society PORTLAND BRANCH

Newsletter

June 2018

A Conversation with Rebecca Soloway

by Lauren Johnson

It was a lovely afternoon in May as Rebecca settled the two of us at her family's sturdy oak table. We had a view of her garden in the full throes of flower and new life. The table, Rebecca would later explain, belonged to her Great-Grandfather Thor, and had since traveled far from its original home in a barn in northern Minnesota. She wasn't 100% sure of its original purpose, but it had been lovingly restored and outfitted for the dining room with a new and improved undercarriage; allowing it to expand and fit several more leaves. The table was perfect for a conversation with the two of us, but could grow to allow room for the whole family: her husband Jerry, their two grown children and their spouses, and three beautiful granddaughters.



the farm where her father was raised, and both sets of grandparents were a huge part of her growing up. She remembers her earliest years as very special, with family around all the time. "The farm was the kind of place where extended family would like to show up.... usually at dinner time," Rebecca laughs. Her brother Mike joined the family two years after Rebecca, and sister Kathy four years after that.

Typical of the farms of the area during that time — the

late 1950's — there were about 30-40 cows, with a milking barn, and crops serving both to feed the cows and to sell. They grew wheat, sugar beets, soybeans, barley, and some corn as well. She recalls helping her father with the hay



harvest at about age 5 — she drove a tractor by herself as the others threw the hay onto the trailer she was pulling. She had to stand up while she drove in order to have the leverage and strength to engage the clutch. That's an early image I have of the determination and creativity that helped to drive Rebecca through a fascinating life of study, travel, and work on behalf of her family, her students, Waldorf education, and anthroposophy.

Rebecca vividly remembers an event on the farm on a Friday in August (the 13th, in fact), when she was 12 years old. The milking barn tragically burned down to the ground. No one was hurt, thank goodness. Instead of replacing the barn, her parents decided to sell the dairy cows and focus on the crops instead. It was a big change in their lives, but not entirely unwelcome, as the focus and time it takes to manage a dairy is quite intense.

What was school like? I asked Rebecca. "School was... AMAZING," she replied with a wide grin.

There was a state teachers' college nearby, with what was then called a Normal/Campus School — a public

**The Portland Branch
of the Anthroposophical Society
Invites you to
Save The Dates!**

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

June 22-July 1

Tone Eurythmy Conference with Jan Ranck

September 28-30

Michaelmas Observance:
"Rudolf Steiner's Calendar of the Soul in Relation to
the Michaelmas Festival"
With Herbert Hagens

November 2

All Souls Observance

November 14-18

National Biodynamic Conference

November 23-25

Lisa Romero: Inner Path Work

Pacific Eurythmy Training

Classes Monday and Friday mornings and Tuesday,
Thursday and Friday evenings.



gain experience in the classroom. Rebecca explained, "The Campus School was a full K-12 — one class per grade. As I grew older I became aware that these people were learning how to teach. By 6th grade we were pretty aware, and would predict which student teachers would make it, or maybe not make it in teaching. Most of the kids in our school were from the local farms or were professors' kids. There were several generations of children who attended the school and it created quite a strong sense of community."

school on the college campus for the student teachers to Rebecca shared that, as high school unfolded in the early 1970's, many aspects of the school were fairly experimental for the time — with lots of project weeks and long field trips. In 11th grade, Rebecca's class traveled together for three weeks down the Mississippi Valley to the Gulf coast. Along the way they visited all sorts of interesting sites—mines, a plantation, and the city of New Orleans. It seems this left a great impression on her, and fed an interest for seeing more of the wider world as well.

Sadly, by Rebecca's senior year, this cozy community school was forced to close and she moved from a class of 25 peers to a new school with a senior class of 500. She sensed that the teachers in that school were not as engaged as she was used to, were even apathetic. In any case, Rebecca experienced a dramatic change - from being really excited about education, to being disillusioned. She is still in touch with some of the high school teachers from her first school, one of whom had transferred to her new school. They would occasionally share lunch together. Mostly, though, Rebecca was just waiting to graduate.

After graduating from high school, she attended Minnesota State University and started some of the introductory courses to perhaps a major in psychology. Rebecca also found that she was comfortable in math and enjoyed helping friends with their work. Her interest in psychology had been piqued originally when she was introduced to some of the seers and mystics in the book, *Door to the Future*, by Jess Stearn, which was given to her by her grandmother when she was 15. Later, in the summer between freshman and sophomore years at Minnesota State, a course was offered called "Mind, Matter, and Space-time." It introduced an array of topics, and their intersections across psychology, philosophy, and physics. This course also introduced her to Rudolf Steiner's ideas for the first time, though it didn't leave a particularly strong impression then.

Around this time, Rebecca's interest in working with children was rekindled. She had previously thought education might be a path for her, but with the negative experience in her last year of high school, had put that on hold. She now began to feel that there was a lot that she could learn from children.

A friend at college from upstate New York, near Harlemlville, invited Rebecca home for a visit. At this home there was a copy of the magazine, "Mother Earth News" featuring an article on biodynamic agriculture. Rebecca recognized the man whose picture accompanied the article — Rudolf Steiner.

This was 1974, and there was contact information in the article for the Threefold Community. She wrote to

the address and received a response from Sigfried Finser which outlined a new course that would be offered in the fall called Foundation Studies. She was intrigued and visited Chestnut Ridge to meet with Sigfried who was the coordinator of the course. She explored the environs, including the Fellowship Community next door, and encountered Greta Froehlich, who told her about the educational pedagogy founded by Rudolf Steiner. So it was that Rebecca convinced her parents that it was time to leave Minnesota and embark on a year of a different kind of study. She was very grateful for their support and encouragement.



As our conversation continued, Rebecca's husband, Jerry meandered into the kitchen and began to adjust Rebecca's rendering of the story of how they met. (It turns out there are differing stories about just how they encountered each other on Hungry Hollow Road... you'll have to ask for yourself.) Suffice it to say that the year was filled with learning and work in the Threefold Community with teachers who included Henry Barnes, René Querido,, Frances Edmonds, Gisela O'Neil, Olive Whicher, and many others. Along the way, it was announced that a new training would begin the following fall for people who wanted to become Waldorf teachers. This was the very first year of the training that would that eventually make way for Sunbridge Institute. Jerry and Rebecca were the only full-time trainees — Jerry was interested in elementary education and Rebecca in teaching high school. During some of her observations and practicum work at Green Meadow Waldorf School, she sensed that math was an area where teachers were really needed at the time.

After the two years of Foundation Studies and Waldorf teacher training she decided to complete her Bachelor's degree in mathematics back in Minnesota. In 1977 she was able to arrange to student teach at Michael Hall in

Calendar of the Soul

9. (June 2 - 8)

**Ignoring my own will
A summer herald's cosmic warmth
Fills my soul and spirit;
To lose myself in light
My spirit vision asks of me,
And I sense with strong suggestion
Lose yourself and you shall find.**

10. (June 9 - 15)

**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.**

11. (June 16 - 23)

**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.**

12. (June 24)

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.**

Calendar translation by Stefan Schwabe

Forest, Row, Sussex, England, the first Waldorf School in the English-speaking world. She taught in Grade 8 and high school. In addition she coached basketball (she was the American after all). Meanwhile, Jerry was busy learning German in Frankfurt. They reconnected in Europe, returning together to the Threefold Community that summer where they were married among family and friends on a hot summer's day in July - the hottest day on record at 104 degrees!



Their baby, Genevieve was born within the year and Jerry and Rebecca moved to Fair Oaks, California where Jerry pursued further Waldorf training at Rudolf Steiner College. Soon after, the family moved to Denver where Jerry began his teaching career and where their son, Gareth, was born in 1980. Much of the Denver school was in transition in this time period, and the family sought a more settled environment.

They were called to Lexington, Massachusetts and Jerry took a class at the Lexington Waldorf School from Grade 1 to 8. When Gareth was about three years old, the intensity of parenting an infant began to lessen and Rebecca thought about the possibility of deepening her commitment to anthroposophy by joining the First Class of the School for Spiritual Science. Before approaching this, she set herself the task of beginning meditative work. About three years later she became a member of the School for Spiritual Science.

This was also a time of all-out parenting and volunteering for whatever was needed in the Lexington school community. As Genevieve and Gareth grew, Rebecca was able to teach at the Carroll School, a well-regarded nearby school for children with learning disabilities. Here she experienced the amazing, different ways children learn, and found this work deeply satisfying. "It was a little like being a detective for the learning process."

All the while their family enjoyed the beauty of New

England, including the delights of teaching their children to swim and skate on Walden Pond. Rebecca also (somehow) found a way to complete a Master's degree in special education at Boston University.

By the time Genevieve was in 6th grade Rebecca and Jerry wanted to find a school community with a high school. They decided to move to Garden City, New York, on Long Island where Rebecca was thrilled to begin teaching in the high school and Jerry in the lower school. After some time Jerry took a position in a local public school and Rebecca continued what was to become a 23-year relationship on the faculty in various capacities: a specialist in mathematics in grades 6-12; a class teacher in grades 1-8 for fifteen years; a founding member of the College of Teachers in the mid-1990's; and later, the Faculty Chair.



By 2005 Rebecca and Jerry became grandparents to Maddie, Genevieve and husband Kris's daughter. They soon became frequent travelers between Long Island and Washington, DC, where Genevieve had settled after graduate school. Job changes for Genevieve (now a biologist) and Kris brought them to Portland 18 months later, and Rebecca and Jerry started regular cross-country trips to visit and help out. Gareth was living in Florida at this time, and Rebecca noted that the family was far flung for the better part of a decade. Their second granddaughter, Katie, was born in 2008 and Rebecca and Jerry began to look more seriously at moving to Portland.

Finally, in 2013, Jerry retired from teaching and Rebecca bid farewell to her work at the Garden City Waldorf School. Gareth and his wife Sarah moved here in 2016 and graced Rebecca and Jerry with a third granddaughter, Juliana, a year later.

Since moving to Portland Rebecca has been a contributor to the life of the Portland Waldorf School where her two older granddaughters attend (and where Genevieve is a member of the Board of Trustees). She has immersed herself in the work of the First Class and also in mentoring Waldorf teachers in the region. Part of this involves overseeing internships through the Center for Anthroposophy's teacher training program. Rebecca is also on the Western Regional Council of the Anthroposophical Society in the U.S.

Rebecca's graciousness, calm, and her interest and curiosity for others leaves a strong impression on all who meet her. She may have a knack for math, but she's also a born storyteller. As a grades teacher, she most enjoyed the sense of anticipation in the room when a new story was about to unfold. We could start one now...Once upon a time, in the Red River Valley of Minnesota, there was a little girl who helped with the chores around the farm. Her feet couldn't quite reach the various pedals of the tractor when she sat up on the high seat. But it didn't hinder her one bit, not even for a minute. She stood right up, grabbed hold of the steering wheel, stepped as hard as she could on the pedal to release the clutch, and with a sunny smile on her face and determination in her eyes, she drove that tractor all around that field of sweet, green, glorious hay.



Rebecca's favorite mug features all of her growing family.



What's New at the Goetheanum?

by Anya Thaker

Introducing Sebastian Jünger

Sebastian is the editor for *Das Goetheanum*, and *Anthroposophy Worldwide*. If you subscribe to AWW, you most likely read his writing regularly! His articles and interviews make up most of the Goetheanum's homepage, translated to English.

Born in the western part of the divided city of Berlin, Sebastian studied the German language, literature, computer science, and other disciplines, including German as a foreign language. Berlin gave him a rich and varied background. He was born relatively close to where the Rudolf Steiner house was later built, with exposure to poetry and influential writers and speakers like Gotthold Ephraim Lessing and Patrick Roth. He also enjoyed exposure to organic shops and a multitude of experiences with recitation and theater. He developed a great interest in literature and music, playing the recorder, guitar, piano and spinet.

However, "Every day I experienced the consequences of the Cold War." This was seen in many ways, from the constant reports in the news, to the disheveled streets, and his dreams, of war and fleeing. Although he does play music, recently his impulse to write has become, "most intense."

Sebastian, your name is on numerous articles appearing in different publications. How do you manage the writing that you do weekly? "Through meditation I have learned to concentrate and focus on just one topic at a time, especially the one that must get done first.

Having studied computer science, I learned how to manage several parallel processes at once. There is a synergy that can take place when being involved in several contexts simultaneously. As "luck" would have it, the multiple tasks and meetings can, so to say, speak to one another. Also, some information can be used for multiple purposes and be used in various locations, and some things I just do not manage to do."

To be clear about the information that he works with, Sebastian interviews people in person, on the phone, and via email, and he writes and proofreads articles.

Sebastian explains that writing is, for him, musical. How a piece is worded, is read with the cadence of a musical piece. "Music is the movement of the soul and spirit. Literature is movement, too! For me, literature

is a kind of music a music in sounds (laute), and rhythms of sentences. My ambition in the editorial work is to bring people together who are not in the same room. Journalism is much more than just publishing news – journalism is something like building social rooms. Public relations is the building of relationships between different social rooms. In short: I look for the consonance of (human) beings.”



How did you get into this specific area of work at the Goetheanum?

I began as an author for *Das Goetheanum*, and in 1997, my studies came to an end and I became an editor.

With others I also began developing a special edition of the German newsletter What is happening in the Anthroposophic Society which became *Anthroposophy Worldwide*, and expanded to become the news sheet for members (currently in German, in English, and Spanish). A few years ago I also started working in public relations, writing press releases, and every so often, calling press conferences.

What is important to your work currently? As of now I am involved in the coordination of communication processes at the Goetheanum. For the weekly *Das Goetheanum*, I report on what is happening in-house. *Anthroposophy Worldwide* is more and more, and currently, the main channel of member communication. The current question is: How can we use digital methods for better member communication, making it personal, faster, available and more frequent?

What about public relations? In my opinion, it is becoming increasingly important that we reach out through the media (because anthroposophy is important for all of humanity), to those who might be interested in what is happening at the Goetheanum (in Dornach and worldwide), including General Secretaries and the heads of branches. Will people see themselves as multipliers of such information, by forwarding messages or media releases?

If you are inspired to share news of anthroposophy in the Pacific Northwest with the greater society via AWW, contact Sebastian with article proposals for publication: aww@dasgoetheanum.com If you visit the Goetheanum, he may be a familiar face you see, and his office is in the hall near the library if you wish to stop in.

For German readers, Sebastian has published seven books including fairy tales (*Auf Luzia fiel das Los, Die Taube, and Das Rätselbuch der Enigmäer.*)

Pacific Eurythmy, One Year On

– An Update and Expressions of Gratitude

by Jolanda Frischknecht



As a dear colleague once wrote: “Eurythmy is not for the faint hearted!” Our pioneering class of three courageous young people started on the path of Eurythmy last fall. We have had a wonderful year of growth and exploration in Eurythmy as well as many different subject classes which complement the training. In the beginning years of training we spend a lot of time with the basic elements of Eurythmy. Like tending and watering a young plant we take little steps, careful in making sure there are strong roots and nourishing soil to start the long journey into the endless world of growth and transformation. This takes dedication, for we have to love the chance to surrender ourselves to this process of transformation and growth. It is also a leap of faith into the unknown, as lots of new discoveries lie in the depth of our soul, and in the art itself.

Like the fingering exercises on an instrument, we started off with many rod exercises, threefold walking, and moving geometrical forms to help mold and “light through” the physical body so it becomes permeable for the movements of the etheric. Now, at the end of our first year (in our case two thirds through the first year curriculum) we have explored so many elements and so much more is to come!

Quite apart from learning the elements, there is always also a social learning that occurs in any artistic collaboration, and especially in Eurythmy, as it is a social art form. Eurythmy is very unique to every person. We all move differently, and yet we want to create a flow through all members of the group. Like a school of fish, or a flock of birds, seamlessly effortless!

Our endeavor is supported by Eurythmy Spring Valley, and in February we had Natasha Moss (many of you will remember her from her time here in Portland) to help guide us in the right direction and help us find the next steps for our students. She worked with the students, observed us teachers, and mentored our humble

beginnings.

In August we will have Michael Leber, a master teacher from Stuttgart, Germany coming to work with the students for a few days. All trained Eurythmists are welcome to join us. We are all looking forward to his leading us in more of the basic elements, something we all go back to time after time.

Throughout the year we had so many helpers! Special thanks go to Don Marquiss for deepening our understanding of anthroposophy. He gently steered us with humor and warmth into this vast field. Thanks to Lily Breshears and Charlie Copland for their piano playing, and to Lily for helping us take the first steps toward making sense of music theory. We are grateful to Francine Adams for all of her behind-the-scenes work and support. And thanks to all of the other wonderful subject teachers: Daniel, Cheri, Katherine, Bec, Patrick, Dr. John, and Wes! You have enriched our curriculum so much!

And we must not fail to mention all the manifold support we get from community members, who attend our Art and Anthroposophy classes and support us with their blessings and well wishes.

Please join us for our end-of-term on Saturday June 2, at 4PM in the Eurythmy Room at the Portland Waldorf School.

All trained eurythmists are welcome to join when Michael Leber, a master teacher from Stuttgart, Germany, comes to work with students for a few days in August. Contact Jolanda or Carrie to register.

Shepherds and Friends! Calling one and all!

The Portland Movement for Religious Renewal (The Christian Community) is looking for players, singers and helpers to bring the Oberufer Shepherds' Play to our fine city this December.

Betty Baldwin, Sandra Burch and Chris Guilfoil will hold a meeting on June 24 at 2:00PM at the Burch house in Milwaukie - if you are interested or curious please attend. Or be in touch with Sandra to be added to a list of those who will be contacted about the next meeting (in late August or early September). We look forward to merriment, artistic play and good work.

Please join us! galenalyn@gmail.com or 503 - 353 -1818



Houseparents/Coworkers Wanted Lukas Community, Temple NH

Join us as a Direct Support Professional (Co-worker) at Lukas Community in Temple NH.

We are home to 40 people of all ages who live and work together, including adults with developmental challenges. Organic gardens, crafts and arts, cooking, music and celebrations fill the days within our rural 65 acres, and hiking, concerts, festivals and volunteering within the wider community. Four beautiful light-filled houses each have four or five adults with developmental challenges, and four or five coworkers and their families.

Everyone shares the work, which may include personal care, creating beautiful things, making music, cooking, cleaning, gardens, animals, building and repair, and the special talents and interests brought by the coworkers themselves.

To apply, send a cover letter and resume to lukas@lukascommunity.org.

For more information:
www.lukascommunity.org.



Michaelmas and Rudolf Steiner's Calendar of the Soul

by Herbert Hagens

Ed. Note: Herbert will be joining us in September at Michaelmas for a workshop on the Calendar of the Soul. We can see in this article the theme of Metamorphosis, which was taken up in the context of the School for Spiritual Science with Michael Howard in May. We are previewing this article now in hopes that you may be inspired in your work with the Calendar over the summer leading up to Michaelmas.

On April 11, 1912, Rudolf Steiner distributed the first copies of the Calendar, 1912/13 in Helsinki, Finland, after a lecture to a group of Russians. The 52 verses we know today as the Calendar of the Soul appeared at the end of the original publication. The only statement that Steiner made on that occasion was: “Whoever meditates on these verses will achieve a great deal.”

So, how do we meditate on these weekly verses during the course of the year? We will focus on the Michaelmas verse as an example. The fifty-two verses in the Calendar of the Soul accompany us through the seasons and the festivals, always starting on Easter Sunday with the first verse. With one exception, all of the verses given for the years 1912-1913 were dated to begin on Sunday of each week. Even the Michaelmas verse (#26) happened to fall on a Sunday (September 29, 1912).

Rudolf Steiner gave various guidelines for working with the verses in the two introductions that he wrote for the 1912 and 1918 editions. But for the purpose of this short study we will add another indication that Steiner offered in a lecture on Easter Sunday, April 1, 1923:

“They (human beings) must gain once more the esoteric force out of themselves to “speak” something into Nature that accords with natural events. It must become possible to grasp the Michael thought as the blossom of the Easter thought. While the Easter thought stems from physical blossoming, it will become possible to place

the blossom of the Easter thought – the Michael thought – into the course of the year as the outcome of physical withering. People must learn once more to ‘think’ the spiritual ‘together with’ the course of nature.” (Rudolf Steiner, *The Cycle of the Year as Breathing-Process of the Earth*. Anthroposophic Press, 1984).

The Michaelmas verse in the Calendar of the Soul can serve to illustrate these comments by Rudolf Steiner. We begin by observing that the yearly life cycle of the archetypal plant weaves like a thread throughout the course of the 52 verses. One could observe that the blossom stage of the plant just barely begins at Easter with the first opening of the bud. The expansion into a full blossom is achieved after St. John's Tide in verse 13. Verse 14 ushers in the hint of contraction only to eventually give rise to the expansion of the fruit at the expense of the withering blossom and then of the whole plant. The Michaelmas verse corresponds to the moment of peak ripeness of the fruit, the perfect environment for the seeds within to mature, a process also of expansion and contraction that ends after Christmas with verse 39. We absorb the processes that we observe in nature through our senses into our life of soul. But we also can say that at every stage of the plant cycle something is being born at the expense of a former stage. Each stage must “die” in order for the next stage to happen. This is the essence of metamorphosis and of Rosicrucian meditative practice. The bud must “die” in order for the blossom to form. The fruit must perish in order to nurture the seeds. The seed must give up its seed-like state in order to allow the sprout to break forth.

Let us marvel at the Michaelmas verse itself:

Michaelmas Mood

O Nature, thy maternal life,
I carry it within my will,
And my fiery power of willing
Steels my spirit's promptings,
Engendering the feel of self
That carries Me in me.

(translation by John Gardner, 1995)

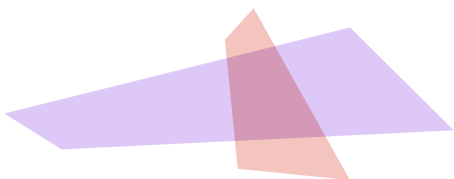
Natur, dein muettlerliches Sein
Ich trage es in meinem Willenswesen;
Und meines Willens Feuermacht,
Sie staehlet meines Geistes Triebe,
Dass sie gebaeren Selbstgefuehl
Zu tragen mich in mir.

The meditant calls out to Nature, addresses Nature in the way one would speak to a close friend (dein is the familiar singular possessive pronoun “thy/your” in German). We then acknowledge that we carry Nature’s maternal instinct within the being of our own will. The other element within our will is the fiery power, inherited from the summer, that heats up and forges the “promptings.” The “promptings” are what lie deep within our spirit, like the seeds inside of the fruit, needing to be hardened (steeled!) in order to survive the winter.

But these promptings can be understood as impulses of the spirit that we are born with and that we nurture within the soul. The Michaelmas verse points to a dynamic of soul that gives birth (gebaeren) to a sheath for the feeling of self. The process is very much like strengthening the shell of the seed so that it can harbor the spark that becomes the shoot of a new plant in the spring. This is achieved through the right balance of growth and decay, birth and death, Lucifer and Ahriman.

We can also let the imagination of Michael with the sword and the scales arise in the background during the course of meditating the Michaelmas verse. The image of the dragon trying to tip the scales with his claw-like finger begins to appear as we journey further through the autumn verses. The fruit falls from the tree and the seeds penetrate into the earth. Thus we learn that the metamorphosis of the plant mirrors the development of our soul. With the strengthened forces of soul the self with its protective sheath is enabled to dive deep into the spirit: O human being, know thou thyself! We are treading the path of initiation.

Rudolf Steiner added one more dimension at the end of his 1923 Easter lecture: “When it is understood how to think with the course of the year, then forces will intermingle with the thoughts that will let men again hold a dialogue with the divine spiritual powers revealing themselves from the stars.” The unique feature of the Michaelmas verse in the Calendar of the Soul lies in the moment when we speak to the goddess “Natura.” The mood of the verse is one of praise and gratitude for the gifts we receive from the earth and from the cosmos for sake of developing our true “I.” The most precious maternal gift of all is selfless love, the “blossom of the Easter thought,” placed into our consciousness at Michaelmas!



Although the festival ‘day’ of Whitsun is just past, it can be helpful to enter into the spirit of the time as we head toward the festival of St. John.

“Whitsun is pre-eminently a festival of flowers. If a man has a true feeling for this Festival he will go out among the buds and blossoms opening under the influence of the sun, under the etheric and astral influences – and he will perceive in the flower-decked earth the earthly image of what flows together in the picture of Christ’s Ascension, and the descent of the tongues of fire upon the heads of the disciples which followed later. The heart of man as it opens may be symbolised by the flower opening itself to the sun; and what pours down from the sun, giving the flower the fertilising power it needs, may be symbolised by the tongues of fire descending: upon the heads of the disciples. Anthroposophy can work upon human hearts with the power that streams from an understanding of the festival times and from true contemplation of each festival season; it can help to evoke the mood-of-soul that conforms truly with these days of the Spring festivals.”

Rudolf Steiner, 7 May 1923 (GA 224)



Enthusiasm for the Tone Eurythmy Therapy Intensive Course In Portland June 22-July 1, at Bothmer Hall

(See fliers in this issue, and article in the April newsletter at www.portlandbranch.org)

From Izumi Maeda, Anthroposophic Arts Therapist, Friday Eurythmy Group, England:

The course was full of information and the wisdom of eurythmy, and I am fully nourished by that. The most impressive thing I experienced there was Jan's way of teaching. We were allowed to make mistakes and were corrected in a forgiving and encouraging way which I believe is the best and the anthroposophical way for teaching people. It was utterly therapeutic. Another impressive thing was that the course didn't exclude non-eurythmists and spread the wonderful knowledge without limitation. Even though I cannot use what we learnt as movement therapy, I can apply the basic knowledge in the visual art realm, so that the only difference is what medium we use, movement or visual/tactile creativity. I was very happy to find this out in the course. Also, all of the music, painting and visual images used in the course were very impressive and suited the theme well. Thank you for giving us nourishment on top of eurythmy.

From Lilith Dupuis, Eurythmist, Costa Mesa, CA : I left Jan Ranck's Tone Eurythmy course feeling like a well-tuned instrument. The relationship she helped us develop to each aspect of music penetrated my form deeply and transformed me on every level. Because we are all created out of the music of the spheres the content of the course is accessible to anyone of good will, regardless of their previous training. I see the exercises from this course meeting my high school students' needs for help with incarnating healthily. Jan's warm, demanding, and enthusiastic teaching style is an inspiration to me as a teacher. I cannot wait to take this course again!

Attendees from out of town will need housing during this Training. If you are able to offer a space in your home please contact Christine Badura, badura88@hotmail.com with details and your daily rate.

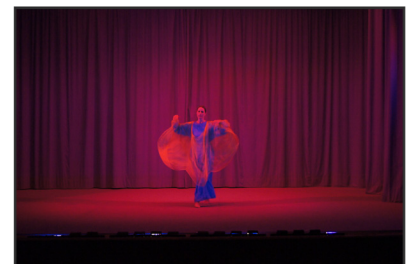


Piano Concert and Informal Eurythmy Performance: An Evening of Russian and French Impressionist Music

with Colin Shepard & Jan Ranck

Thursday, June 28
7:30 pm – ca. 8:45 PM
Bothmer Hall
5915 SE Division St.

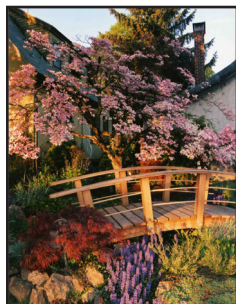
Free will contribution at the door



We will be treated to a combination piano recital/informal eurythmy presentation in conjunction with the Tone Eurythmy Therapy Course being held in Portland from June 22 – July 1, 2018. Eurythmy will be performed by the course leader Jan Ranck, artistic Director of the Jerusalem Eurythmy Ensemble and the Jerusalem Academy of Eurythmy. Piano accompanist Colin Shepard will perform an evening of Russian and French Impressionist music. Colin started studying choir and piano at an early age, holds a M.M. in Piano Performance and is the music director at Cedar Hills UCC.

" There is no need to ask whether we should celebrate St. John's. The only question is: How? No simple or single answer can be given, because a festival is a being, a great being, and has many different facets. "

Karl Konig, The Year as a Being
23 June 1963



HEALTHBRIDGE

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DONNA PATTERSON KELLUM LMT
BOB KELLUM ND, PhD, MSOM/L.Ac, LMT

With over 30 years of experience in advanced Craniosacral and Visceral therapies, Dynamic Manual Interface, Myofascial Release, Lymph Drainage, Zero Balance, and many other modalities, including Rhythmical Massage, Donna integratively weaves these together as needed for your unique issues.

With over 25 years of bodywork experience, extensive training and experience in Anthroposophic, Naturopathic, and Chinese Medicine, and a doctorate in social psychological sciences with 3 years clinical experience with Reichian psychotherapy, Bob works with you to discover the gesture of your illness and move you forward with your health challenges.

We work with you for a wide range of conditions including musculoskeletal/accident issues, cancer, diabetes and other chronic diseases, and all the typical acute illnesses associated with family medicine.

"The possibility of illness is due to the possibility of becoming human beings..."--Rudolf Steiner, Arnheim, July 4th, 1924

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

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

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

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

The current line-up is as follows: Design and layout, Christopher Guilfoil; proofreading, Lauren Johnson and Cheri Munske; printing, Jerry Soloway; distribution, Wes Burch; webmaster, Seth Miller; 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, Leslie Cox, Yvonne De Maat, Sacha Etzel, Julie Foster, Ali Givens, Michael Givens, Kevin Gregg, 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 Rumage, Frank Salvatore Jr, Barbara Strong, Kim Sinclair, Angela Sparks, Jerry Soloway, Rebecca Soloway, Linda Sussman, Joan Takacs, John Takacs, Robin White, Brian Wickert



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

Another Way to Donate to the Portland Branch

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

Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.
Joan Takacs, D.O.
John Takacs, D.O.



The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.

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Contact Valerie Hope at Valerieannhpdx@aol.com

Dr. Lisa Del Alba
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Benjamin Bell LMT OR Lic 3382
Advanced CranioSacral Therapy

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1695 Jefferson St. Eugene, OR 97402

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

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

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

Portland Branch Calendar June, 2018

Pacific Eurythmy End-of-Term Event

Saturday, June 2, 4 pm • Eurythmy Room, Portland Waldorf School, 2300 SE Harrison St., Milwaukie, OR 97222

Please join us for our end-of-term!

First Class of the School of Spiritual Science

Sunday, June 10, 9:30 am sharp • Seventh Recapitulation Lesson (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons normally held second Sunday of each month • Contact Diane Ramage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

Portland Branch Council Meeting

Monday, June 11, 7 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpdx@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.

Tone Eurythmy Therapy Intensive Course with Jan Ranck, founding director of the Jerusalem Eurythmy Ensemble and the Jerusalem Academy of Eurythmy

Friday, June 22 – Sunday July 1 • Bothmer Hall, 5915 SE 58th Ave • Contact: Lilith Dupuis tone.eurythmy.therapy@gmail.com, James Knight j365k@yahoo.com • For housing with community members contact Christine Badura, badura88@hotmail.com

Rudolf Steiner indicated that elements of eurythmy could be effective as therapy. Inspired by his examples, eurythmist Lea van der Pals and Dr. Margarete Kirchner-Bockholt worked together in the late 1950's to develop a sequence of exercises in connection with the diseases discussed by Steiner and Dr. Ita Wegman in their book, *Extending Practical Medicine, Fundamentals of Therapy*. While this professional course is for eurythmy therapists and medical doctors, the insights it provides into the human being and the deeply transformative effect it has on the participant can benefit and enrich the life of many others, including the life and work of artists, teachers, musicians, physical therapists, students and lay enthusiasts. All are welcome to attend. Out of town attendees may inquire with Christine Badura about housing opportunities with local families. Sponsored by the Takacs Clinic and the Portland Branch of the Anthroposophical Society. **Contact Christine with relevant information and daily rates if you are able to house attendees in your home.**

Piano Concert and Informal Eurythmy Performance with Jan Ranck, eurythmist and pianist Colin Shepard – an evening of Russian and French Impressionist Music

Thursday, June 28, 7:30 pm • Bothmer Hall, 5915 SE 58th Ave • Contact: Lilith Dupuis tone.eurythmy.therapy@gmail.com, 831-471-7312 or James Knight j365k@yahoo.com

We will be treated We will be treated to a combination piano recital/informal eurythmy presentation in conjunction with the Tone Eurythmy Therapy Course being held in Portland from June 22 – July 1, 2018. Eurythmy will be performed by the course leader Jan Ranck, artistic Director of the Jerusalem Eurythmy Ensemble and the Jerusalem Academy of Eurythmy. Piano accompanist Colin Shepard will perform an evening of Russian and French Impressionist music. Colin started studying choir and piano at an early age, holds a M.M. in Piano Performance and is the music director at Cedar Hills UCC.

Rudolf Steiner's Calendar of the Soul in Relation to the Michaelmas Festival with Herbert Hagens

Friday, September 28 – Sunday Sept. 30 • Bothmer Hall, 5915 SE Division St.

The weekly verses in the Calendar of the Soul generate a special dynamic for one's meditative life over the course of the year. Mr. Hagens will speak about how working with the Calendar contemplations can awaken us to the Christ Impulse and the development of self-consciousness. We will focus in particular on the Michaelmas mood verse (#26). This will serve as our Michaelmas Observance. On Sunday he will bring a topic, to be determined, related to the School for Spiritual Science. Watch the newsletter for updates. Out of town attendees may inquire with Christine Badura about housing opportunities with local families. badura88@hotmail.com Sponsored by the Portland Branch of the Anthroposophical Society.

All Souls Observance

Friday, November 2 • Watch this space for more details. Sponsored by the Portland Branch of the Anthroposophical Society.

Biodynamic Conference Sponsored by the Biodynamic Association

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

The Inner Work Path: Strengthening the Foundations of Meditation with Lisa Romero

November 23, 24 & 25 • Bothmer Hall, 5915 SE Division St.

Lisa will be available the week after the mediation workshop for more talks. For more information about this workshop and her local schedule contact Patricia Lynch, patriciahomanlynch@gmail.com For more information about Lisa Romero go to innerworkpath.com

Ongoing Local Activities and Study Groups

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

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

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.

First Class Study • Second Thursday of the Month

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

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

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

Eurythmy Foundation Course with Jolanda Frischknecht

Tuesdays 6-7:30 pm, One Saturday/month, 10:30-2:30 with lunch break • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • \$20/session; Cost: \$20/session; Tuesdays Only \$80; Saturday \$30; all classes \$110; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345

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: Friday 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.

Living Inner Development, the Necessity of True Inner Development in the Light of Anthroposophy by Lisa Romero • Friday Mornings

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

Eurythmy, painting and reading. All are welcome! Contact: patriciahomanlynch@gmail.com

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 Rumage 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@yahoo.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
See Summer Programs below, in the electronic version of the newsletter

Waldorf Teacher Education, Eugene

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



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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. The purchase price is \$195.00. Shipping and handling: \$5 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.

Cinematography, editing and design by Steve Dehner; Cover Design Angelica Hesse; ©2017 The Portland Branch of the Anthroposophical Society of America, all rights reserved

Teacher Trainings at Micha-el School This Summer, July 7-August 20

Contact: info@micha-elinstitute.com

Homeschooling Foundations Conference, July 7 at 7:00 PM to July 9 at 10:00 PM • \$350-\$450

This conference is geared toward current home school educators and is designed to provide enrichment in the curriculum, and indications given by Rudolf Steiner, in a community of fellow teachers and anthroposophical guides. Attendees are asked to read lectures 1-6 and 11 of *Practical Advice for Teachers*. Books are provided with conference enrollment, and will be shipped upon registration. Home school educators who attend this course are encouraged to register for the Class Teaching Deepening Conference appropriate to their current home school situation.

The following Class Teaching Deepening Conferences by grade are designed to provide enrichment in the curriculum, and indications given by Rudolf Steiner, in a community of fellow teachers and anthroposophical guides • Fees: \$550-\$650 • Books are provided with conference enrollment.

Grade 1 July 10 at 6:00 PM to July 14 at 1:30 PM Attendees are asked to read lectures 1-7 of *Study of Man*. Conference lecture and workshop topics include: Classroom Movement, Storytelling, Fairy Tales, Interval and Pentatonic Flutes, Painting, Quality of Number, Math Processes, Open Pedagogical Discussion, Singing, Pedagogical Lectures and Seminars, Nature Stories, Chalkboard Drawing, Block Crayon Drawing, Form Drawing, Introduction to Letters and Writing, Therapeutic Painting.

Grade 2, July 10 at 6:00 PM to July 14 at 1:30 PM Attendees are asked to read lectures 1-7 of *Study of Man*. Books are provided with conference enrollment. Conference lecture and workshop topics include: Classroom Movement, The King of Ireland's Son, Fables and Saint Stories, Pentatonic Flutes, Classroom Painting, Open Pedagogical Discussion, NineYear Change, Speech, Pedagogical Lectures and Seminars, Chalkboard Drawing, Block Crayon Drawing, Form Drawing, Main Lesson Writing, Therapeutic Painting, Math

Grade 3 July 10 at 6:00 PM to July 14 at 1:30 PM Attendees are asked to read lectures 1-7 of *Study of Man*.

Conference lecture and workshop topics include: Classroom Movement, Speech, Old Testament as History, People at Work – Farming and Building, Pentatonic Folk Songs, Grammar and Writing, Classroom Painting, Math and Measurement, Nine Year Change, Open Pedagogical Discussion, Choral Speaking, Pedagogical Lectures and Seminars, Writing Music – Class Singing, Music Notation, Form Drawing, Therapeutic Painting

Grade 4 July 10 at 6:00 PM to July 14 at 1:30 PM Attendees are asked to read lectures 1-7 of *Study of Man*. Conference lecture and workshop topics include: Classroom Movement, Norse Mythology, Man and Animal, Choroï Flute, Grammar and Writing, Classroom Painting, Local History and Geography, Open Pedagogical Discussion, Choral Speaking, Pedagogical Lectures and Seminars, Mapmaking, Artistic Approach Understanding Fractions, Freehand Geometry & Celtic Knots, Therapeutic Painting

Grade 5 July 14 at 6:00 PM to July 18 at 1:30 PM Attendees are asked to read lectures 8-14 of *Study of Man*. Conference lecture and workshop topics include: Pentathlon and Classroom Movement, Ancient History – India through Greece, Homeland Geography, Alto Recorders and Choroï Flutes, Decimals and Fractions, Active and Passive Grammar, Open Pedagogical Discussion, Grammar, Plays and Speech, Pedagogical Lectures and Seminars, Human Beings and Plants, Class Singing, Freehand Geometry, Painting Maps and pastels, Therapeutic Painting

Grade 6 Class July 14 at 6:00 PM to July 18 at 1:30 PM Attendees are asked to read lectures 8-14 of *Study of Man*. Conference lecture and workshop topics include: Morris Dancing and Classroom Movement, Roman History, Medieval History, Geography of the Americas, Alto Recorders and Choroï Flutes, Painting – Shadow, Landscapes, Marching and Latin Commands, Business Math, Algebra, Grammar, Plays and Speech, Open Pedagogical Discussion, Pedagogical Lectures and Seminars, Rocks and Minerals, Calligraphy, Artistic Geometry, Painting Maps and Pastels, Therapeutic Painting

Grade 7 Class July 14 at 6:00 PM to July 18 at 1:30 PM Attendees are asked to read lectures 8-14 of *Study of Man* and *Meditatively Acquired Knowledge of Man*. Books are provided with conference enrollment. Conference lecture and workshop topics include: Morris Dancing and Boot Dance, Chemistry, Fire and Salts, Nutrition, Muscles, Organs and Ear, Electricity and Magnetism, Alto Recorders and Choroï Flutes, Therapeutic Painting, Wish, Wonder and Surprise, The Age of Discovery, World Geography, Poetry Forms, Painting — Landscapes /Seascapes, Algebra and Geometry, Open Pedagogical Discussion, Portrait and Perspective Drawing, Pedagogical Lectures and Seminars

Grade 8 July 14 at 6:00 PM to July 18 at 1:30 PM Attendees are asked to read lectures 8-14 of *Study of Man* and *Meditatively Acquired Knowledge of Man*. Conference lecture and workshop topics include: Morris Dancing and Boot Dance, The History of Inventions, Grammar and Short Stories, Shakespeare Therapeutic Painting, Alto Recorders and Choroï Flutes, Speech, Physiology, the Skeleton and the Eye, Physics of Water and Air: Meteorology, Organic Chemistry, Pastels, Algebra and Geometry, Solid Geometry, Painting – Landscapes/Seascapes, Open Pedagogical Discussion, Pedagogical Lectures and Seminars, Class Singing

Early Childhood Conference July 22 at 7:00 PM to August 4 at 12:00 PM • \$1500-\$750

Each summer, the Micha-el Institute holds an intensive conference on Early Childhood Education. Our Early Childhood Conference themes are offered in a cyclic fourfold progressive system. This year, the theme will be “Rhythm”. Last year’s theme was “Polarities”. The next two years’ themes will be “Imagination through Storytelling & Puppetry” and then “Health.” These conferences are ideal for early childhood teachers, as well as grade school class and remedial teachers, to expand and deepen their insights, understandings, and consciousness in these areas. Lecture topics will include: Importance of Rhythm for Young Children, Rhythmical Life in the Kindergarten and at Home, Daily, Weekly, Monthly, and Yearly Rhythms, Contraction and Expansion, Benefits of Routines for Young Children, Rhythmical Systems in the Human Body, In Breathing and Out Breathing, Rhythms of Incarnation and Excarnation for Human Beings, Overcoming Egotism in These Times, Rhythms in Nature and the Universe. Workshops will include: Daily eurythmy, Daily Singing in Mood of Fifth, Choral Speaking, Creating Nature Tables along with the Yearly Rhythm, Circle Time Focusing on Contraction and Expansion, Making Rhythmical Wooden Toys, Crayon Drawing, Beeswax Modeling, Pedagogical Discussions

Foundations Conference August 16 at 7:00 PM to August 20 at 12:00 PM • \$500-750

This conference is a great opportunity for current educators to brush up on the full spectrum of Waldorf education principles, and for new and developing students to enrich their growing knowledge. The Micha-el Foundations Conference will begin with an introductory lecture from 6:30-8:00pm. Each day will begin at 8:30am and finish at 3:30pm. Sessions will include lectures on Percival and Goethean Science, singing, speech exercises, painting, drawing, and discussion. We at the Micha-el Institute will be looking forward to seeing you there.

For all who help heal and seek healing:

Tone Eurythmy Therapy Intensive Course

with

Jan Ranck

Founding Director of the Jerusalem Eurythmy Ensemble
and the Jerusalem Academy of Eurythmy

In Rudolf Steiner's lectures *Eurythmy as Visible Music* he repeatedly indicated that elements of this new art of movement could be effective as therapy. Inspired by the examples he provided, eurythmist Lea van der Pals and medical doctor Margarete Kirchner-Bockholt worked together in the late 1950s to develop a sequence of exercises in connection with the diseases discussed by Rudolf Steiner and Ita Wegman in their book *Extending Practical Medicine, Fundamentals of Therapy*.



tone.eurythmy.therapy@gmail.com

While this professional course is for eurythmy therapists and medical doctors, the insights it provides into the human being and the deeply transformative effect it has on the participant can benefit and enrich the life and work of artists, teachers, music, art, and physical therapists, as well as the student or lay enthusiast. All are welcome to attend.

The exercises consist of tone eurythmy in its purest form and their effectiveness has been proven in practice.

Portland, Oregon
June 22–July 1, 2018

Sponsored by The Takacs Medical Clinic and the Portland Branch of the Anthroposophical Society

In conjunction with the Tone Eurythmy Therapy Course June 22-July 1

Eurythmy Performance and Piano Concert

An evening of Russian
and French impressionist music



Jan Ranck

Is the founding Director of the
Jerusalem Eurythmy Ensemble and
the Jerusalem Academy of Eurythmy

Colin Shepard

Holds a M.M. in Piano Performance
and is the Music Director at Cedar
Hills UCC

Thursday, June 28, 7:30 PM
Bothmer Hall 5915 SE Division, Portland
Donations accepted at the door

Contact: tone.eurythmy.therapy@gmail.com (831) 471 7312



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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**

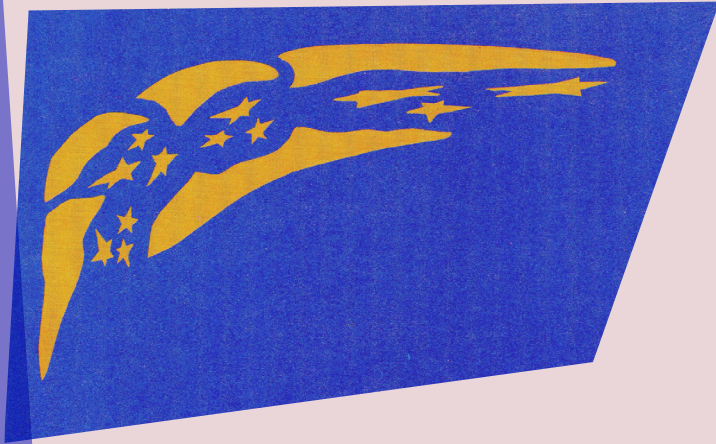
The purchase price is \$195.00. Shipping and handling: \$5 for domestic (US) and \$25 for shipping outside the U.S.

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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The Portland Branch of the Anthroposophical Society Sponsors

Rudolf Steiner's 'Calendar of the Soul' in Relation to the Michaelmas Festival



with **Herbert Hagens,**
for **Michaelmas, 2018**

Friday Eve. and Saturday
September 28-29

Bothmer Hall, 5915 SE Division

Suggested Donation: Fri. Evening \$15;
Saturday \$15, \$25 for both, all are welcome

The weekly verses in the Calendar of the Soul generate a special dynamic for one's meditative life over the course of the year. On a Friday evening in September Herbert Hagens will join us to speak about how working with the Calendar contemplations can awaken us to the Christ Impulse, and the development of self-consciousness. We will focus in particular on the Michaelmas mood, Verse #26.

When out of world-wide spaces
The sun speaks to the human sense,
And gladness from the depths of soul
Becomes, in seeing, one with light,
Then rising from the sheath of self,
Thoughts soar to distances of space
And dimly bind
Man's being to the spirit's life.

Transl. Ruth & Hans Pusch

Saturday (morning session, lunch break, afternoon session) will find us exploring Friday's theme in greater depth through short presentations, conversation, and artistic activity (eurythmy). We will also trace the relationship of the Soul Calendar to the seasons and the major Christian festivals. Herbert will review some basic guidelines for meditating the verses and for setting the dates from one year to the next.



Herbert Hagens has been active in the Anthroposophical Society for over 45 years. He holds graduate degrees in German from Middlebury College and Princeton University. His career as a German instructor covered thirty years. In addition to lecturing, Herbert conducts an annual course on Rudolf Steiner's Mystery Dramas in the Anthroposophical Studies Program at the Goetheanum in Dornach, Switzerland. He lives with his wife Adelaide in Princeton, New Jersey, where he works in a family business.

THE INNER WORK PATH

Strengthening the Foundations of Meditation



Painting by Patricia Lynch

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. This weekend workshop will explore the inner work path, the birth of the higher self, the spiritual year, and how meditation can bring us closer to our own experience of these processes.

This workshop has been found invaluable for those wishing to establish a meditative life for the first time, as well as long-term meditants looking to deepen their relationship to the path.

LISA ROMERO is a complementary health practitioner, author, and adult educator. Her capacity to deliver esoteric wisdom warmed with personal insight has allowed Lisa to assist contemporary seekers throughout a diverse range of communities and professions in Australia, Japan, Europe and the U.S.

SAVE THE DATE: November 23-25, 2018

PLACE: Portland, Oregon – Location T.B.A.

COST: \$300 – Financial Assistance Available

MORE INFO: InnerWorkPath.com – innerworkpathusa@gmail.com