



Anthroposophical Society PORTLAND BRANCH

Newsletter

March 2019

What Are We To Each Other?

Our Karma with One Another and the New Group Souls

What are we to each other? How do we see ourselves in relation to our local groups, our national Society, and our World Society? What must we “develop between one another so that a new bridge between the spiritual world and humanity can gradually be built in the social sphere?”¹ As we ponder these questions let us consider together a picture which transcends those aspects of our social life which we can observe from just our material existence.* Let us examine a larger picture which takes into account what Rudolf Steiner accomplished and set in motion at the

This will be a topic of conversation – some spiritual food – at our **annual Branch gathering and potluck on March 17, 12 pm at Bothmer Hall**. If you have the book, *Relating to Rudolf Steiner*, by Sergei Prokofieff, please bring it with you. And get ready for some great food, fellowship, music, eurythmy, and a report on the new status of our library.

Christmas Conference of 1923-24, when he laid the Foundation Stone of Love, a spiritually uniting essence, into members’ hearts.

“If humanity has really implanted this in its heart, where it becomes the spiritual basis for a new community, then human beings can also direct towards this ‘center’ the highest feelings of soul, which they develop through anthroposophy and in particular through group work.”²

In all this we are meant to collaborate with the new group souls of the third hierarchy who joined us in the



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Michael School, where we formed karmic relationships with one another and with the beings of the third hierarchy. We now depend on each other “in order to fulfil the cosmic-telluric task given by Michael himself.”³ Here the old group souls learned how, as the new group souls for our time, to leave humans free. “As the chief representative of the sun sphere, Michael acts in the spiritual world as the great representative and teacher of cosmic freedom, which is...directly related to the Christ being.”⁴

Prokofieff posits that the threefold relationship between anthroposophists and all three beings of the

third hierarchy corresponds with the threefold structure of the Anthroposophical Society, in which we are meant to work out of the 'spiritually uniting essence of the Foundation Stone'. We work with the angels in our local groups and branches, with the archangels in our national Societies, and with the archai in the life of the World Society.⁵

Rudolf Steiner tells us that healthy collaboration amongst us will be necessary to our collaboration with the new group souls: *The more that associations are formed where feelings of fellowship are developed with complete freedom, the more lofty beings will descend and the more rapidly the earthly planet will be spiritualized.*⁶ "Thus by working together humanity will form soul-spiritual vessels on earth for the higher beings, in full accord with the true Grail Mystery of the present...the most important social task which we as anthroposophists have brought to earth from the Michael school (is) that of serving Michael by collaborating with the spirits of the third hierarchy. ...the greater the network of human connections formed by people on earth through anthroposophical groups, national Societies and the World Society, the more will the higher group souls be able to unite with them in free cooperation."⁷

"However, if the spiritually uniting essence of the Foundation Stone is neglected by the Society, and if more and more disputes and divisions arise, then what Rudolf Steiner warns of will occur: 'The more that people are divided, the fewer lofty souls will descend into the human sphere. This means that the groups will become disconnected from the angels, the national Societies from the archangels, and the World Society from the archai – and even Michael will no longer be able to descend into it!'"⁸

Dear Friends, our annual Branch gathering is one of the highlights every year of our experiences together in fellowship. May our conversation in the context of this topic serve to deepen our understanding, warm our hearts, and strengthen our resolve in our striving together.

*The picture that I am attempting to summarize here is largely taken from the book *Relating to Rudolf Steiner*, the section on Working with the New Group Souls, by Sergei Prokofieff; and from a Rudolf Steiner lecture that Prokofieff draws on heavily in his piece, Lecture IX June 1, 1908, from the series The Influence of Spiritual Beings on Man.

¹Relating to Rudolf Steiner and The Mystery of the Laying of the Foundation Stone by Sergei Prokofieff p. 93

²Ibid

³Ibid p 91

⁴Ibid p. 86

⁵Ibid p. 96

⁶The Influence of Spiritual Beings on Man, Lecture IX, Rudolf Steiner

⁷Relating...p 92

⁸Ibid, pp 94-95

From:
The Influence of Spiritual Beings on Man, IX
Rudolf Steiner, June 1, 1908

"We stand today at a transitional point; race will gradually disappear entirely and something else will take its place. Those who will again grasp spiritual truth as it has been described will be led together of their own free will. Those will be the connections of a later age. The human beings of earlier times were born into connections, born into the tribe, the race. Later we shall live in the connections and associations which men create for themselves, uniting in groups with those of similar ideas while retaining their complete freedom and individuality. To realize this is necessary for a right understanding of something like the Anthroposophical Society. The Anthroposophical Society is intended to be a first example of such a voluntary association, although we may be well aware that it has not yet reached very far. The attempt had to be made to create a group in which men find themselves together without the differentiation of the ancient group soul's nature and there will be many such associations in the future. Then we shall no longer have to speak of racial connections but of intellectual-ethical-moral aspects with regard to the associations that are formed. The individuals voluntarily allow their feelings to stream together and this again causes the forming of something which goes beyond the merely emancipated man.

An emancipated human being possesses his individual soul which is never lost when it has once been attained. But when men find themselves together in voluntary associations they group themselves round centers. The feelings streaming in this way to a center once more give beings the opportunity of working as a kind of group soul, though in quite a different sense from the early group souls. All the earlier group souls were beings who made man unfree. These new beings, however, are compatible with man's complete freedom and individuality. Indeed, in a certain respect we may say that they support their existence on human harmony; it will lie in the souls of men themselves whether or not they give as many as possible of such higher souls the opportunity of descending to man. The more that men are divided, the fewer lofty souls will descend into the human sphere.

The more that associations are formed where feelings of fellowship are developed with complete freedom, the more lofty beings will descend and the

more rapidly the earthly planet will be spiritualized.

So we see that if man is to acquire any idea of future evolution, he must have a thorough understanding of the character of the group soul element. For otherwise, if his individual soul keeps itself aloof too long on the earth, and does not find the link of companionship, it could come about that it lets the chance of union go by. It would then itself become a sort of elemental being, and the elemental beings originating from man would be of quite an evil nature. Whereas, those which have arisen from the earlier kingdoms are very useful for our orderly course of nature, the human elemental beings will by no means possess this quality.”

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

Save The Dates!

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

March 1 - 2

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

Sunday, March 17 12PM

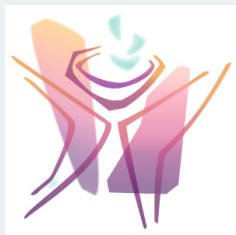
Portland Branch Annual Gathering and Potluck

Friday, April 5 & Saturday April 6

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

April 14 1:30PM

Palm Sunday, Branch Easter Observance



He is not here, He has risen. Ninetta Sombart

So You Think You Know the Date For Easter This Year!?

The original idea of any sacred festival is to make the human being look upward from his dependence on earthly things to those things that transcend the earth.

~Rudolf Steiner

This year, as occasionally happens, the Spring Equinox falls on March 20, instead of the 21st, with the full moon following close behind. Given precise astronomical calculations, Easter this year is on March 24, rather than April 21 as indicated on many church calendars. (See astronomical calculations below courtesy of astrologers Mary Adams and Suzanne Walker.) However, the churches have fixed the date of the Equinox as March 21, perhaps as a matter of convenience? Maybe you wonder why we should care. It is related to the experience we are meant to have at Easter – a spiritual one to help overcome the materialism which has overtaken our souls. Rudolf Steiner describes this as follows:

“The rigid point of time fixed for the Christmas festival indicates how closely that festival is bound up with the

earthly, for its purpose is to remind us of the birth of the Man into whom the Christ Being afterwards entered. The Easter festival, on the other hand, is intended to remind us of an event whose significance lies, not merely within the course of earth-evolution, but within the whole world-order into which man has been placed. Therefore, the time of the Easter festival must not be determined by ordinary earthly conditions; it is a time that can be ascertained only when man turns his thoughts to the worlds beyond the earth. And there is deeper meaning still in this plan of a movable time for the Easter festival. It indicates how through the Christ Impulse man is to be set free from the forces of earth-evolution pure and simple. For through knowledge of that which is beyond the earth, man is to become free of the evolution of the earth, and this truth is indicated in the manner of dating the Easter festival. It contains a call to man to lift himself up to the worlds beyond the earth; it contains a promise to man that in the course of world-history it shall be possible for him, through the working of the Christ Impulse, to become free of earthly conditions.”¹

“Now why has the Easter Festival been fixed according to conditions in the heavens? This is connected with what I have been telling you. In earlier times men knew that the Moon and the Sun have an influence upon everything that exists on the Earth.

In earlier times these things were known but they have all been forgotten. Men asked themselves: When is there present in spring the influence that does most to promote the thriving and growth of vegetation? It is when the influences of Sun and Moon together are at their strongest. This is the case when the rays of the first full Moon after the beginning of spring shine down upon the Earth, adding strength to the rays of the Sun. The influences of Sun and Moon are mutually enhanced when the springtime Sun at its strongest works in conjunction with the Moon which is also at its strongest when its cycle of four weeks has been completed. The time for Easter, therefore, is the Sunday — the day dedicated to the Sun — after the first full Moon of spring. The date of the Easter Festival was based on knowledge relating to the winter solstice and the subsequent beginning of spring.”² We might, as a matter for spiritual research, pay attention to our inner experience of both March 24 and April 21 this year and compare notes.

Also of import: Easter was originally celebrated in the autumn, although times have changed for some interesting reasons. But that is a topic for another time.

¹Easter, the Festival of Warning, Dornach April 2, 1920, Rudolf Steiner

²The Easter Festival and Its Background, April 12, 1924, Rudolf Steiner

The Calculations for 2019

The Equinox is a mathematical/astronomical moment that can be determined by astronomers. The spiritual formula for determining Easter as described by Rudolf Steiner calls for calculating the Equinox (sun), then the next full moon, with Easter on the following Sunday. Through the kind offices of astrologers Mary Stewart Adams and Suzanne Walker, who brought to our attention what is on all the astrological calendars, we are able to know very accurately the timing of the Spring equinox for this year. Mary calculates it for mountain time as March 20, 3:58 pm. Suzanne calculates the equinox in Jerusalem as March 20, at exactly 11:59 pm! And here in Portland it is 2:29 pm on March 20. The first full moon following the equinox in Portland is four hours later, at 6:43 pm. The next Sunday is March 24.

We can consider that setting March 21 as the fixed time of the equinox would be a further expression of our increasing materialism, disconnected from the larger picture. Giving Easter a fixed date, as is sometimes suggested, would be a further descent in that direction.

Faithfulness

Make for yourself a new and strongly courageous view of faithfulness. What people otherwise name as faithfulness fades away so quickly. But make this your own faithfulness.

In the other person you will experience moments – quickly passing away – in which he will appear to you as if filled, as if irradiated with the original form of spirit.

And then there can and indeed surely will come other moments over long periods when people become dried up and darkened. You, however, have to learn to say to yourself at such times, “The Spirit makes me strong. I think of the original form. I saw it once, no deception, no appearance shall rob me of it.”

Battle always for the picture that you saw. This struggle is faithfulness, and in this struggle one person will be near another as with the guardian forces of the angels.

~ Rudolf Steiner

Calendar of the Soul

48. ((March 2 - 8)

Light streaming from on high
With strength into my soul,
It bears the answers to my quest:
The certainty of Cosmic Thought
Gathering its mighty rays
To quicken Love in human hearts.

49. (March 9 - 15)

I feel the power of the world:
Thus speaks clear thought,
Aware of budding Spirit Self
In worlds of night and dark,
And greets approaching dawn
With radiant inner hope.

50. (March 16 - 22)

To the human ego speaks
A mighty revelation
Calling forth her energies of Self,
The quick'ning World-Becoming:
To you I'll consecrate my life,
Released from wish and fantasy,
Thus reaching my true goal.

51. (March 23 - 29)

Expecting Spring

My inner being overcome
With all the senses' treasure,
World-Spirit finds itself
Mirrored in the human eye
Which must in turn renew itself
Again within World Spirit.

52. (March 30)

When from the depths of soul
The Spirit turns to face the world
And beauty swells from all around,
Then from the distant heavens
The force of life inhabits human bodies
And unites with mighty purpose
The Spirit's Being with human life.

Calendar translation by Stefan Schwabe



Kaspar Hauser

Protector of
Human Spirituality
in the Face of Evil

Eckart Böhmer will offer two lectures about Kaspar Hauser in Portland on April 5 & 6 on the topic, *Kaspar Hauser and the Struggle for the True Identity of Mankind*. The titles of the two lectures are: The Unfulfilled Mission of the Hereditary Prince, and The Fulfilled Mission of Kaspar Hauser.

Penelope Baring offered the following words about Kaspar Hauser in preparation for Eckart Böhmer's visit to Santa Cruz at the end of March. We are grateful for her kind permission to offer them below.

In speaking of Kaspar Hauser, Rudolf Steiner said, "If Kaspar Hauser had not lived and died as he did, then the contact between the earth and the heavenly world would have been completely severed."

One of the greatest threats to modern humanity is the ongoing prejudice that we are nothing but sophisticated machines or computers. We commonly hear about people being "hardwired" for this and that. In some people's minds there is no human reality besides atoms and electricity. However, there is a parallel stream that knows beyond a doubt that we are more than this. Slowly the scientific community also is beginning to ask wider questions about non-physical reality. A tender thread or bridge of spiritual confidence has been maintained.

The very fact that human beings, and not only Anthroposophists, have the ability to question the materialistic understanding of the human being, this we owe to Kaspar Hauser. He was murdered in the 19th century just as the aura of the earth was being thickened by the materialistic thoughts coming across the threshold at the time. Now in the 21st century we face further advancement of the anti-human thinking and anti-human powers. Yet human beings are awakening. The fruits of Kaspar Hauser's sacrifice are becoming evident.

Our time with Eckart Bohmer in Portland on April 5th and 6th is intended to bring us into the deep spiritual realities behind Kaspar Hauser's great deed for humanity.



Phyllis Helland, Inspired...and Inspiring

By Robin Lieberman

Phyllis Helland

Like her art, Phyllis shows up to work: There is the work of making art, and then there is the work that the art does when released into the world. Art work.

She began her thoughtful presentation at the opening of her exhibit on January 17, noting that The Art Hall is a very special place—a social place where children and parents can gather and interact with art every day—so different than a commercial gallery. (Thank you for noticing, Phyllis!) Indeed, the social aspect of our everyday lives is as invaluable as the art which surrounds us.

Phyllis also spoke about the special something that happens when artists work together; something happens between artists—workers—that doesn't happen when they're alone. Phyllis is an active member of the Regional Sketch Group in Oregon, whose members exhibited their Nine Nature Sketches individually interpreted from Rudolf Steiner's indications, on display at The Art Hall in January 2017.

Another treat (besides our abundant hospitality table!) was Phyllis' reading of a David Whyte poem: What to Remember When Waking (See on p. 7). It echoed Phyllis' artistic process as she mused "what's waiting to come and show itself...what color or line or shape wants to come?"

The impulse and structure for this current exhibit followed from Phyllis' blog, ARTWORKING, a collection of paintings and associated reflections through the seasons. In the aftermath of the 2016 US presidential election, when Phyllis was new to social media she felt inspired to do something: like artists throughout history, in the face of cultural distress, she turned to creating as a bold and necessary act. "Putting it out there, connecting human to human, is part of the art working. I was shocked and delighted to receive worldwide responses."

Phyllis "encourage(s) each of us to make art and to feel the life of it as we're creating it and appreciating it... (even) while I brush my teeth, I'm looking at a piece of art and letting it speak to me."

Eight of Phyllis's twenty-two beautiful paintings sold the night of the opening! As Phyllis wants her art to do their work in the world, if you should want to purchase a piece and find the listed gallery price out of your range, please feel free to contact Robin to discuss other possibilities, at 503-222-1192 or robin@robinlieberman.net.



Shine, Phyllis Helland



A Riot of Spring, Phyllis Helland

What to Remember When Waking

by David Whyte

In that first hardly noticed moment in which you wake,
coming back to this life from the other
more secret, moveable and frighteningly honest world
where everything began,
there is a small opening into the new day
which closes the moment you begin your plans.

What you can plan is too small for you to live.
What you can live wholeheartedly will make plans enough
for the vitality hidden in your sleep.

To be human is to become visible
while carrying what is hidden as a gift to others.
To remember the other world in this world
is to live in your true inheritance.

You are not a troubled guest on this earth,
you are not an accident amidst other accidents
you were invited from another and greater night
than the one from which you have just emerged.

Now, looking through the slanting light of the morning window
toward the mountain presence of everything that can be
what urgency calls you to your one love?
What shape waits in the seed of you
to grow and spread its branches
against a future sky?

Is it waiting in the fertile sea?
In the trees beyond the house?
In the life you can imagine for yourself?
In the open and lovely white page on the writing desk?

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

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

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

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

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

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2019:

Cyndia Ashkar, Sandra Burch, Wes Burch, James Conlon, Jeremy Davis, Ruth Klein, Tom Klein, Judith Levin, Martin Levin, Brian McClure, Robin O'Brien, Jeff Rice, Jerry Soloway, Rebecca Soloway

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

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

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



Another Way to Donate to the Portland Branch

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

DO YOU THINK THAT'S POSSIBLE?

Most astrophysicists today believe the universe is flat.
Didn't I hear this somewhere before?
Scientists are saying the universe has flatlined;
that all the evidence fits this zero curvature model best...
If the universe is flat, then what is above and below it?
Non-universe?
There are some who say the universe could have a positive curvature,
Which means it would be spherical in shape;
thus raising the question of it being finite.
Of course by definition
it's kind of hard for a universe to be finite...
and people worry that this model
predicates the universe eventually crunching up into a hot dense ball of destruction.
And then there are others who say the universe could be holotropic,
negatively curved,
with the fabric of space time
expanding out infinitely in all directions,
until the stars all burn out,
black holes get larger and larger,
and the universe dissipates into a big frozen void.
I wonder which it is?
Either way it looks like we're in trouble....
But can we talk about a universe
like we might talk about something outside us?
Wouldn't that mean we're not in the universe,
but rather observing it from some other place outside it?
How does that work?
Can we talk about a universe having this or that shape?
The Chinese say, "That which is the Tao cannot be named"
So instead they show it as a moving process
running in and out of everything-
over and over:
Light expands until a point at which it contracts into darkness;
Darkness expands until a point at which it contracts into light;
With the universe then being all around us and running through us.
For if we are IN the universe,
Wouldn't that follow that the universe is also in us?
When I breathe,
my diaphragm moves through a flat plane, a moment of zero curvature,
to a negative curvature, on inhalation,
and it moves through a flat plane, a moment of zero curvature,
to a positive curvature, on exhalation.
Could the universe be breathing like me?
Could that explain why it has been existing so long,
Without imploding or freezing?
If we are breathing in and out, could the universe be doing the same?
Could we just now be in a time of cosmic outbreath?, a pause between breaths?
Would this model explain ALL the data?...
Would it incorporate the UNIVERSAL truth of ALL the current models?
Would it incorporate the cosmologies of ancient sciences?
Could the universe, then, be EVOLVING, like us?
Could the universe be HEALING, like us?
But that would mean that God does not know everything;
That would mean the universe is a realm of consciousness,
evolving out of an unconscious void;
That would mean the universe is waking up, discovering itself,
Held together by the love arising out of the recognition that we are all one...
Do you think that's possible?

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

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

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

First Class of the School of Spiritual Science

Sunday March 17, (note change in regularly scheduled Sunday to avoid the time change to Daylight Savings Time.) 9:30 am sharp • Lesson VII • (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 Blue card required. • Lessons are normally held on the second Sunday of each month • Contact Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

Portland Branch Council Meeting

Monday, March 11, 7:00 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

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

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

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

METAMORPHORA, Art Hall opening and exhibit with artist Anca Hariton

Thursday, March 7, 5:30-8pm opening reception • The Art Hall at Cedarwood Waldorf School, 3030 SW 2nd Ave. • contact Robin Lieberman, 503-222-1192

Come to this grand social event to see these magnificent renderings of the artist's inspiration from the Hebrew creation stories, and hear Anca share her process.

Overview of the Waldorf Curriculum: Public Lecture and Discussion

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

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

Portland Branch Annual Gathering and Potluck

Sunday, March 17, (St. Patrick's day!) 12 pm, after First Class • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

This annual tradition is about more than a legal requirement –we come together to assess and celebrate the past and coming years, catch up with each other, eat great food, and enjoy an artistic activity. This year we will look together at some thoughts about 'the new group souls' and how they relate to our working together. See flier in March newsletter.

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

Friday April 5 & Saturday April 6 7:30 pm • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

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

Branch Easter Observance on Palm Sunday – The Easter Imagination

Sunday, April 14, 1:00 pm, After First Class • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

This timing allows those attending First Class, which ends at around 12 pm, to have time for some lunch before we begin. We will read some excerpts from Rudolf Steiner's *Easter Imagination* and together live into what it brings for a true experience of Easter. Lesley Cox has graciously agreed to lead us in The Halleluia in eurythmy. Flier in March newsletter.

Christian Community Portland with Reverend Sanford Miller May 9-12 Stay tuned for more details.

Nicanor Perlas is Scheduled to visit some time in late May! Stay tuned.

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 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, valerieannhpdx@aol.com

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

School of Spiritual Science Study • Second Thursday of the Month

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

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

7:45-9pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or jrsoloway@hotmail.com

Please join us in lively discussions centered on Rudolf Steiner's *An Outline of Esoteric Science*.

Community Painting Tuesday Mornings

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

Adult Eurythmy Class with Jolanda Frischknecht

Tuesdays 6:30-8 pm • Takes place in Cedarwood Waldorf School, 3030 SW 2nd Ave. Portland 97201 • Cost: \$20/session; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 Feel free to drop in, invite friends.

Eurythmy for Waldorf Alumni: Wednesdays

Study, 6:30-7:30 pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, Carrie.mass@portlandwaldorf.org If you've ever attended a Waldorf High School, this is for you!

Eurythmy, Portland Waldorf School Community: Wednesday Mornings

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact: Carrie Mass, Carrie.Mass@portlandwaldorf.org, 415-686-3791

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

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

Festivals Study Group: First and Third Friday Mornings

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

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

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

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

A short painting exercise and reading. All are welcome!

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

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

Singing Circle at the Portland Waldorf School • Friday Mornings

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • all voices are welcomed. Contact Julianne Renzema at momartist@yahoo.com. No practice during school breaks.

Waldorf Education and Teacher Training Lectures and Courses

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

Waldorf Teacher Education, Eugene

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



METAMORPHORA

ANCA HARITON



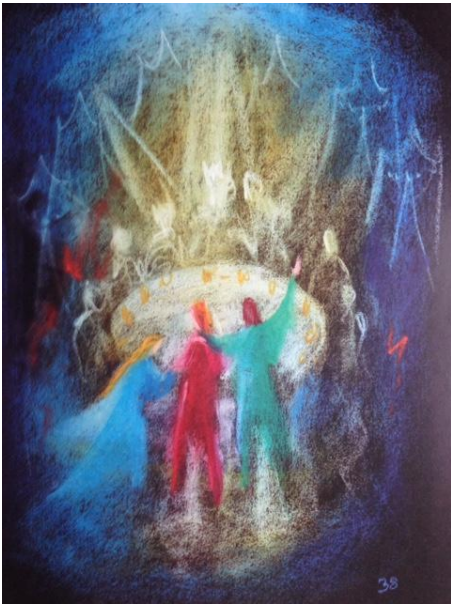
Opening Reception
Thursday, March 7
5:30 pm - 8:00 pm
Artist Presentation
6:00 pm

Exhibit open to the public
through May 9. Please
direct all inquires to
robin@robinlieberman.net
or 503.222.1192

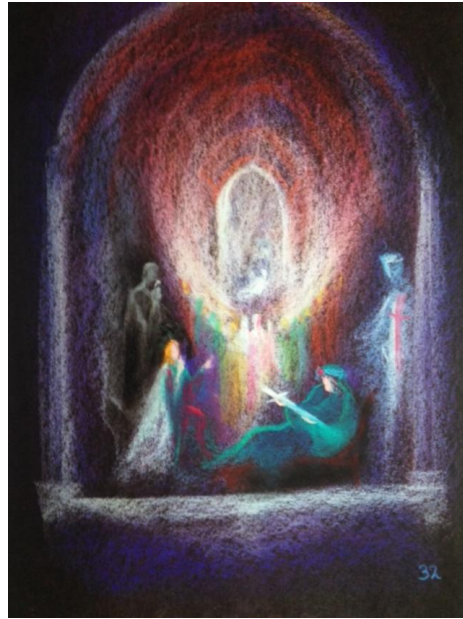


The Art Hall at Cedarwood Waldorf School, 3030 SW Second Ave, Portland, OR 97201
theartHall.wordpress.com

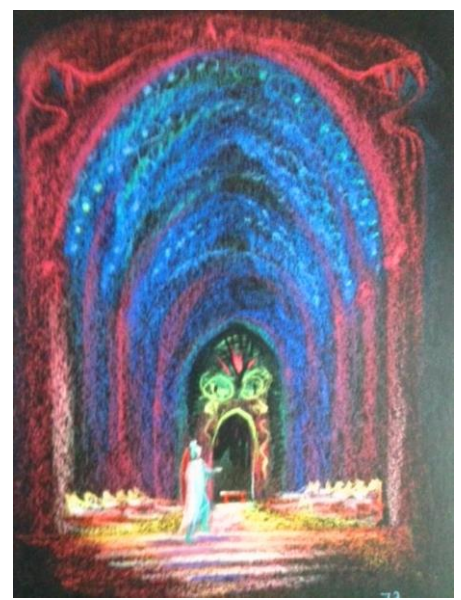




In Arthur's Castle



In the Grail Castle



Gawain Castle of Wonders

(David Newbatt, Wynstones Press)

Creating Strength and Vision:

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

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

Cedarwood Waldorf School, 3030 SW 2nd Ave.

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

Contact Rebecca Soloway, rsoloway1@gmail.com

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

The developmental stage between 6th and 8th grade is a minefield of opportunities, challenges, and dangers.

Understanding the needs of this age group is essential in preparing a healthy sense of self that will carry youngsters into adolescence. Using insights from Rudolf Steiner and neuroscience, we will explore ways in which teachers and parents can guide them for healthy emotional and academic growth.

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

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

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



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

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

An Overview of the

Waldorf Curriculum

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

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

13515a SE Rusk Road, Milwaukie, OR 97222



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



**Portland Branch
Annual Gathering and Potluck
St. Patrick's Day!**

**Sunday, March 17, 2019
12-3:30 pm after First Class
Bothmer Hall, 5915 SE Division St.**

Contact Valerie Hope
503-775-0778; valerieannhpdx@aol.com



This is the big social gathering of the year for the Portland Branch! It has become a festive gathering, a time when we come together as a community to share great food and friendship, look back over our year, and engage together a topic significant for the life of our community as Anthroposophists.

This year we plan to take up the topic of the new Folk Souls – who learned in the Michael School to leave us in freedom, as the old folk souls had not. What are we to each other? This topic addresses our karma with one another and the new group souls, working in cooperation with the Foundation Stone as a center. (see article in the March newsletter).

While a few of details are still being finalized, be prepared for a special musical experience! Stay tuned.



Kaspar Hauser about 1830 (Carl Krueel)

Kaspar Hauser and the Struggle for the True Identity of Mankind

With

Eckart Böhmer

April 5 & 6, 7:30 pm

Bothmer Hall
5915 SE Division St.

In speaking of Kaspar Hauser Rudolf Steiner said, "*If Kaspar Hauser had not lived and died as he did, then the contact between the earth and the heavenly world would have been completely severed.*"

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

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

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

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



Sponsored by the Portland Branch, 2019



He is not here, He is Risen Ninetta Sombart

Portland Branch

Easter Observance

Palm Sunday

April 14, 1:00 pm

(After First Class)

Bothmer Hall, 5915 SE Division St.

The original idea of any sacred festival is to make the human being look upward from his dependence on earthly things to those things that transcend the earth. ~Rudolf Steiner

We will consider together excerpts from Rudolf Steiner's *Easter Imagination*, from *The Four Seasons and the Archangels*.

Lesley Cox has graciously agreed to lead us in eurythmy.



Embryo in Us

UNDERSTANDING
OURSELVES
AS EMBRYO

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

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

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

The purchase price is \$175.00. 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 12286 SE 41st Court, Milwaukie, OR 97222 Attn. DVD. You can also order on our website using Paypal at www.portlandbranch.org.

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