

HELPFUL SPRINGTIME SUGGESTIONS FOR MICHAEL MARKS' HEALING

By Donna Patterson, Portland, Oregon

Back in the January newsletter we published a biography of Michael Marks. You may recall what Michael had to say about his condition. After studying Anthroposophy for years, a series of wonderful events occurred that transformed the study from an intellectual endeavor to a living impulse in Michael. The roots of these events go back a few years to his acquiring ALS. One night in 2004, he was reading with his girlfriend a book by Steiner and they learned that night about how most major diseases are karmically determined for a person's spiritual development. The following day he had an appointment with a neurologist who ran tests on him that indicated he had ALS, aka Lou Gehrig's disease. Because of their reading the night before, he was totally able to embrace this disease as a karmic, spiritual necessity for his spiritual growth. He held in himself the concept that ALS was like a spiritual alarm to wake him up and if he actively worked on his spiritual development, he would wake up and could turn off the alarm – cure himself of ALS. From then onwards, he was aware of a steady stream of miraculous resources that popped up in front of him: people, workshops, books, and flashes of insights. Now, a few years later, Michael would like to interact in another way with the community.



Gift a quart of fresh vegetable purée to Michael Marks, which he is able to swallow easily and enjoy as a source of energy to help keep him going physically. There are many days when washing, chopping, and further preparing fresh vegetables are a nearly insurmountable task for Michael. A gift of this purée would greatly support his own determined

efforts to continue learning and growing within the Anthroposophical community. Besides giving this purée directly to Michael, it may also be left with Donna and Bob Patterson-Kellum at 3046 NE 33rd Ave (503-331-7393). Michael is currently considering paying someone(s) to help provide him with this purée made from fresh organic or biodynamic vegetables as available. If interested please let Michael know by E-mail: mrmarkstoyman@AOL.com. A suggested delivery schedule might be twice per week, for which you could sign up through Michael for Sunday and Wednesday for any of the weeks between June 3rd and December 30th of this year.

When making the purée for Michael, leafy greens are especially helpful, but please minimize brassicas (a genus of plants in the mustard family collectively known either as cabbages or mustards) and nightshade vegetables as they can be less easy to digest, and potentially more inflammatory. The following recipe (or some lesser version) is one idea:

- ⇒ Zucchini, yellow or summer squash (2 medium, chopped)
- ⇒ Celery (4 stalks chopped)
- ⇒ Carrots with tops to ensure freshness (1 bunch chopped, discard tops)
- ⇒ Beet with tops (1 beet and the greens chopped)
- ⇒ Spinach (1 bunch chopped)
- ⇒ Parsley (1 bunch chopped)
- ⇒ Potato (1 medium, well scrubbed, unpeeled and chopped)
- ⇒ Onion (1 small, chopped)

Wash, chop and steam all the vegetables just until tender, and then purée them. Seasoning ideas that Michael enjoys: Stir into the purée ¼ cup fresh organic tarragon along with ¼ cup chopped fresh parsley, with fresh lemon juice and olive oil to taste. (By the way, this is delicious served over brown rice, quinoa or other grains, if you decide to make some for yourself!) Tarragon has a sweet and mild licorice-like flavor, but boiling or cooking this herb too long turns it bitter and depletes its high-energy potassium content. The flavors of chervil and chives also mingle well with tarragon. You can also stir lesser amounts of cooked pureed lentils or garbanzo beans into the purée for Michael, along with sauteed onions, garlic, mushrooms, salt and pepper. These are all things he can tolerate and enjoy.

Some other seasoning ideas include:

Italian: 1/4 cup fresh chopped parsley, 2 tsp each basil and rosemary, 1 tsp oregano

Mexican: 1/4 cup fresh chopped cilantro, 1 tsp each basil and rosemary, 2 tsp cumin

Indian: 1 cup coconut milk, 1-1/2 tbsp. curry powder, 2 tsp cumin, 1/2. tsp turmeric

LOOKING BACK AT THE HOLY WEEK CELEBRATIONS

The Easter celebrations have become as popular as the Holy Night readings in winter. Thirty-six people attended one or more gatherings between Palm Sunday and Easter Sunday to read various lectures by Rudolf Steiner about the events leading up to Easter some 2000 years ago, and its implications for our lives today. It is wonderful to gather with our community members in song, speech, eurythmy, study and discussion at each other's homes. Thursday we had a special

evening at Pam Guettler's house to relive the sharing of unleavened bread and "wine". A beautiful surprise was receiving a drop of spikenard oil, the oil that was used for anointing Christ's feet. A big thank you to all the hosts, participants and organizers!

ASCENSION AND WHITSUN (PENTECOST) CELEBRATIONS

We will continue to study Christ's journey through Ascension and Whitsun by reading Steiner's lectures on these festivals at Margaret Kerndt's house on Thursday May 17th (Ascension), and at Siegwald Elsas' house on Sunday May 27th (Whitsun). See the branch calendar for further details. Marion Van Namen.

Thursday May 17th 7:30 pm, Margaret Kerndt's house: 2115 SE 45th Ave., Portland (503)233-4107.

<http://wn.rsarchive.org/Lectures/19230507p01.html>

Sunday May 27th 7:30 pm, Siegwald Elsas' house: 9510 SW View Point Terrace, Portland (503)244-2277

<http://wn.rsarchive.org/Lectures/19230517p01.html>

Above links connect you with the lectures we will read those nights: *The Whitsun Mystery and its Connection with the Ascension and World-Pentecost: the Message of Anthroposophy*. Both lectures can be found in the book *Festivals and their Meaning*. Copies of the lectures will also be provided those evenings.

More information: Marion Van Namen (503) 956-4046.

COUNCIL CORNER

By the Portland Branch Council: Betty Baldwin, Marsha Johnson, John Miles, Cheri Munske, Walter Rice, Ruth Klein, and Tom Klein.

The Branch Council of Trustees meets monthly to care for the business of our organization. We meet at Tom & Ruth Klein's home on the first Wednesday of each month. The next meeting is June 6th at 7:30 pm and everyone is welcome to attend.

The Council's recent work has focused on planning for spring (Whitsun, St. John's Tide), Summer (Solstice, Annual Meeting) and Fall (Fall Conference for Oct-Nov), and all are events offered by and for members and friends of our Branch. We have been enjoying a study each month at the Council meetings brought by John Miles, which is very heart warming and nourishing for the entire evening.

Exciting events are about to happen, and the recent Easter Readings were a great example of the Council's Festivals Committee working with individuals with an interest in

IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (360) 241-7854.

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR GENEROUS DONATIONS IN 2007!

Marion Van Namen	Twila Rothrock	Sacha Etzel
Tom Klein	Ruth Klein	Jannebeth Röell
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Jan Barnett		

The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School, Cedarwood Waldorf School, Waldorf School of Bend and Swallowtail School. The newsletter and calendar are also posted on the Portland Branch website at www.portlandbranch.com.

Questions, suggestions and submissions may be sent by e-mail to anthroposophy@earthlink.net. Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month's edition. Submit calendar items to branchcalendar@mindspring.com no later than the first of each month for publication in the next edition.

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Please submit your Donations to the Portland Branch c/o Ruth Klein at 3609 SE Center, Portland, OR 97202

hosting or planning events. Attendance at the Easter Readings was very good and the reviews were positive from many people. Our Festival Committee includes Betty Baldwin, Cheri Munske, and Beth Wieting.

Ruth Klein reports that we have about \$3100 in the Branch account, with monthly expenses for the newsletter running about normal for this time of year. We are considering the creation of a Branch Brochure to distribute for potential members and the newsletter is going along very nicely. The application for nonprofit status is progressing well and we hope it will soon be finalized. In the meanwhile, remember your donations are still tax deductible and will be used wisely.

Planning for upcoming spring events will include an Ascension Meeting on May 17th and then a great Whitsun weekend, to include a Saturday night study, a Sunday morning gathering and potluck, and a Sunday evening study; so please mark off your calendars for May 26-27. To complete the upcoming cycle of festivals, we also plan to celebrate St. John's Tide as a Branch.

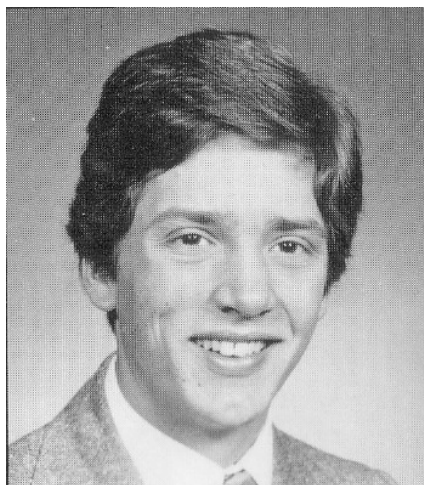
Planning for the Annual Meeting has begun (some time in September) as well as a wonderful Fall Congress of Munich Arts Conference in Oct/Nov. So you can see, we are very busy at our meetings with plenty of ideas flowing in for activities and decisions to ponder about how to best use our resources. Thank you for your continued involvement in the Branch and the generous donations that support our work.

KEVIN KANE'S BIOGRAPHY

By Diane Rumage

Kevin Kane was born in January, 1964 in Norristown, Pennsylvania, near Philadelphia, as the 4th of 4 boys. At the age of 4 his family moved to Detroit, right after the 1968 riots, so that his father could connect with other brilliant engineers and teach manufacturing engineering and early robotics at the University of Detroit. He was a hard worker who tended to drink at home to relax. Both Kevin and his oldest brother have struggled with the strong alcoholism in their lineage, and both had healing awakenings regarding their struggles. Their Pennsylvania relatives always thought they'd move back from this rough city where they were in the minority, to their more rural home. They never did. His mother worked at the Intensive Care Unit as a nurse in Detroit, and later taught nursing. He had a warm connection with his Dad, and went with him as a young tag-along when his Dad took scout troops out camping. They would sit together in the van and chat and eat junk food.

Kevin attended a Catholic grade school, and a Jesuit prep high school. He was precocious and industrious, starting to shovel snow and mow lawns from the age of 7, and was a big saver, perhaps sensing his need to pay for his private schooling, later Community College, Foundation Year and Medical school.



He got involved with numismatics and would purchase \$50 bags of pennies at the bank and search for the wheat stalk backed pennies. In 6th grade during a break in classes, he was out in the hall at a pay phone, when a teacher accused him of pretending to be talking on the phone--when he hung up she heard no bell signifying

payment. He said he was too talking on the phone, but it was a toll-free call; he was checking the price of silver futures. By high school he was hiring peers and immigrants for his lawn maintenance company.

He had gotten involved a bit with drugs in middle school, but a pattern in his life of inspirational mentors appearing at the right time, and of Kevin heeding their indications, helped him change his course. He had been shown lenience by the law during a few earlier instances of rowdy behavior. A friend's dad who was a professional athlete told him he could choose one path or the other, and Kevin chose wisely. He became a star pole vaulter, whose record still stands at his high school.



His maternal grandparents had fled Poland and were in America to experience the Depression. His grandfather worked two 40 hour jobs, one in the steel mill and the other in the mines. His grandmother worked in a fabric mill. His mother grew up on a farm. His uncle was very frugal, burying gold he amassed as a single man. His paternal grandmother

was a blueblood, educated and dignified, and he had a special bond with her. She was a CPA of a company that built turnpikes, was very capable, and at one time had the highest income of all women in the state. Her husband, a country-clubbing insurance agent, died when Kevin was 4. This grandmother often watched Kevin while his mother worked at her Masters in Nursing.

His oldest brother, John, became a mentor to him when Kevin was 15. John, who struggled with light and darkness, had searched for better nutrition via vegetarianism, alternative medicine and discovered Anthroposophy in his search for spirituality. He attended the Detroit Teacher Training Center and was into Fine Arts and sculpting. He gave Kevin "Knowledge of the Higher Worlds" at Christmas time when Kevin was 18. Kevin was into studying economics, but when John came home for the holidays, he'd bug Kevin about how his pre-med studies were coming along.

At 19, Kevin took the Foundation Year at night, where he heard of Anthroposophic medicine, but he was attending Community College during the day, taking accounting, chemistry and pre-reqs. The college dorms were part of the Duns Scotus friary, a beautiful atmosphere, with lots of singing, astrology and baking bread taking place. Bob Thibodeau's Mayflower bookshop was another wonderful place to hang out. In Jesuit high school, an ethic of service was instilled. One priest asked him if he just wanted a house in the suburbs, or did he really aspire to do something with his life. He was greatly inspired also by a political science teacher. The career tests he took suggested he would be good as a chiropractor or social worker. One joyous feeling he had when he encountered Anthroposophy was that now he knew what he would study for life, and he wouldn't have to choose again. He felt the osteopathy had really healed him when he had been injured. He acquired his Bachelor in Physics.

His father had a talk with him a few weeks before Kevin's



21st birthday, telling him he was proud of him, saying "you've arrived" and believed that whatever path he took he would succeed in, and that he would have his support. His dad had also told his mother a few weeks prior he intended to pass on an heirloom ring from his grandfather to Kevin on his 21st birthday. Soon after that his dad drove home honking the horn, and as Kevin ran down the stairs he

had a powerful intuition of his dad being shot, and the need to help his family be strong. He reached his dad who had passed into a coma and died within a few weeks. They never discovered who shot him. Anthroposophy helped him cope, with Janet McGavin commenting at the memorial that his dad had "quite a send off". He still feels his dad close to him with great warmth of affection. His parents were open to their son's involvement in Anthroposophy, but also couldn't understand why Catholicism wasn't enough.

He decided to apply to Osteopathic School at Michigan State. He had always struggled with calculus, needing constant tutoring, so his grades were passing, but not exceptional. He was naive and applied nowhere else. He was fortunate to have a friend who wrote a glowing letter of recommendation. But his first two interviews went poorly, and they were amazed he'd applied nowhere else. So he quickly ran across the street and applied at another place. He passed the third interview by the skin of his teeth. He was voted by his class the "most likely to go to Africa and work in a mission." He did not relate to other college folk and their partying ways. During the summers he would attend Anthroposophical medical conferences, and was usually the youngest there. In the early 1990's he met John and Joan Takacs at a Chicago conference. They were D.O.s, so he visited them 4 or 5 times in Portland, sometimes informally when they took him all over the emerald green state sightseeing, and sometimes in practice. They once met him at the airport and said he'd attend with an osteo-surgeon the next morning. As the doctor proceeded to chisel bone with a power tool, Kevin excused himself with nausea, and determined not to make surgery his path.

He had a nurse friend who was interested in rehab as a specialty (a mutual friend had worked on his back which was stressed from all that early manual labor, and which first got him interested in osteopathy). He became one of 2 inaugural students at the first university osteopathic rehab residency. By the 2nd year there were 3 in the course, and by the 3rd year it took off. He went to Dornach in 1995 when he was 31 for a 5 week seminar in Anthroposophic Medicine. The Goetheanum felt strangely familiar – like coming home. He saw the statue of the Representative of Man, but didn't spend long enough before it to fully appreciate it. He loved connecting with the various people from Russia, the Czech Republic, Israel, and elsewhere.

He couldn't wait to move to Portland, which he did in 1997, age 33. He set up his Osteopathic practice at the Takacs Clinic. Joan enthused him for Spacial Dynamics so he signed up for that training. He focuses on pain relief, and when possible, urging patients to ask themselves what the illness has brought them, what have they learned from it.

In 1998 he joined the First Class, and was very inspired by Willi Mueller, who led it at that time. He had joined numerous study groups back in Michigan, and a rhythmic practice of reading and re-reading "Knowledge of the Higher Worlds"

and "Theosophy" on his own has been very beneficial to him. He strives to be objective to himself and subjective to others. He senses the grief of falling short in Anthroposophy, but knows that there is love and wisdom and he can connect with others on that path. He knows that we can redeem ourselves if we get out of our own way. The personal connections that are established in disciplined study groups and branch activities are important to him, and the more conscious the activity, the better. He is impressed with the dedication of various people in the community: the Takacses, the Waldorf folks, the people dedicated to the Portland Branch to name a few--and worries about burnout of those involved. His meditation work consists a lot of learning to quiet the chatter of his mind. He treasures Eckhart Tolle's "The Power of Now" as a focus for the wholeness of now. He enjoys sweat lodge ceremonies and feels at home with a Lakota medicine woman who is simple, unpretentious, and emphasizes blending sense perception with the inner self.

In January 2002 the LeBas family, whom he'd met in Portland, invited him over for a holiday dinner. Celia was staying with them while visiting Portland to check out a massage school. Celia had met them in New Zealand where she'd gone for her teacher training, wanting to see a bit of the world. They in turn were curious about America and questioned Celia about life here. Celia returned to Wisconsin. The LeBases moved to Portland. When Celia and Kevin met, foretold by Thibodeau to happen either then at 18 or at his moon node return age 37 (Moon node in Kevin's 5th house sextile 7th house Venus the likely indicators), it was love at first sight. After an intense Mt Tabor walk during his lunch hour, she returned to Wisconsin until the September term started. There are many parallels in their lives, and people tell them they look like bookends. They dated for 1 year, got engaged, married by a Christian Community priest from Vancouver who came to Portland, and 1 year later William was born. He never thought he'd have children. They seemed noisy and too much to handle. William is a burst of joyful enthusiasm, and Kevin and he shared delightful interactions, making music and tossing water balloons off the porch. They made sure to get a bit of traveling in before children were born. They visited New Zealand on their honeymoon, and were struck by the Maori culture and the intensity of their shouted greetings, which Kevin masterfully reproduced for me.

About 5 years ago he encountered a 5 element acupuncture practitioner, and was told he needed to slow down, balancing activity and rest. He was able after some "clearing" treatment protocols to get in touch with something he hadn't felt since young adulthood. He finished a 2 year training in it in 2005, and senses that this acupuncture works more with the astral body via the 5 planets with sun and moon common to all, while Anthroposophical medicine works a lot with the 4 ethers as elements.

He has always felt a need to treat with his hands, and to use sense perception in diagnostics. In looking at his non-existent

lawn (no more mowing for him!) he showed me his garage and a large building he has had built next to it, which will house his treatment facility in the future. At the moment, he treats with acupuncture 2 days a week in his house. Inside the garage and its companion building at the moment are not the pennies he collected, but stacks and stacks of recycled doors, windows, wood, tubs, etc. He has had others help with his house remodeling, and could never pass up a potential great possibility at the salvage yard. However, he has resolved (urged along by nudging from Celia) to be done with remodeling and is soon donating it all back.



He was born in the mid 1960's when Uranus and Pluto in the sign of Virgo were harbingers of a strong Rosicrucian impulse bringing new ways of healing, caring for mother earth, practical ways of dealing with transformations. The hippies personified much of that impulse. Kevin's 7th house Venus makes him a charming, loving partner and co-worker, but behind it all he packs the punch with a unique personality that intends to make a difference. We wish him Godspeed.

FARMER'S MARKET EMPLOYMENT OPPORTUNITY

Spring has certainly arrived and we are beginning our market season. We would like to extend the opportunity for employment at our Farmer's Markets this summer. If you or someone you know would like to help out at one of our markets, we would like to hear from you. Winter Green Farm needs are listed below. If you are interested you can either go to our website (www.wintergreenfarm.com) and fill out an application or give me a call at the office (866-935-1920). We look forward to hearing from you.

- ⇒ **East Bank Farmers Market**, 20th & Salmon, Thursday ~ May 17th - end of Sept. 12:30pm - 8:30pm
 - ⇒ **Hollywood Farmers Market**, 44th & Hancock, Saturday ~ mid June - October, 6am - 2pm
 - ⇒ **PSU Market**, Downtown Park blocks, SW Harrison & Montgomery, Saturday ~ mid June - October, 6am - 3pm.
- The positions pay minimum wage (\$7.80/hr) plus veggies.

Portland Anthroposophical Society Calendar - May 2007

Ongoing Events and Study Groups

African Drumming Classes for Adults and Teens

Every Thursday evening (whenever school is in session) from 7:00 - 8:30 pm at Portland Waldorf School (2300 SE Harrison Milwaukie) in the music room located in the high school building. Drums provided. More information: Marion Van Namen: (503) 956-4046.

Anthroposophical Medicine Study Group

Once a month Monday 7-8:30 PM at the clinic. Please contact John Takacs at docstakacs@comcast.net or Kevin Kane at drkev@involved.com.

Anthroposophical Understanding of Memory Group

Preparation for medical/pedagogical conference July 11-14 Meets once a month on the evening of the 4th Tuesday, at Bothmer Hall. For information contact Betty Baldwin: bettybaldwin1@yahoo.com.

Biodynamic Agriculture Reading Group

The biodynamic reading group is reading Steiner's Agriculture Book. Our group meets the 1st and 3rd Sundays at the Parker's, 5720 SE Harney Dr in Portland. We begin with a potluck at 5:30 and start reading at 6. Please contact Sharon Parker at (503) 777-9086 or sharon.parker@providence.org.

Eurythmy

Training offered by Portland Eurythmy on weekends and evenings. Please contact Natasha Moss at 503 233-0663.

Karmic Relationships

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Call James Lee for information 503 249-3804.

Life Beyond Death

First and third Monday of the month. Reading: *Staying Connected*, by R. Steiner. Call Angela at 503-772-5202.

Mystery Dramas, with Warm-Up Speech-Formation Exercises

Two Wednesdays a month, 7:30 - 9:00 PM in NE Portland. Currently working on scenes 6 & 8 of Rudolf Steiner's *Portal of Initiation*. No acting experience necessary, just a love of the Word. Call Diane Ramage at 360 241-7854 for information.

Portland Youth Discussion Group

The Portland Youth Discussion Group, a group of people youthful in mind, body and spirit, gathers to discuss questions of how Anthroposophy compares and relates to other ideas in the realms of philosophy, spirituality, religion, economics, social activism, individual and social development, and relationships. We welcome new people who are open to exploring Spiritual Science and conducting their own research to join us. We meet on the first and third Mondays of the month to share a meal, an artistic, musical or physical activity, and a discussion. We rotate conversation facilitators at each meeting and our readings change, based on the interest of the facilitator. For more information, please contact Leslie Loy at (503) 819-3399 or leslielal@yahoo.com.

Portland Waldorf School Community Choir

Every Friday morning from 8:45 - 10:00 am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the music room of the high school building, whenever school is in session. Anyone in- and outside the PWS community who enjoys singing songs through the seasons, across the centuries and around the world is very welcome, including drop ins. This event is free and a community builder. More information: Marion Van Namen (503)956-4046.

Occult Physiology

A weekly study group meets Tuesdays, 7:30-9:00 PM. A series of eight lectures given in Prague between 20 and 28 March, 1911. We are just beginning our second pass through this book. Please join us. In *An Occult Physiology*, Rudolf Steiner represents the human organism as much more than conventional medical science would even consider. He describes it in form and function, and in its very evolution, as the expression of activities of soul and spirit, both human and super-human. Contact Diane Ramage at 360 241-7854 for information.

Subsidiary Exercises

The group that is working with the six basic subsidiary exercises will continue to meet at Twila Rothrock's home, 2525 NE 13th Ave, Portland, OR 97212, For information call Twila at (503) 281-9349 or write her by e-mail at Twila@spiritone.com. Meeting dates are on Saturdays 9-10 AM: May 12, exercise 6 (all together); June 9, exercise 1; July 14, exercise 2; August 11, exercise 3; September 8 exercise 4; October 13, exercise 5; November 10, exercise 6 (all together).

Upcoming Events

APRIL 20-MAY 20

The Mana of Objects

Exhibit of recent work by Charles Forster, 11049 SE 21st St, Milwaukie, OR 97222. Contact: 503-786-5900

Sunday, MAY 13

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

Thursday, MAY 17

Ascension Celebration

7:30 PM at Margaret Kerndt's home: 2115 SE 45th Ave., Portland (503) 233-4107 This link connects you with the lecture we will read: "The Whitsun Mystery and its Connection with the Ascension" from the book "Festivals and their Meaning". <http://wn.rsarchive.org/Lectures/19230507p01.html>. For more information contact Marion van Namen (503)956-4046.

Wednesday MAY 23

Organizational Integrity

Torin Finser, world renowned author and Director of the Waldorf Teacher Education Program will speak in Portland about his new book "– Applying the Wisdom of the Human Body in Creating Healthy Organizations". 7:30 PM Cedarwood School 3030 SW Second Avenue, Portland, Oregon 97201.

Sunday, MAY 27**Whitsun Celebration**

7:30 PM at Siegard Elsas: 9510 SW View Point Terrace, Portland (503)244-2277.

<http://wn.rsarchive.org/Lectures/19230517p01.html>

This link connects you with the lecture we will read: "World-Pentecost: the Message of Anthroposophy", from the book "Festivals and their Meaning". More information: Marion Van Namen (503)956-4046.

Tuesday, MAY 29**Understanding and Guiding Your Child with the Help of Astrology Star Charts**

Diane Rumage will lecture at the Shining Star Waldorf School at 4317 NE Emerson St, Portland, 97218 from 9:00 a.m.-10:30 a.m. Come and see how to help both you and your child on your journey along life's path. No previous astrology/astrology knowledge necessary. Free admission. 360 241-7854.

MAY 31-JUNE 3**Dark of the Moon**

Senior students of the Portland Waldorf School perform a play by Howard Richardson and William Berney. 7 PM Cellar theater at Warner Pacific College, 2219 SE 68th Ave.

Sunday, JUNE 3 (No First Class in June) Cancelled**First Class of the School of Spiritual Science****Wednesday, JUNE 6****Council Meeting of the Portland Branch**

All Branch members are welcome to attend. The meetings will be held on the first Wednesday of the month at the home of Tom and Ruth Klein at 7.30 PM. Call Tom or Ruth at (503) 777-3176 for date and time confirmations.

JUNE 18 – AUGUST 28**Micha-el Institute –Summer Courses**

6/18 – 29 Early Childhood Intensive Conference; 7/6-7/11 Class Teacher Deepening Conferences G 1 – 4; 7/13 – 18 Class Teacher Deepening Conferences G 5 - 8 with Christof Wiechert; 7/19 – 21 Working in Community – Christof Wiechert; 8/20 – 23 Home Schooling Workshop; 8/24 – 28 Foundation Conference.

JUNE 19-21**Secrets of Anthroposophy Lecture Series – Mysteries of Birth and Incarnation**

The 3-day workshop with John Miles includes morning eurythmy and presentation. 8:30 AM - 12 noon. The course is available for \$110 if registered before June 10th. Please contact John Miles at 503 774 4946 or by e-mail to johncmiles@usa.com.

JUNE 26-28**Secrets of Anthroposophy Lecture Series – Mysteries of Death and Freedom**

The 3-day workshop with John Miles includes morning eurythmy and presentation. 8:30 AM - 12 noon. The course is available for \$110 if registered before June 10th. Please contact John Miles at 503 774 4946 or by e-mail to johncmiles@usa.com.

Sunday, JULY 8**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

JULY 8-15**Nineteen Lessons - School for Spiritual Science****Ann Arbor, MI**

A conference of the Nineteen Lessons of the School for Spiritual Science will be held in Ann Arbor, Michigan, July 8-15, 2007. During the course of these eight days, the Lessons will be freely rendered in English by Class holders from across the United States and Canada and from Dornach. Conference brochures are available by contacting the office of the Anthroposophical Society (734.662.9355; marian@anthroposophy.org). This conference is open to members of the School for Spiritual Science.

Sunday, JULY 15**Christof Wiechert on the Challenges of Our Time**

Christof Wiechert is the leader of the pedagogical section of the Anthroposophical Society in Dornach, Switzerland. He will give a talk to and have a conversation with the Portland Branch in Bothmer Hall, 5915 SE Division at 7:00 PM on this date. A basket for donations will be placed at the door.

JULY 18-22**Attention, Imagination and Memory in the Child**

For physicians, health professionals, teachers, and others sharing anthroposophic medical, therapeutic & pedagogic arts. Sponsored by AAMTA (Association for Anthroposophic Medicine and Therapies in America). At a location to be announced in Portland, OR. Keynote Speakers include Christof Wiechert, Leader of the Pedagogical Section at the Goetheanum and Susan Johnson MD Pediatrics & Neurodevelopment, Sacramento, CA. Workshops in Art, Music and Speech. For members of the School for Spiritual Science, join us for a pre-conference gathering and Medical Section Meeting. Save the dates! More information to come.

OCTOBER 5 -7, 2007**U.S. Society 2007 AGM Explores Novalis, Reincarnation, Karma**

Spirit Vision for the 21st Century: Novalis and Karmic Biography will be the theme for this fall's AGM conference, scheduled for October 5—6, 2007. The conference will be hosted by the Novalis Branch in Austin, TX. The 2007 AGM conference will explore the twin ideas of reincarnation and karma through lectures and discussion groups. Speakers will be Joan Almon and MariJo Rogers, General Secretaries of the U.S. Society, Philip Martyn, General Secretary of Great Britain, and Don Melcer, Coordinator of the Foundation Studies Program in Austin. Scenes from Rudolf Steiner's second Mystery Drama, *The Soul's Probation*, will be performed by members of the Novalis Branch to bring to life reincarnation and karma as factors in daily life, and Saturday evening will feature a performance by the Austin Eurythmy Ensemble. The Society's Annual General Meeting follows the conference on Sunday, October 7, from 9 a.m. to 12:30 p.m. in the Central Time Zone. Brochures will be sent to all members and initiatives in the spring. If you have questions concerning this conference, please contact Marian León in the Society offices at 734-662-9355, ext 22; email: marian@anthroposophy.org.



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Whitsun (Pentecost)

The Whitsun event took place 50 days after the crucifixion and resurrection of the Christ at Easter, and 10 days after the Ascension, when the resurrected Christ, who had been present among his disciples for 40 days after his death, vanished from their sight. Whitsun (White Sunday) is the culmination of the festivals having to do with the Christ. It commemorates the sending of the Holy Spirit to the disciples mourning, so far as they could tell, the second departure of the Christ from their lives. Rudolf Steiner speaks of Anthroposophy itself as a World-Pentecost. ← The inspiration of the Holy Spirit meant that from then on, each disciple could go his way into the world, speaking of his understanding of the Christ in ways that each person could understand.

Whereas the physical body of every human being was rescued by the Christ through the Easter deed, and whereas he rescued the human etheric in connection with the Ascension, the Whitsun event is different. Rudolf Steiner explained that in the present time (for the future also), an understanding of the Christ is crucial. In the modern time, a conscious commitment to knowledge, to an understanding of the Christ Being becomes extremely important. It is necessary now for each person to establish a conscious relationship, out of his own initiative, to the Christ Being out of his soul and out of the bearer of his higher self (the "I", the Ego, which is Latin for "I"). The path of each person to the Christ is often entirely individual, and often unpredictable. However, Rudolf Steiner brought a great deal as a support for each person's seeking through his research and experience.

Beth Wieting