

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society

www.PortlandAnthroposophy.org

Volume 106, May 2013



Bird Conversation by Jula Scholzen-Gnad,
available from Wynstones Press

THE ROBIN'S SONG

SIXTY YEARS HAVE COME AND GONE
SINCE FIRST I HEARD THE ROBIN'S SONG.
THROUGH PASSING YEARS AS ROBINS CHANGE,
THE ROBIN'S SONG REMAINS THE SAME.

FROM YOUTHFUL BOY TO AGING MAN,
THAT SONG HAS FORGED A MEMORY SPAN.
EACH MEASURE OF IT'S AGELESS SOUND
COLLAPSES INTO COMMON GROUND.

THOSE TIMES AT DUSK IN EARLY SPRING,
HOW PLAINTIVELY THAT SONG WOULD SING.
LIKE CLOCKWORK, EVERY CHIRP WOULD CALL
FOR ONE MORE MOMENT'S GAME OF BALL.

IN SUMMER'S NIGHT I'D HEAR AGAIN
THE LOVE SONG OF ITS SWEET REFRAIN,
TO FILL MY HEART, AND PASSION BARE,
TO TAKE A RISK, TO DREAM, TO DARE.

IN FALL AT MORN EACH NOTE WOULD HOLD
ONE FURTHER RESPITE FROM THE COLD.
AND CALL OUT TO THE SOUTHWARD SUN,
AT ONE MORE CHANCE FOR WORK YET DONE.

TIL IN THE DEPTHS OF WINTER'S END,
I LISTEN ONCE MORE FOR MY FRIEND,
ONE BRIEF CAESURA WON'T CONCLUDE
THE ROBIN'S SONG OF LIFE RENEWED.

THE JOY OF YOUTH, THE PANGS OF LOVE,
THE RECKONING TRUTH, THE LIFE ABOVE.
THE ROBIN'S SONG, THAT ROBINS SING,
WITHIN THAT SONG...
IS EVERYTHING.

~ROBERT KELLUM 4-14-13

Spring Meeting: Oregon Biodynamic Group- Unearthing of the Biodynamic Preps

Saturday May 18, 2013

Winter Green Farm, Wali & Jabrila Via
89846 Poodle Creek Rd, Noti, OR (541) 935-7676

Spring is here! Please join us in this annual unearthing of the BD preps! This is a time of renewal, a time to celebrate the forces of creation, a time for networking and making strong BD connections! Come to learn, come to converse, come to share. The Oregon BD Group meetings are a place for growth in this work we do, to further our understanding and learning - we strongly welcome all newcomers to come take part!

As Rudolph Steiner writes, *"We feel our souls expanding in a new way during these days at the beginning of spring....It is at this time of year that human souls find that there lives....in the innermost core of their being, a fount of eternal, divine existence."*

Schedule

- 9:30** Arrive, set up, and dig horns
- 10:30** Intro to Biodynamics and Barrel Compost stirring
- 11:30** BC pit building and Biodynamic conversations
- 12:00** lunch - brown bag
- 1:00** Business meeting (hear what's happening with your local BD group)
- 2:00** ceremony
- 2:30** Ceremony, Dig up the preps, Bury BC, clean up
- 5:30** Potluck Supper

If you need preps, contact Brook or Terry at least 3 days prior to a meeting (541) 343-2050

(Continued, P. 2)

The Portland Branch of the Anthroposophical Society
invites you to

Save The Date!

September 13, 14, 15

**Thomas Meyer, of Basel, Switzerland will
speak on the Michael School, The Twelve
World Views, and The Temple Legend.**

For more information about this branch-sponsored event, and other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.

Dandelions – collect all you can! Bring to either the spring or summer meeting. Pick on good calendar days (avoid black out days). Pick in the morning and dry out of the sun. Both should be young, fresh blossoms. Dandelion with a “bull’s eye” of unopened petals in the center, before being pollinated.



Dandelion by Jannebeth Roell, www.jannebeth.com

Also to be presented and ongoing throughout the day: Earth, Water, Fire, Air

A Show of Photographs by Wali Via (see p. 5)

Opening May 17th 5:00 – 8:00 PM

On display May 17th – 19th - 8:00 AM - 8:00 PM

The elements earth, water, fire, and air are usually associated with alchemy. The common understanding of alchemy is the transformation of lead into gold, but esoterically alchemy represents an inner transformation that broadens one's perspective and understanding. My hope is that these photographs will inspire viewers to explore ever more deeply the inner mysteries and beauty of Nature. Wali will only be available at the opening, but you can access the show on your own. At Winter Green Farm, 89846 Poodle Creek Rd. Noti, OR 97461 In the red barn near the farm's entrance. Please help us to spread the word about the show.

THE GLYPH OF TAURUS THE BULL

is a circle with a segment of a larger circle on top of it, depicting the growth forces present during the time from May to June. The segment represents the horns of a bull or cow, which act like a chalice receiving and conveying the cosmic influences. It is also an open lemniscate, responsively interactive with the growth energy now accessible from the soul of the cosmos above, as well as with the warmth and nourishment out of the decomposing soil below, in the soul of the earth. Klocek helps us realize how cosmic soul-existence evolves into being: as the little sprout reaches up between the two smaller lower circles of Aries, the opposing earth-forces twist around and through each other, evolving now into the unified dynamic of the open and receptive Taurus glyph, which, like a calyx, is now in direct contact with Heaven. In my garden, I can see these forces in the spiraling lines of leaves around stems in a profusion of growing things that are opening up to fertilization and fruition in this all-too-brief instant of harmony and refinement in nature. Species of plants differ not because of forces found on the Earth alone, but also because different planets describe different spiral movements in the heavens, and actually guide the leaves in spirals around the stalk. The stalk grows vertically and the blossom is the culminating “goblet”, continuing to interact with the heavens. In my garden last year, I nurtured the earth soul forces from below by pulling out my winter cover crop and layering it into a compost pile with decaying leaves and the containing calcium forces of hydrolyzed lime. This living substrate was also infused with the etheric growth forces of cow manure (from horned cows), and now I’m “double-digging” that mixture into a receptive garden bed. Then by stirring and spraying the cow horn prep, I’m infusing the celestial Taurus gesture into my garden in order to enhance its lemniscatory interaction with the descending cosmic soul forces. Engaging as an active participant, I can connect more deeply and feel the rejuvenation of the “living glamour” of spring descending all around my garden beds and yard.

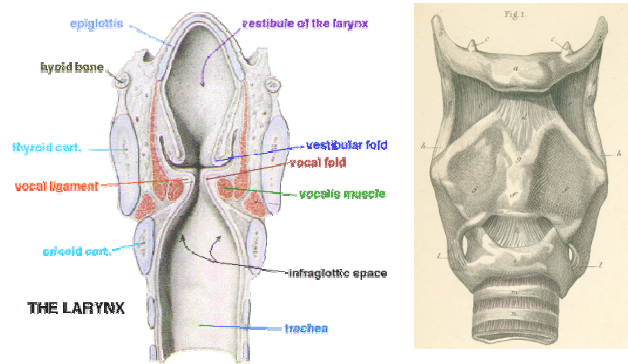


SOUND GESTURE: The throaty-trill of the guttural Taurus R-sound is the gesture of the Ego, the soul of the cosmos, drawing into us in a twisting movement from above downward, interweaving with and

“fertilizing” our astral/soul forces streaming upward from below. Starting from the head, the Ego guides this R-movement down into the limbs, shaping the larynx and tracheal rings in mirror image of the ascending spinal cord and skull. With the Aries forces the threefold body became able to stand upright. And now within the resonant cavity of the mouth defined by the chalice of the mandible, through the forces of Taurus, the threefold body can be “played” the same way a tone is produced on an instrument, with the palatal-R being the resonant head, the tongue-R being the breath-heart vortex and the labial-R the metabolism. Just as the spiral of the vertebral column embryologically rises up vertically to culminate in the “calyx” of the skull, so too do cosmic forces in turn descend into the head in a spiraling column of air, to be received in the horn-like vestibular folds in the interior of the larynx, and be communicated back thru the horns of the hyoid bone that externally stabilize the larynx in a vertical position, enabling speech, and development of the conscious upright “I”. The eurythmy exercise “I think speech”, which brings the position of the physical body into alignment with the etheric form, is the same process by which the form of the head becomes the form of the larynx embryologically, allowing the incarnation of Christ consciousness. Referring in particular to the Gospel of Luke, Steiner remarks on how the authors of the four gospels were able to write out of the forces of the higher self, which are the four main beasts of the zodiac, coming together in the childhood of our own evolutionary development. The Word/Logos becomes ensouled in our own childhood through Taurus-Man’s ability to speak. These powerful energies that form our larynx also orient us in space and are responsible for our entire organization.



Chamomile by Jannebeth Roell, www.jannebeth.com from set of cards, *Seven Healing Plants*



Internally (left), note the “bull horns” defined by the larynx’s vestibular folds, receiving the spiraling air from above and forming it from below (as induced both by nasal turbinates and surrounding tracheal rings), through which the living word takes shape. For image see:

<http://www.intelihealth.com/IH/ihPrint/WSIH-W000/35263/35276/196319.html?d=dmContent&hide=t&k=basePrint>

Externally (right), note the Taurean gesture in the horns of the hyoid bone at the top of this image of the hyoid, trachea and vocal cords.

<http://www.anatomyatlases.org/atlasofanatomy/plate32/01bonylarynx.shtm>

BODY PARTS: With the development of Taurus forces, of speech and the capability of self-expression, we take etheric forces and begin like a child to learn how to shape and individualize them through the descent and interiorization of the ego. Like Adam, through whom the world soul becomes an individual, we develop a capacity for inner life, an upright inner “I” that interweaves with the cosmos, and from which we can increasingly apply our own being to the outer world. In his drawing of the “Vitruvian Man” as a 5-pointed star within a cosmic globe, DaVinci conceived the proportions of the human body as analogous to those of the universe. And in the same drawing by confining man in the square, we can see the interplay of the 4 earthly elements, now with spirit as the 5th element and crowning top “point” of their integration. In a parallel way, the fivefold body of the starfish and other echinoderms provide a wonderful image in nature of how etheric forces streaming inward under the sign of Taurus, can freely form an “intestinal” hollowed center and a harder calcified outer layer, with the first stage of a soft mesentery in between. For the first time this involutory process in Taurus, which defines an inner and outer relationship, allows for evolutionary development, as embryologically an inner space is created within the peritoneum for the processes of breathing and digestion, providing for continual exchange between the inside and outside

worlds. In the same way that the starfish exoskeleton forms around its vital, now interiorized organs, so the human skull forms around the living, growing neural tissues of the embryo. But whereas the starfish morphologically locks in the star shape, we remain close with our embryologic beginnings through our evolving morphology, continually personifying the 5-fold star gesture in our unfolding being and closely mirroring spirit in consequence. Our potentiality for ego formation is built upon the foundation provided by an upright posture and gravitationally “liberated” head, the first human faculty given under Aries. The spiraling, twisting motion of the indrawn soul and spirit condensing into matter leaves many Taurean imprints in the human body. At the cusp where spirit meets matter, connective tissue fibers continuously form and loop around each other and reform into vortically-patterned structures that are visible and palpable in both form and function: the spiraling form of our muscle tissue, the spiraling heart-vortex and muscular walls of the blood vessels, the cochlea and labyrinth of the inner ears, the nasal turbinates, the iris of the eye, the spiral-informed rings of the larynx/pharynx, and even of the vertebrae, to name just a few structures. The vertical dynamic and musculature of the larynx, so vital to speech function, mirrors the dynamics of the back muscles that bring us into uprightness. Of the seven members of man, the first, through Aries, being our capacity for uprightness, this “orientation to the utterance of Sound” comes through the Taurus forces as man’s “second member”. Embryological development of the larynx and spine takes place simultaneously with the ears, hyoid and auditory tubes horizontally oriented to maintain communicative passage. Sitting on the larynx like the horns of a bull, the hyoid, or “tongue-bone”, sets up the connection with the speech organs and ears by taking part in voice production with the auditory tubes. These structures formed out of our Taurus ability to free ourselves from the constraints of the labyrinthine forces of gravity—to in fact engage them in growth through our breathing process. Learning to speak is the second capacity (after learning to stand) a child acquires before the actual Ego-consciousness awakens, the awakening coming after he has learned to speak. Infants listen and learn about speech and language as they are looking into the faces of their caregivers speaking. Learning to speak depends entirely on a kind of imitation, a receptivity out of which consciousness arises, the aptitude for which was deeply embedded in human nature by the Taurus forces in primeval times.

CULTURAL EPOCH: Man first learned to speak during the Atlantean epoch, but in the pre-organizing way that a child first learns to speak before the Ego-consciousness awakens, by acquiring the ability to be open to and receive the fertilizing power of another being like himself. Rudiments, laid down when the still-unified cosmic body of sun-earth-moon (Old Saturn) stood under the sign of Taurus, and which found repeated reinforcement through Taurus epochs, made men increasingly aware of something immensely spiritual in the whole bodily nature of all the ruminating animals. When a cow lies down in a meadow, for example, replete and satisfied and engaged in digestion processes, the expression of her eyes, the position and form of her whole head and body, expresses how the weight of digestion overwhelms her. Everything to do with her head, including her breathing, her every movement, is all heaviness, as if there is no point in lifting her head unless it is to graze. The weight of gravity is among the sub-terrestrial earth-forces that project their working into the blood-circulation, digestive organs and external bodily form of the ruminating animals. And this same Taurus-astrality is woven into our digestive organs, harmoniously regulated in our metabolism and limbs, and metamorphosed in our will-impulses (especially evident in “Taurus-guys” at the dinner table!). So around 3000 B.C. when the sun in spring passed into the constellation of the Taurus Bull, men of the third post-Atlantean epoch were consciously aware that their appetites and passions, their conduct and everything else about their astral nature was related to the bodily form and habits of the ruminating animals. The naming of the Taurus Bull, like all the zodiacal signs, was inspired by human spiritual awareness, and the Bull was therefore worshipped by the Apis-temple cult in ancient Egypt and the Persian Mithras-cult in Asia Minor before the 8th century BC. The mission of the Egyptian-Chaldean peoples in the third post-Atlantean cultural epoch was to recapitulate, with spiritual consciousness, what had previously happened quite unconsciously for humanity before the power of thought had been awakened. What had previously been regarded as purely supersensible knowledge, men for the first time consciously began to apply to phenomena seen or otherwise experienced in the physical-sense world. Through the first soul-sacrifice of Christ occurring in the preceding Lemurian epoch, man became able to pull himself upright and stand, like a young child learns to do before his ego consciousness awakens fully. Yet the ancient Chaldeans, who inhabited the land in southern Babylonia (now southern Iraq) during this

third post-Atlantean epoch, still regarded themselves as spirits living among spirits in a world of spirits. They studied Astrology, looking at the planets and stars not as physical globes, but clairvoyantly as the bodies of spiritually-ensouled Beings, filled with profound wisdom that governed all natural processes. Under the influence of the Taurus-Sun, they acquired a spiritual sense that allowed them to understand and express concepts, but not in a way where they fully understood each other enough to become active participants in the world. Instead they regulated their political institutions in accordance with the "Wisdom of the stars". The Sumerian language, spoken in southern Mesopotamia-Asia Minor (modern Iraq) and written in cuneiform-script, influenced the widespread growth of bilingualism among the Babylonians in the south and the Assyrians in the north. The same coalescing dynamic, expressed in the Taurus glyph, led to a lexical mirroring and interweaving within these two major speaking-nations, creating an intimate cultural symbiosis and then a syntactic and phonological convergence into the Akkadian language. Assyria became a highly advanced nation in their arts and sciences. But what was then working in their souls as good, legitimate, harmonizing Taurus forces, would later emerge chaotically from subconscious depths as spiritual influences leading to a series of bitter wars over who should rule, and greatly weaken the Assyrian Empire. The ancient Egyptians were conscious in a different way than the Chaldeans, and their civilization would mark the first period of earthly evolution in which Man would receive the foundations of his ego as well as actually participate in the initiation wisdom. Through their physical experience in bringing the "power of the perpendicular" to magnificent expression in the building of the Pyramids and Obelisks, the Egyptians learned to revere the "power of uprightness". But the wonderful hieroglyphs inside the pyramids, like the cuneiform scripts of the Chaldeans, were still only externally derived images that represented the sense bound sounds of the Ancient Egyptian language, not the internalization of meaning in the grasping of the "I". Just as a child has to learn to think in word pictures before his Ego-consciousness awakens, the Egyptians also were led to revere what dwells in the power of standing spiritually upright before the Ego could be grasped in forming ideas. There was a reverence for the upright position in the Egyptian epoch, but the fuller reverence for the Word, as expressed in the Gospels, would have to wait until the fourth post-Atlantean epoch, during the sixth and seventh centuries before Christ.

WORLD VIEW: The Rationalism of Taurus gives us

our capacity for sober intellect. The rationalist's idea of true reality is based on the form of a clear, coherent and logical thought-web, informed from a higher order, and consequently freed of ordinary thoughts or visions coming out of the lower passions, desires and instincts. From this perspective, we can look around at the physical-sense world, and use it as a vehicle to form our ideas and express ourselves. But holding a rigid rationalist worldview can also ostensibly limit our thinking in the spiritual sense, enslaving us in immutable material forms. As TS Eliot once put it "...words strain, crack and sometimes break, under the burden". This awakens me to be ever mindful of the mutability of the thoughts and images in my soul that become my reality. We can "think" ourselves sick and think ourselves well. Thought-forms are actual forces permeating the whole world, calling upon us to step up as conscious participants in the creation of the Logos, or suffer the consequences. In this sense, Steiner pointed out how in many ways our materialistic life now in the fifth post-Atlantean epoch is a repetition of the Egypto-Chaldean-Babylonian cultural epoch, which has in many ways flashed up again in a new form today. The Egyptians gave so much credence and care to the physical aspects of life, such as preserving the bodies of their dead, for instance, that the thought-forms firmly implanted in their souls have endured, even clinging to the reincarnated sensate form of souls in this material age. We can find ourselves spiritually confined by the burgeoning technologies in today's materialistic world, but also blessed when "I-devices" let us connect in real time with our loved ones thousands of miles away. The Sun physically progresses through the creative spiritual forces of the zodiac, radiating the Taurus forces through our astral body and ego organization during the day, giving us the ability to ruminate upon thoughts and ideas, to digest them as a kind of nourishment upward from our heart and limbs to our face and organs that form the sounds of speech, influencing our etheric-physical body. Mahatma Gandhi, even as he was bringing a kind of rationalistic Hinduism to his people through his politics, still in the 21st century had the inner connection needed to continue to venerate the astral nature of the cow. Our inner connection for a mutual respect among men to emerge is the Christ consciousness, also called the Spirit of Astral Humanity.

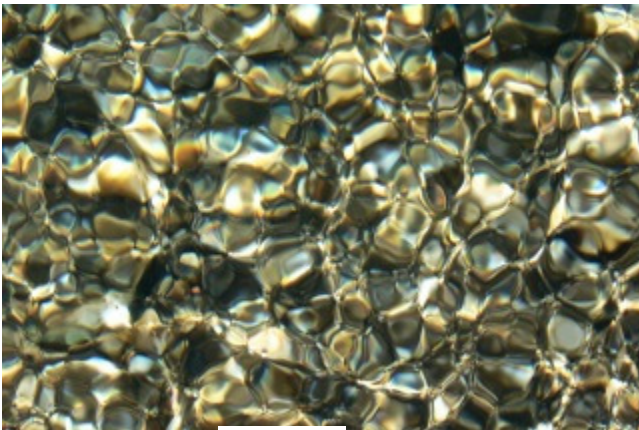
~ Donna Kellum

The Twelve Moods – Taurus

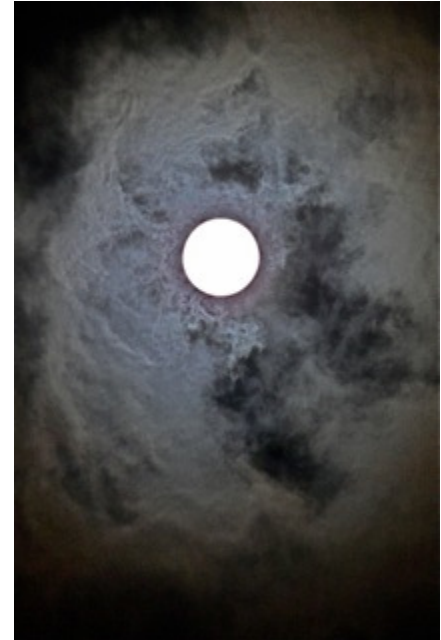
Grow bright, thou gleam of being,
Sense the power of becoming,
Weave the thread of life
Into cosmic existence evolving into being.
Into thoughtful revelation,
Into shining perceived existence,
O gleam of being, shine out!



Earth



Water



Air



Fire

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

To submit an article, a calendar item, sign up for our email list, and contact the editors or the Council, go to

<http://www.portlandbranch.org/contact>. The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

Newsletter co-editors are Wes Burch & Valerie Hope. Seth Miller is our webmaster, and Ruth Klein is our accountant.

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

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

Cyndia Ashkar, Chrystal Brim, Sandra Burch, Wes Burch, Lesley Cox Yvonne DeMaat, Mia Ellers, Ron Ennis, Sacha Etzel, Charles Forester, Valerie Hope, Lauren Johnson, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Robin O'Brien, Donna Patterson, Timothy Popof, Padeen Quinn, Jeff Rice, Walter Rice, Jannebeth Roell, Twila Rothrock, Diane Rumage, Chiaki Uchiyama.

**Please submit your Branch membership dues (\$50), or your donations, to: The Portland Branch
c/o Ruth Klein, 3609 SE Center, Portland, OR 97202**

Earth, Water, Fire, Air
A Show of Photographs by Wali Via

Opening May 17th 5:00 – 8:00 PM

On display May 17-19 - 8:00 AM - 8:00 PM

At Winter Green Farm, 89846 Poodle Creek Rd. Noti, OR 97461 In the red barn near the farm's entrance.

Portland Branch Calendar

May 2013

Portland Branch Council Meeting

Monday, May 13, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpdx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 17

Attention! Because of Mothers' Day we will meet on Sunday, May 19 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month The Class will not meet in August.

Veil Painting with Sandra Burch at the Rose Well Studio in Milwaukie

Call for individual lessons and open studio times • 503-353-1818 or galenalyn@gmail.com

Christian Community Events with the Reverend Sanford Miller from Sacramento

At Bothmer Hall, 5919 SE Division St., Portland • Suggested donation \$10/talk – no one will be turned away • Contact Sandra Burch, galenalyn@gmail.com or 503) 353-1818

- ♦ **Thursday, May 2, 7:30 pm** • The Fire of the Heart and the Nature of Prayer
- ♦ **Friday, May 3**
7:30 pm, Beyond Religion: Becoming Truly Human—cultural veils and the sources of deception
- ♦ **Saturday, May 4**
8 am, The Act of Consecration of Man
9am Conversation with Sanford about the History of Christianity in America, Part 1
11 am Gospel Study – Meeting the Risen Christ – John 14:1-31
- ♦ **Sunday, May 5**
9:15am - Religious Instruction for Children (grades 1-8)
10:00am - Children's Service (grades 1-8)
10:30am - The Act of Consecration of Man - (open communion for adults)
Childcare available - sign up in advance with Sandra Burch

Studio 901 Benefit Art Exhibition curated by Robin Lieberman

The month of May • Spring Creek Coffee House, 10600 SE McLoughlin Blvd, Milwaukie • percentage of sales to benefit Clackamas Women's Services • Contact Robin, robin@robinlieberman.net 503-222-1192

The artists have created watercolors and collages in workshops and classes with Robin.

A Painting Workshop to Explore, Honor and Celebrate Your Relationship to Mother, with Robin Lieberman, MSW, painter & psychotherapist

Thursday, May 9, 5:30 pm – 7:30 pm • Studio 901, 1410 SW Morrison St. • \$50 for all supplies (some scholarship available) • Contact Robin, robin@robinlieberman.net 503-222-1192

Curiosity is the only prerequisite! I offer this workshop to explore the re-new-al of mother: mother earth, mother in ourselves, self as mother...all the manifestations of mother in your life.

Luster & Image Colors, 4: Workshop with Chris Guilfoil

Saturday, May 18, 9am-5pm • 3135 NE 17th Ave, Portland 97212 • maximum 12 participants • Contact Jannebeth Roell, 503-249-3807, jannebeth@comcast.net • \$75 includes materials, please bring a dish for a potluck lunch • to register make out check to Chris Guilfoil and send it to J. Roell at the above address.

This is the fourth workshop on this theme. Chris will continue to work with us on the subject of luster and image colors. “One who, through a long period of soul-culture no longer considers as dogma but as experience what Dr. Steiner has said in his color lectures about ‘lustre’ and ‘image’ colors will see in this turning of luster into image and of image into luster, a priestly, redeeming act for the earth – a transformation.” ~ Maria Voloschin

Initiation Through Storytelling with Dennis Klocek

May 10 & 11, Lake Champlain Waldorf School, Vermont • Contact Paule Bezaire, greenmountainbranch@gmail.com

Creating a Joyful Life with Children – Lifeways Conference

Saturday, May 18, Marin Waldorf School See www.lifewaysnorthamerica.org for more information or to register online.

The 22nd Heartbeat Conference – Know Thyself: The Search for a Healing Balance Between Extremes

May 25, 26 • Heartbeat Lifesharing, Hardwick, Vermont • \$125 includes food & housing • For a full conference program and registration information, please contact Annie Volmer at annie@heartbeat.org or 802-472-3285.

This conference will help us connect with the source of inner harmony, and learn to recognize the two opposite influences that distract us from our path. On Saturday evening Barbara Renold will present **The Adversary Forces Dramatically Portrayed: Excerpts from the Mystery Dramas**. The weekend will be filled with ideas, artistic workshops, music, delicious meals, and warm conversations with friends, all set on our Vermont farm in springtime. Vegetarian meals will be provided, along with sleeping accommodations on the floor or camping. Limited travel scholarships available, on a first come-first served basis.

Ongoing Local Activities and Study Groups

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

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632

First Class Study • Second and Fourth Tuesday of the month • Blue card required

7:30-9pm • Contact Tom Klein, 777-3176, Tgklein@aol.com.

This group works with the contents of the class.

Anthroposophical Course for Young Doctors • First Tuesday of the month

7-8:30 pm • Pohala Clinic, 12050 SE Holgate Blvd. • contact Julie Foster 503-572-4196, julie@pohalaclinic.com

Karmic Relationships Study • First and third Thursday of the month

7-9:30 pm • Contact James Lee, 503-249-3804, anthroposophy@earthlink.net

The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner's karma exercises.

The Spiritual Hierarchies and the Physical World • First and third Tuesdays

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

Monthly Painting Circle with Robin Lieberman

Second Thursday of each month, 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all materials and snacks. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each second Thursday Robin opens her studio to all who wish to paint in community. Inspired by the work of Liane Collot-d'Herbois we will explore a color or theme each month. Curiosity is the only prerequisite!

Mystery Dramas with Speech-Formation Exercises – 2nd & 4th Wednesdays

7:30-9:00 pm in SW Portland • Starting anew on March 13, 2013 with Steiner's 4th Mystery Drama, "The Soul's Awakening" • Beginners Welcome • Contact Diane Ramage by e-mail at drumage@comcast.net or by phone at 971-271-7479

Portland Waldorf School Community Choir • Friday Mornings

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room Free. Contact Marion Van Namen, 503-956-4046

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

September-June • Eugene Waldorf School • Now enrolling for September, 2013 Foundation Year Contact Lee Ann Erlandes @ message phone, 541-686-9112

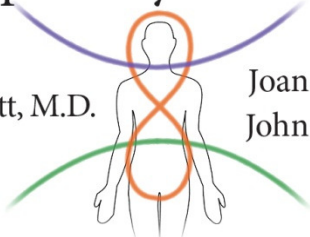
Preparing Waldorf teachers for their future vocation since 1990.

Multi-Specialty Health Clinic

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.



5909 SE Division Street
Portland, OR 97206

www.anthroclinic.com

503-234-1531



Marta Hammel, Oregon Broker

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