



# Anthroposophical Society PORTLAND BRANCH

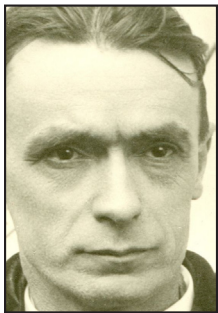
Newsletter

May 2018

## Enlivening the School for Spiritual Science

by Michael Howard

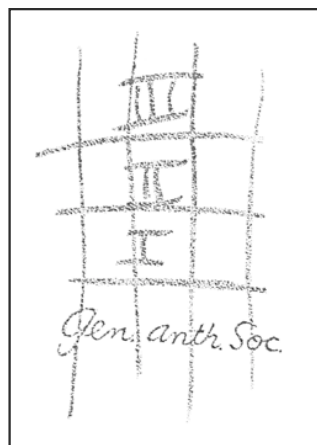
Michael Howard will be joining us for a weekend of discussion and activities from May 18-20. Please see the fliers in the attached for details. He offers these reflections for us to consider prior to his visit.



The following quotations, mostly from Rudolf Steiner, are some of the material I have been reflecting upon in preparation for our May meeting. I offer them, not as debating points to persuade anyone to a particular point of view, but rather as content for contemplation. I can think of no better

way for each of us to prepare for our work together than to live into these thoughts and allow them to resonate within us. We will surely create a space to share some of the thoughts, pictures and questions that arise in us through such inner preparation.

1. "Another thing I want to say is that I intend to carry out point 5 (Article 5) by arranging the School of Spiritual Science in Dornach in Sections as follows. These will be different from the Classes. The Classes will encompass all the Sections.... The Classes will be like this: General Anthroposophical Society, First Class, Second Class, Third Class of the School of Spiritual Science. The Sections will reach from top to bottom, so that



within each Section it will be possible to be a member of which ever Class has been attained..."

*Rudolf Steiner, December 27, 1923, Dornach, page 117-8 in The Christmas Conference*

2. **Article 5:** The Anthroposophical Society sees the School of Spiritual Science in Dornach as a center for its activity. The School will be composed of three classes. Members of the Society will be admitted to the School on their own application after a period of membership to be determined by the leadership at the Goetheanum. They enter in this way the First Class of the School of Spiritual Science. Admission to the Second and Third Classes takes place when the person requesting this is deemed eligible by the leadership at the Goetheanum.

**Article 9:** The purpose of the Anthroposophical Society will be the furtherance of spiritual research; that of the School of Spiritual Science will be this research itself. A dogmatic stand in any field whatsoever is to be excluded from the Anthroposophical Society. *Statutes/Principles of the Anthroposophical Society, Christmas Conference 1924*

3. "The human soul today feels that anything dogmatic is foreign to it; to carry on in any kind of a sectarian way is fundamentally foreign to it. And it cannot be denied that within the Anthroposophical Society it is proving difficult to cast off this sectarian way of carrying on. But cast it off we must. Not a shred must be allowed to remain within the new Anthroposophical Society that shall be founded...Those who wish to join this Society are not expected to adhere to any principle. No religious confession, no scientific conviction, no artistic intention is set up in any dogmatic way. The only thing that is required is that those who join should feel at home in being linked to what is going on at the Goetheanum."

*Rudolf Steiner, Dec. 24, 1923, Christmas Conference.*

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

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

**May 3-6**

Rev. Sanford Miller, Christian Community, Portland:  
"The Karma of our Times and Its Connection to Current Events", "Paul From Whitsun to Damascus"

**May 18-19**

"In Metamorphosis:  
Enlivening the School for Spiritual Science"  
with Michael Howard

**May 20**

CoQuest Play Along with Michael Howard

**June 22-July 1**

Tone Eurythmy Conference with Jan Ranck

**September 28-30**

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

**November 2**

All Souls Observance

**November 14-18**

National Biodynamic Conference

**November 23-25**

Lisa Romero: Inner Path Work

**Pacific Eurythmy Training**

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



4. "I have given much thought to the position I should hold within the Anthroposophical Society, which Rudolf Steiner forged into a whole once again at the Christmas Conference. It has not been possible to do what Rudolf Steiner intended with the Christmas Conference, as you are no doubt aware. Opposition was marked from the beginning, and he knew this immediately after performing the act of the Christmas Conference. We then fought for 10 years to have the principles of the Christmas Conference win through after all. Unfortunately, however, opposition was so powerful that one could not win through, and now it has happened that a split has developed in the Anthroposophical Society... The First Class, as it was given and now is in the hands of many, is as yet far from exhausted, but it must be handled differently from the way it has been handled until now. I am slowly feeling my way and things become clearer as I do so. All the old forms, even the very last form for anthroposophy (meaning the one given at the Christmas Conference) has been thoroughly ruined, and it now seems to me that we must no longer look for one form for the life of anthroposophy, but that every individual himself is the form with which anthroposophy wants to unite. Where this has happened, people will find one another and unite to become part of the true Spirit Association. The (Anthroposophical) Society is no longer needed, for anthroposophy is now on earth. It all depends on individuals today. They must then, out of their development, form a higher Association that has its roots in the spiritual world. This preserves all individual development, the freedom of every individual, with each feeling connected with the Spirit Association or School of Michael through his own insight. This is what I heard within me. That I, myself, am in this impulse—this is what matters. The rest will arrange itself."

*Letter from Ita Wegman to Maria Roeschel,  
February 22, 1935*

5. "The whole purpose of spiritual science is to prepare in this sense for the sixth epoch of culture. We try to cultivate spiritual science in order to overcome materialism, to prepare the kind of science that must exist in the sixth epoch of culture. We try to cultivate spiritual science in order to overcome materialism, to prepare the kind of science that must exist in the sixth epoch. We found communities of human beings within which there must be no dogmatic beliefs or any tendency to accept teaching simply because it emanates from one person or another. We found communities of human beings in which everything, without exception, must be built upon the soul's free assent to the teachings. Herein we prepare

what spiritual science calls freedom of thought. By coming together in friendly association for the purpose of cultivating spiritual science, we prepare the culture, the civilization of the sixth post-Atlantean epoch.”

*Rudolf Steiner, Preparing for the Sixth Epoch, June 15, 1915 p.3-8*

6. “Man has always had to experiment before being raised to knowledge. Anyone who wants to have knowledge before investigation is like someone wanting to have the fruit before the seed. We have to earn our knowledge. What we already know, we need not investigate. What the investigator lacks in certainty or confidence, the certainty and confidence of belief must supply. The two must work together, therefore, and then they will undividedly produce in the end what must come to us undivided—the fruit of experience, knowledge.”

*Rudolf Steiner, Temple Legend Lecture 19, October 23, 1905*



Michael Howard in his studio

## Calendar of the Soul

### 5. (May 5 - 11)

The Light that streams from  
distant Spirit sources,  
AFertile weaving in our World,  
Manifesting God’s Creative Powers:  
In it the Soul’s true Being rises  
And spreads out, widens into Cosmic  
Being  
And resurrects,  
Escaping narrow Selfhood.

### 6. (May 12 - 18)

Arisen from the narrow Self  
I find myself  
As cosmic revelation  
In space and in temporal forces;  
Everywhere, revealed to me  
The World in Arch-e-type divine,  
The truth of my reflection.

### 7. May 19 - 25)

My Self it feels compelled to flee,  
Drawn mightily by Cosmic Light.  
My presage, now, step up,  
And firmly claim your rights,  
Replace the power of my thought  
Which would fain dissipate  
Into the senses’ semblance.

### 8. (May 26 - June 1)

The power of the senses grows  
In unison with creating gods:  
This dulls the strength of thought  
Down to a dreamlike state for me.  
If beingness divine  
Shall with my soul unite  
Then human thought  
Must humbly bide in dreamlike being.

Calendar translation by Stefan Schwabe



# The Story of CoQuest

By Michael Howard

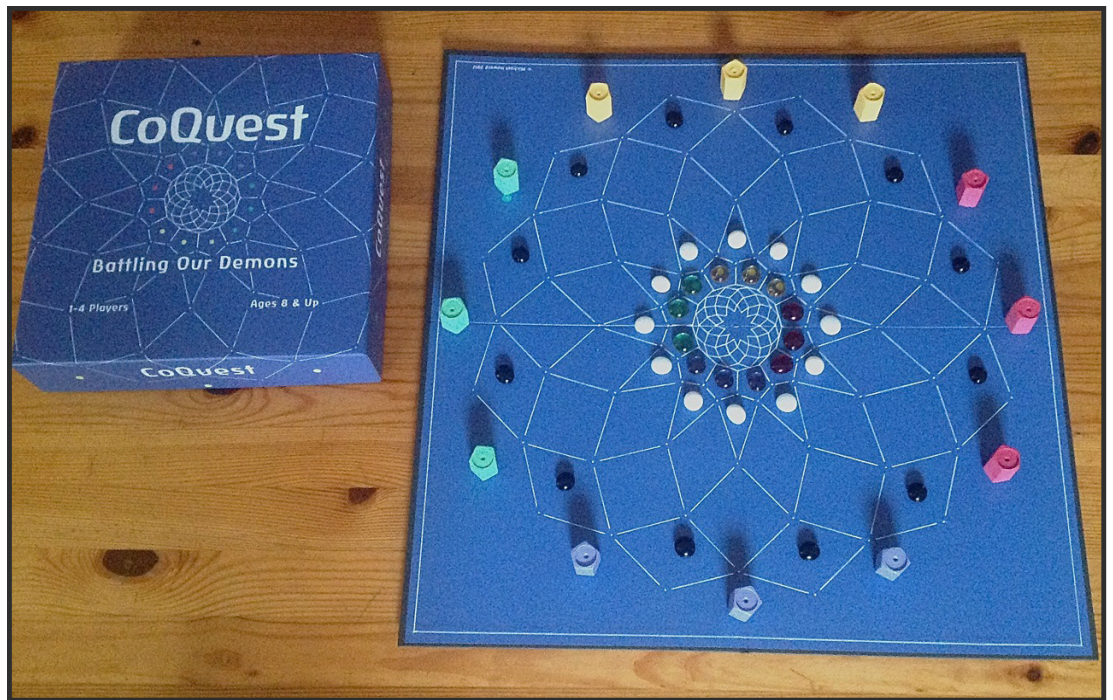
**M**y journey in developing CoQuest began with a game of chess in the spring of 1979. I found myself becoming uncomfortable with the fact that only one of us could win and the other must necessarily lose. Ever since, I have lived with the question: Is competition essential to a good game? For almost 40 years I have been exploring how to create a good game in which collaboration, rather than competition, is the primary dynamic.

All the great games played for centuries depend on some form of competition to make them challenging and exciting to play. The primary motivation for playing is the prospect of winning. In team sports--as well as in business, politics and warfare--there is an odd mix of collaboration and competitiveness where each team exercises a high level of collaboration among themselves in order to be more effective in competing and defeating the other team. This begs the question: Why do we compete with some people and cooperate with others? Is there a reason why we don't cooperate with all people, all the time? Competing is not easy, but collaborating is far more challenging because it means finding strategies that serve the progress and success of all the players, not just our own progress and success.

The fact that self-interest is so dominant and destructive in today's world is no reason to accept it as unavoidable. This is the very reason that we must intensify our efforts to foster co-operation and collaboration as essential capacities for maintaining the web of life among all that dwell upon the earth. We cannot eradicate self-interest entirely, but we can strive to balance and harmonize our

self-interest with the legitimate self-interest of all others, by fostering empathy and compassion.

If all competitive games are in effect, "conquest" games, I have coined the name "CoQuest" to describe a whole new kind of game based on the challenges of collaboration. In most "conquest" games, like chess and Go, players find themselves in the polarizing context of "black versus white." In CoQuest, the Dark and Light Demons are the common adversaries of all players. Can the players work together to outsmart the Dark and Light Demons so that



all 12 Questors reach a Seat at the Round Table and are crowned with a StarStone?

CoQuest can be played simply for the fun of it, but it is particularly suited for individuals and groups interested in exploring the challenge of balancing individual self-interest with social harmony and unity. It is typically played by two or four players but it can be played alone. Playing Solitaire CoQuest for even a few minutes at a time is especially suited for individuals looking for an inner practice that fosters quiet focus and creative renewal.

CoQuest is more than a game, it is a way of battling our demons together.



## What's New at the Goetheanum?

by Anya Thaker

### Report on The Annual General Meeting of the Anthroposophical Society at the Goetheanum

This March 24th, 2018, the AGM was held in Dornach, and two main motions were voted upon. Here is the report from John Bloom, the U.S. General Secretary:

1) **Motion 1:** The renewal of 7-year terms for Paul Mackay and Bodo von Plato as members of the Executive Council.

**Outcome:** Neither Paul Mackay nor Bodo von Plato received the majority of support needed for the renewal. This means that, with immediate effect, neither will continue to serve on the Executive Council.

2) **Motion 2:** The reversal of a resolution which had been passed at the 1935 AGM, to exclude Ita Wegman and Elisabeth Vreede from the Executive Council.

**Outcome:** This was passed with near unanimous consent.

To the approximately 46,000 members who were not present in Dornach, the outcome of Motion 1, a conclusion made by 2% of the society, may come as a surprise. How well informed was the international community about two long-serving Executive Council members approaching the end of a term? To what extent was it assumed that these two members would continue serving? Here is a look at articles, interviews, and the actual minutes to gather insight into the mood leading up to the AGM and during the meeting.

**A Riddle:** Two very prominent women, important to the history of Anthroposophy, Elisabeth Vreede and Ita Wegman, were previously excluded from the Executive Council and are now symbolically reinstated, while two male, long-time members of the current Executive Council, Paul MacKay and Bodo von Plato, are voted to leave. What are the ties here that brings these two events to happen simultaneously? What is the back story and how can this be understood karmically?

Weeks before the AGM, the newsletter, Das Goetheanum, came out with an extensive interview with Mackay

and von Plato about their 17 years working together, visions for future development, and this time of evaluation. There was criticism that the interview was propaganda for their reelection. <https://dasgoetheanum.com/schwerpunkte/2018/3/9/interview-mackay-plato> (in German)

The following letters were printed in early March, coming from two critical Dornach based newsletters: Ein Nachrichtenblatt and Deepening Anthroposophy, where members can voice their concerns.

In one letter, a Goetheanum co-worker reports that MacKay and von Plato keep proposals from advancing internally. He expresses that when co-workers were invited for a meeting with the Executive Council, the views of "subordinates" were not heard.

Also from March in Deepening Anthroposophy, was a letter of concern and confusion regarding a statement made by the Secretary General of Switzerland stating that the Society of Switzerland was standing in opposition to the two Council members' reelection. Contact the editors for March, 2018 editions: [deepening@use.startmail.com](mailto:deepening@use.startmail.com) and [www.iea-enb.com](http://www.iea-enb.com)



Photo courtesy Das Goetheanum: Paul Mackay and Bodo von Plato

**The Vote:** Before voting, 16 members spoke out about "Motion 1". General secretaries from Austria, Canada, the Netherlands, New Zealand, South Africa and Switzerland, as well as Christiane Haid (Goetheanum, Humanities Section), and Gerald Häfner (Goetheanum, Section for Social Sciences) voiced their views.

In addition, the following statements were made as is found in the minutes:

**From the general secretary of Denmark:** The long journey makes it impossible for most members of our Society to participate in general meetings. This problem applies to many members worldwide. The Scandinavian countries along with Great Britain, the Netherlands, France, Belgium, Australia and New Zealand have a mutual **con-**



cern to find **new forms of participation** in meetings like the AGM. The general secretaries and representatives will submit a proposal to this concern in the next year.

**The concern raised by the young people** was that they were shocked by the debate on **Motion 1**, and stated that the two individuals were being judged.

**The Results:** As stated in the minutes: the **reaffirmation of Paul Mackay** as a member of the Executive Council **was rejected**, with 408 votes in favor, 467 votes against and 62 abstentions. The **reaffirmation of Bodo von Plato** as a member of the Executive Council at the Goetheanum **was rejected** with 398 votes in favor, 486 votes against and 56 abstentions.

Paul MacKay expressed his gratitude for working together for 22 years. Bodo von Plato expressed his thanks and trust that what we are doing here is for the good of humankind. The audience applauded them.

**Understanding:** Feedback from a few Dornach locals: This was a natural, democratic process. Unlike the situation with Vreede and Wegman, who were expelled from the Society, Paul Mackay and Bodo von Plato were at the end of a 7-year term and up for reelection as Executive Council members. There were favorable and unfavorable views of the candidates in the community and the results were fair and can be accepted.

For others, more transparency is needed about why there was such contention against MacKay and von Plato. When General Secretaries knew of conflicting views of the Executive Council members, in which ways would it be helpful for members abroad to be addressed about an upcoming vote of such importance?

In a recent April, 2018 letter from the Goetheanum Leadership (see below), it is reported that they have received a large influx of letters of concern and warmth on this issue. The leadership has decided on newly adjusted tasks, as they share responsibilities in dealing with this situation, which gives one the impression that perhaps even internally, this outcome was unexpected.

<http://www.anthroposophy.org/fileadmin/goetheanum/Message-to-Members-20180413.pdf>



## Welcome to New Newsletter Team Members: Many hands make light work.

We are grateful for the heartwarming response to our request for help with the newsletter. The current line-up is as follows: design and layout, Christopher Guilfoil; proofreading, Lauren Johnson and Cheri Munske; printing, Jerry Soloway; distribution, Wes Burch; webmaster, Seth Miller; treasurer, Ruth Klein; editor, Valerie Hope.

## Portland Curative Collective Inc.:

**What we can do to help the Community,  
and what community members can do to  
help this initiative.**

by Betty Baldwin, for PCCI

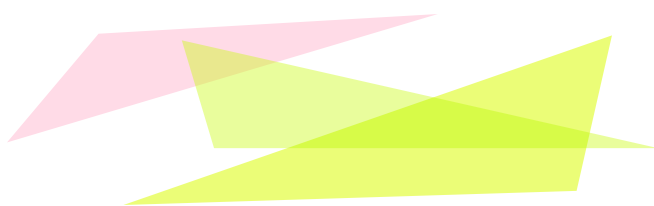
**Our Mission:** "Creating and sustaining communities where those with developmental differences are supported and valued as integral to the healthy functioning of society."

**T**he Portland Curative Collective Inc., or PCCI, a Camphill-inspired Initiative and one of the youngest anthroposophical initiatives in Portland, warmly invites you to help us "Create Community," as we strive to serve children in our community with special needs. We would like to describe for you here our endeavor and our mission, and ways that you can assist us if you are moved to do so.

We are inspired by the Camphill Movement, a worldwide association of over 100 communities for adults and children with special needs and developmental differences. The first Camphill Community for Children in Need of Special Care was founded by Austrian pediatrician Karl König and his colleagues in 1939 near Aberdeen, Scotland. König and the other founders were inspired by Rudolf Steiner and Anthroposophy.

A Camphill impulse had been hovering in the consciousness of some members of the Portland Community for over a decade, existing as hopes and dreams which were not yet quite ready to incarnate. Portland, with its wealth of Waldorf schools, doctors, therapists, artists, and biodynamic farmers is a perfect place for a therapeutic initiative such as Camphill.

However, it took the combination of two poignant



questions to provide the impetus for the inception of PCCI. One question was brought by Robin Lieberman, who experienced a state of “expanded love” following her 2014 Camino de Santiago pilgrimage and her subsequent four day visit with her daughter, who was interning at the Kimberton Camphill. This led her to question, “Why can’t we all live in this kind of supportive community?” The second question was brought by Mary Beaton and Jonie Hurtt, the admission officers of the Portland Waldorf School, and the Cedarwood Waldorf School, respectively. It came from their having to turn away families who had children with learning challenges, and not having an appropriate Waldorf inspired alternative which they could to refer them to. Their question was, “Does this problem transcend the scope of individual Waldorf Schools - is it something that should be collectively investigated and solved?” Kelly Hogan, the founder of the Mother Earth School, was also in attendance at the first meeting. At a first outreach meeting in Bothmer Hall in October 2014, other key players joined the team: Tom Klein, who has spearheaded several Portland non-profit organizations; Eric Nielson, a family therapist who, with his wife Shannon, had worked as a vacation relief Camphill houseparent; and Pablo Feliz, a biodynamic farmer who was attracted by the farm-based community being proposed. This group of pioneers received much appreciated long distance mentorship from Claus Sproll, of the Camphill Special School in Pennsylvania. May we extend a hearty thank you to each of you and to all of the other Portland community members who have helped PCCI come into being!

From our birth as a nonprofit in 2015, PCCI has now arrived at the magical biographical age of three. An organization, much like a person, has a biography and goes through stages of development. At three years of age PCCI is experiencing the dawning of its institutional “ego awareness” or its ability to say, “I”. After incorporating our time was spent, much like a young child, forming and strengthening our inner organs. We studied how to best form a board of directors, developed policies, looked at other Camphill models, and articulated our mission statement: “Creating and sustaining communities where those with developmental differences are supported and

valued as integral to the healthy functioning of society.” We are now at a threshold moment, beginning to offer therapeutic services to the greater community.

Our most recent accomplishments include developing a website which you can visit for more information, [www.portlandcurative.org](http://www.portlandcurative.org) and in February 2018 helping to

plan and co-sponsor the well-attended Portland conference, “Meeting the Challenges of Child Development in Education and the Healing Arts” with Dr. Michaela Glockler. Our current board members are Tom Klein, Eric Nielson, Amy Joy Allahdadi, and Betty Baldwin.



Karl König, founder of Camphill with a child

**We are reaching out to serve our community in the following ways:**

- Offering monthly festival workshops intended to serve children and their families who need extra support. Our May 20 event will be candle dipping in celebration of Whitsun. For details and to register call 503-939-9024.
- Investigating the possibility of offering one or two therapeutic workshops per year for teachers and/or parents, and introducing therapeutic exercises which can be done in the classroom or at home to support children.
- Meeting with local Waldorf School Care Groups. We would like to continue to be a resource for them, and to help Care Groups from neighboring schools share their resources more readily.
- Developing a Providers List of Therapists and Doctors which can be used by teachers and parents.
- Being available to help support school-aged children have success in their school placement: by observing classes, making recommendations and, as needed, working with individual students.

**Long Range Goals:**

- Supporting older youth and young adults who would like, as an alternative to college, to find mentorship, apprenticeship, job training and/or housing.
- Forming an agrarian, Camphill-inspired community in



the greater Portland community.

**You can help by engaging in any of these community building exercises:**

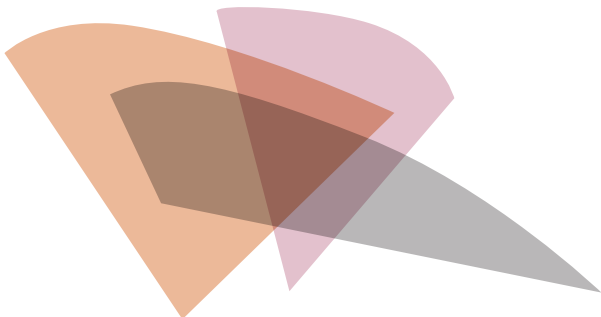
- Helping to inform the greater Portland community about our Festival Workshops, so that the population of children that we would like to serve can find us.
- Become a provider within the PCCI network. Contact us to discuss possibilities.
- Letting us know if you would be interested in annual Teacher and/or Parent workshops.
- Contact us with any questions and/or suggestions you have regarding PCCI at [portlandcurative@gmail.com](mailto:portlandcurative@gmail.com) or at 503-939-9024.

Thank you for any help that you can offer us as we step more fully into the world to fulfill PCCI's mission!



AmyJo Aleahdadi, Tom Klein, Betty Baldwin, Eric Nielson with PCCI

We are offering monthly festival workshops intended to serve children and their families who need extra support. Our May event will be candle dipping in celebration of Whitsun, May 20, 10 am - noon. For details and to register call 503-939-9024.



"We need to join together again in communities, but such communities that are not governed by bonds of blood but by spiritual principles that incite us to strive together and work for each other. There a mood can be set where adults and children can live in unison; important and not so important people, able and not so able but nonetheless in reciprocal appreciation of the dignity of the individual. Only when a new style of community is formed in this way will it become possible for children and young people to reach an expression of their true being out of which their individual contribution can ensue."

~ Karl König

On May 7, 1964 Karl König spoke at the opening ceremony of the Camphill School Föhrenbühl at the Lake of Constance. This is a short extract from his address.



## Getting to Know Our Community

### Meet Rick Knutson

Interview by Christine Badura

**R**ichard (Rick) Kermit Knutson, born May 13, 1947, has been chosen to carry the biography-banner for this month. It was in Rick's mother's small hometown of La Grande, in the Blue Mountains



of Oregon, that Bert and Martha Knutson welcomed their first-born. Three more children were to follow: brother Cecil, then Sisters Wendy and Gloria. Rick's father Bert, of Norwegian descent, and Mother Martha, of Czechoslovakian descent, were both third generation U.S. residents. Bert worked in construction to make a living, but was also very talented and busy constructing toys and what-ever was needed at home. Martha worked in the catalogue division of a department store. When Rick was 4 years old, she and the children moved into her mother's parents home in Portland while Rick's father was in the Navy in the South Seas during the Korean conflict. Cancer took his mother when Rick was 14.

When Rick was five the family moved to Vancouver, where Rick lived until he graduated from high school. His childhood memories are primarily of his independent outdoor adventures with his buddies and brother, Cecil. Rick recalls building a fort out of boards they foraged from an abandoned house.

As a child, sometime between the ages of 11 and 14, he saw an F-4C airplane in a Buzz Sawyer comic strip and had a feeling that it was somehow a premonition of his future. At age 18, his premonition proved accurate when, after technical training at Mountain Home Air Force Base, he found that they had RF-4Cs. His service in the Air Force lasted 3 1/2 years, and he was stationed

for one year in Viet Nam as an aircraft communications repairman. His service ended at the end of 1966 when he was twenty-one-and-a-half. He enrolled at Clark Junior College in Vancouver where he earned an associate's degree in pre-engineering.

In 1969, while still in school, Rick married his first wife, Denise. They had two sons, Derek and Ryan. He was acting as an apartment manager in Seattle when he encountered Kirk Gardener in 1972, a prospective renter with whom he engaged in several lengthy and involved conversations on a wide range of subjects of mutual interest. Kirk suggested that Rick read two books: the biography of the great inventor, Nikola Tesla, and "Knowledge of the Higher Worlds" by Rudolf Steiner. They were to become driving forces to Rick's intellectual and spiritual development. Two years later he finally read Steiner's book and went in search of more material along those lines. He found his way to the theosophical Quest Bookstore, only to buy every book authored by Rudolf Steiner. He managed to read 100 books by Steiner in two years!

John Ernst Keely, of Philadelphia, Pa. born in 1827, was a pioneer in the physics of moral technology, developing machines utilizing etheric technology. Rick pointed out that although Keely and Steiner never met, Steiner was aware of his existence and Keely inspired the character of Strader in the mystery drama plays.



Dale Pond, was another person who proved to be a significant person in Rick's life. Dale also had a strong interest in what Keely had tried to do. He was told in a dream to make Keely's work known and authored several books, "Universal Laws Never Before Revealed" among them. Although Dale did not appreciate the deeper spiritual implications that Rick could surmise, they worked well together on projects. For instance, they collaborated to put on the 3rd International Keely Symposium in

Philadelphia. Another collaborative effort involved trying to fabricate a Musical Dynasphere, a motor that was meant to rotate by virtue of etheric streaming. Rick and Dale worked with several others, and an intuitive, Dawn Dorazio attempted to channel Keely. If someone lacking in moral capacities were in the room, such a motor would not start. The replication was not successful, possibly because the participants lacked the necessary knowledge of music.



The Dynasphere

On his weekends spent in an anthroposophical community in British Columbia, Rick was introduced to several people connected with Anthroposophy, including a Steiner bookstore owner, Steven Roboz and a Christian Community priest, Verner Hegg, who later involved Rick in the Oberufer plays.

Rick was 25 years old when, in 1973 he landed his first professional job in Seattle after graduating from the University of Washington with a Bachelor of Science in Mechanical Engineering. His second son was born 3 days after his first workday. He stayed at that job for 3 years.

In 1975, 7 years into their marriage, the union began to dissolve and Rick was left as a single parent of two young children. Responding to his dad's complaints that he didn't see enough of his son and grandsons, Rick moved in with his father, back into the house where he grew up. He and the boys stayed there for six months until, with the children in tow, he moved to Detroit with his brother, Cecil and two of his friends to take on the Orientation year and Waldorf Teacher Training. His life was full with school, work and two little boys. He remembers that he fortunately had lot of good help.

Hoping to land a teaching position in the Sacramento

Waldorf School, he moved his little family from Detroit to Fair Oaks, Calif. There he met and married his second wife, Anna Lee, a single mom with 2 children and a student at Rudolf Steiner College. In 1979, since the teaching job did not materialize, Rick worked for a job shop, Sierra Technology.

In 1980, the family moved to Kimberton, Pa, as Anna Lee wished to be involved in the Waldorf School there. Since the school did not have a paid position to offer her, she offered Extra Lesson on a voluntary basis for about 3 years. Anna Lee and Rick were together from 1980 to 1988, primarily living in Spring City, Pennsylvania where Rick worked for Arrow Jet Energy Conversion.

When Rick was 42 he was laid off from his consulting engineering job and went to China at the behest of Miha Paganic. He recalls as noteworthy the Chinese Opera, the Great Wall and real "fast food". From Beijing he went on to London, Scotland and then Ireland where he met Theo Eric, a Waldorf innovator and educator. Rick has returned to Europe many times since their initial meeting in order visit Theo.

In 1989, at the invitation of Florian Sydow of the Kahumana Community, Rick acted as consultant with Walter Baumgartner and Ralph Marinelli for the feasibility



analysis of the Mandala Garden project at Waianae. The Kahumana Community, with a Biodynamic garden, is a collaborative facility for mentally ill and mentally handicapped residents.

From 1988 to 1993 Rick lived in the Kimberton, PA area. He worked as a maintenance manager at Kimberton Hills Camphill Village, a 400-acre farm with 12 houses, from 1989 to 1992. Since he differed with the administration on maintenance policy and procedure he decided to move on to other endeavors.

Rick was lucky in travel. In 1993 he capitalized on the need to chaperone a group of Schafesheim Waldorf School students and got to see Florence. He met and became fast friends with Roland Maier, a crafts teacher,



who later came to the U.S. to spend his sabbatical on a “grand mall tour of the USA” courtesy of Rick.

In 1993 Rick was again invited to Hawaii by Florian Sydow to work on the redesign of the Mandala Garden project. While in the islands Rick met Gladys, a bio-dynamic gardener, who was to become his third wife.



They were married in Pennsylvania, where they began a compost project with Mennonite farmer in an effort to demonstrate an alternative to spreading manure in the spring. Unfortunately this project met its demise because of county regulations that would not allow movement of waste between farms. Gladys and Rick separated after moving to Vancouver in 1995, when Rick took on responsibility for his dying father.

In that same year Rick was asked by his friend Leah Hughes, a curative eurythmist living in Switzerland, to ferry some family heirlooms to her from her parents house in Vancouver, Washington following her mother’s death. This provided him the opportunity to visit his Swiss circle of friends.

From 1997 until 2005, he worked through the “Handyman Connection” doing repairs and remodeling in the Vancouver-Portland area. In 2005, Rick met his soon to be wife Diane at a Contra dance when she recognized a Copake Camphill Village T-shirt he was wearing. He didn’t realize she was the sister of a friend, who he had known for several years. Diane and he married until 2012.

Rick is currently writing a book about Tesla and Keely in the Michaelic age. He had started over 20 years ago to make Tesla more widely known. He hopes that thanks to Elon Musk and the advent of the Tesla automobile, his effort will meet with much less resistance than in the past. The subject of his focus is understanding of the ether via science and religion as described in the bios of Tesla, Keely and the work of Steiner. If that isn’t ambi-

tious enough, he has a Facebook group for exploring the use of crypto currency called “Crypto Currency Basics,” hoping to bring enlightenment to the problems with our current money system! He spoke of the legal difference between the silver dollar and the Federal Reserve note, and how it points to a much larger “elephant in the room.” He is working on another book about the “3-fold economy,” and how the money system should work to bring prosperity to the social body. It is also titled “Crypto Currency Basics.” Want to know more? Join the Facebook group! Also of great concern to Rick is “everyone’s health and wellbeing,” as influenced by nutrition; and the truth about the origin of organic gardening. “Nutrition and Health for Every Body,” is a book he wrote some time ago which now needs updating.

Self-Characterization: A maintainer • Motto: Can do • Purpose in Life: To keep things going.

A good work of art can and will have moral effects, but to demand moral aims of the artist is to ruin his craft.

J.W. von Goethe



Goethe by Horst Janssen 1929 -1995 Hamburg

For the purposes of a real science of form, we must arrive at axioms that are inner experiences, primordial phenomenon – the force of ideas. One can start from there.

~ Massimo Scaligero



### HEALTHBRIDGE

3046 NE 33RD AVE  
PORTLAND 97212  
503-331-7393  
HEALTHBRIDGE@INTEGRA.NET

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

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

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

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

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

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

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

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

Newsletter co-editors are Wes Burch & Valerie Hope; Seth Miller is our webmaster; and Ruth Klein is our treasurer; Christopher Guilfoil is our design and layout artist.

### The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2018:

Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, Leslie Cox, Yvonne De Maat, Sacha Etzel, Julie Foster, Ali Givens, Michael Givens, Kevin Gregg, Valerie Hope, Lauren Johnson, Paul Kalnins, Bob Kellum, Donna Patterson-Kellum, Timothy Owen-Kennedy, Ruth Klein, Tom Klein, Anne Kollender, Judith Levin, Martin Levin, Robin Lieberman, Joann Logan, Arnold Logan, Lisa Masterson, Brian McClure, Cheri Munske, Padeen Quinn, Jeffrey Rice, Susan Rice, Walter Rice, Diane Rumage, Barbara Strong, Kim Sinclair, Angela Sparks, Jerry Soloway, Rebecca Soloway, Linda Sussman, Joan Takacs, John Takacs, Robin White



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

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

### 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://smile.amazon.com/ch/93-1269233)



# Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.

Joan Takacs, D.O.

John Takacs, D.O.



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

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Portland, OR 97206

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**And Support the Portland Branch**

Contact Valerie Hope at [Valerieannhpdx@aol.com](mailto:Valerieannhpdx@aol.com)

**Dr. Lisa Del Alba**  
Anthroposophical N.D.

**Pohala Clinic**  
503-572-4196  
7477 SE 52nd Ave. Portland, OR 97206

**urhealth.com**

**Benjamin Bell LMT** OR Lic 3382  
Advanced CranioSacral Therapy

**Eugene Scheduling**  
541-799-6097  
1695 Jefferson St. Eugene, OR 97402

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

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

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

## Portland Branch Calendar May, 2018

### First Class of the School of Spiritual Science

**Sunday, May 13 , 9:30 am sharp** • Second Recapitulation Lesson (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required**. • Lessons normally held second Sunday of each month • Contact Diane Rumage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

### Portland Branch Council Meeting

**Monday, May 14, 7 pm** • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)  
All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you're coming. Meetings are normally held on the second Monday of each month.

### Christian Community Events with Rev. Sanford Miller

**Thursday May 3 –Sunday May 6** • All Events at Bothmer Hall unless otherwise noted , 5915 SE Division St. • Contact Christine Badura [badura88@hotmail.com](mailto:badura88@hotmail.com) or Betty Baldwin [bettybaldwin3@gmail.com](mailto:bettybaldwin3@gmail.com) with questions • Donation: \$10/talk or what you can afford.

Thursday May 3, 7:30pm *The Karma of Our Times and its Connection to Current Events* - at Christine Badura's house - call for directions 1 707 494 - 6741

Friday May 4, 7:30pm *Paul: From Whitsun to Damascus*

Saturday May 5, 9:00am *The Act of Consecration of Man*. 10:30am - *Gospel Study: John 14: 1-21 "Do Not Let Your Hearts be Troubled"*

Sunday May 6, 9:15 *Religious Instruction (grades 1-8)*, 10:00 *Children's Service (grades 1-8)*, 10:30 *The Act of Consecration*. (Child care must be pre-arranged, call Christine in advance)

See our blog for details and other events - <http://ccoregon.blogspot.com>

### In Metamorphosis – A workshop with Michael Howard of the Art Section, Followed by Sunday CoQuest Games

Bothmer Hall , 5915 SE 58<sup>th</sup> St. • Suggested donation \$15 Friday, \$15 Saturday, don't stay away for lack of funds • Contact Cheri Munske, [woolhorse@mindspring.com](mailto:woolhorse@mindspring.com) For housing with community members contact Christine Badura, [badura88@hotmail.com](mailto:badura88@hotmail.com)

Friday May 18, 7-9 pm *The Spiritual Service of Art in Our Time*

Saturday 5-19, 9am-12pm & 2-5 pm *Spiritual Science in Metamorphosis*

Sunday May 20, 2-5pm *CoQuest games*

**Friday eve:** How can art serve human development in the present age of the consciousness soul? How can we understand Rudolf Steiner's contribution to the arts in light of the individual and societal needs of our time? We will explore these questions through some simple artistic experiences, and on that basis consider: How can art awaken and develop new faculties and capacities that are vital in all spheres of human life? How can the cultivation of artistic feeling strengthen our capacity for living, experiential knowing, as well as empathy. How is self- development an art? How is meditation an art? How is spiritual research an art? For more about the Friday/Saturday workshop, and the Coquest game on Sunday see the articles by Michael Howard and fliers in the April and May newsletters at [www.portlandbranch.org](http://www.portlandbranch.org) . Out of town attendees may inquire with Christine Badura about housing opportunities with local families. [badura88@hotmail.com](mailto:badura88@hotmail.com) Sponsored by the School for Spiritual Science and the Portland Branch of the Anthroposophical Society.

### Whitsun Celebration – Candle Dipping with Portland Curative Collective

**Sunday May 20, 10 am – noon** • Suggested donation \$25/family, no one turned away for lack of funds • For details and to register: 503-939-9024, [portlandcurative@gmail.com](mailto:portlandcurative@gmail.com), [www.PortlandCurative.org](http://www.PortlandCurative.org)

For children ages 5 and up and their families. We ask that one adult family member plan to stay for the event, though all family members are welcome. Each family member who participates will make a candle to bring home. PCCI warmly invites children needing extra support and their families to create community with us through the celebration of the seasons and festivals of the year.



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

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

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

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

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

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

**All Souls Observance**

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

**Biodynamic Conference Sponsored by the Biodynamic Association**

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

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

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

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

## Ongoing Local Activities and Study Groups

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

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

**Council Meetings of the Portland Branch • Second Monday of the month**

7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)

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

**First Class Study • Second Thursday of the Month**

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

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

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

**Eurythmy Foundation Course with Jolanda Frischknecht**

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

### **Eurythmy for Waldorf Alumni: Wednesdays**

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

### **Eurythmy, Portland Waldorf School Community: Thursday Mornings**

8:45-9:15 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free All are welcome. Contact: Sarah Rem, 503-729-1740 or [sannerem@gmail.com](mailto:sannerem@gmail.com)

### **Pacific Eurythmy, Open Classes for the Community in Anthroposophy and the Arts: Friday Evenings**

For details please see our website, [www.PacificEurythmy.com](http://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 58<sup>th</sup> Ave, Portland • contact Suzanne Walker, 503-208-2426 [zzwalker@mac.com](mailto:zzwalker@mac.com)  
We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year.

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

9:15 – 11:00 am • contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)  
Eurythmy, painting and reading. All are welcome! Contact: [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

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

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

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

7:30-9:00 pm • Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • Contact Diane Ramage by e-mail at [dramage@comcast.net](mailto:dramage@comcast.net) or by phone at 971-271-7479  
There will be an opportunity to act in Scenes 7 & 8 of *The Guardian of the Threshold*, which we hope to present some time in 2018. No experience necessary.

### **Painting Group, Color Moods of Nature • Tuesday Mornings Beginning January 16**

8:45-10:00 am • Portland Waldorf School, Grimm Room • RSVP Cheri Munske, [cherimunske@gmail.com](mailto:cherimunske@gmail.com)  
No experience necessary, \$20/Session

### **Portland Waldorf School Community Choir • Friday Mornings with David Edwards**

9:00-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • Free will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoogroups.com](mailto:pws_choir-subscribe@yahoogroups.com) (503) 654-2200 • No practice during school breaks.

### **Waldorf Education and Teacher Training Lectures and Courses**

Conducted throughout the year by the Micha-el Institute. Contact John Miles, 503-774-4946 [johncmiles@usa.net](mailto:johncmiles@usa.net)  
See Summer Programs below, in the electronic version of the newsletter

### **Waldorf Teacher Education, Eugene**

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



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#### **A Workshop with Jaap van der Wal, MD, PhD**

Recorded live in Portland, Oregon August 29 – September 2, 2017  
10 discs, 22 hours ♦ discs contain every word of the workshop, and visual handouts. The purchase price is \$195.00. Shipping and handling: \$5 domestic (US) and \$25 for shipping outside the U.S. To order by mail make out a check to the Portland Branch, and send to 3609 SE Center Street, Portland, Oregon 97202-3204, Attn. DVD. You can also order on our website using Paypal at [www.portlandbranch.org](http://www.portlandbranch.org).

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



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

Contact: [info@micha-elinstitute.com](mailto:info@micha-elinstitute.com)

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

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

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

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

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

**Grade 3 July 10 at 6:00 PM to July 14 at 1:30 PM** Attendees are asked to read lectures 1-7 of *Study of Man*. Conference lecture and workshop topics include: Classroom Movement, Speech, Old Testament as History, People at Work – Farming and Building, Pentatonic Folk Songs, Grammar and Writing, Classroom Painting, Math and Measurement, Nine Year Change, Open Pedagogical Discussion, Choral Speaking, Pedagogical Lectures and Seminars, Writing Music – Class Singing, Music Notation, Form Drawing, Therapeutic Painting

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

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

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

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

**Grade 8 July 14 at 6:00 PM to July 18 at 1:30 PM** Attendees are asked to read lectures 8-14 of *Study of Man* and *Meditatively Acquired Knowledge of Man*. Conference lecture and workshop topics include: Morris Dancing and Boot Dance, The History of Inventions, Grammar and Short Stories, Shakespeare

Therapeutic Painting, Alto Recorders and Choro Flutes, Speech, Physiology, the Skeleton and the Eye, Physics of Water and Air: Meteorology, Organic Chemistry, Pastels, Algebra and Geometry, Solid Geometry, Painting – Landscapes/Seascapes, Open Pedagogical Discussion, Pedagogical Lectures and Seminars, Class Singing

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

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

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

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



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

# IN METAMORPHOSIS



**A Workshop with Michael Howard**  
**Friday Eve. and Saturday, May 18 & 19**  
**Bothmer Hall, 5915 SE Division St.**

"Utility is the great idol of the age to which all powers must do service and all talents swear allegiance. In these clumsy scales the spiritual service of art has no weight. Deprived of all encouragement, true art flees from the noisy mart of our time."

Friedrich Schiller, On The Aesthetic Education of Mankind, 1793

## Friday

**5/18 7-9PM (doors open 6:30) \$15. suggested donation, but all are welcome**

### **The Spiritual Service of Art in Our Time**

How can art serve human development in the present Age of the Consciousness Soul? How can we understand Rudolf Steiner's contribution to the arts in light of the individual and societal needs of our time?

We will explore these questions through some simple artistic experiences, and on that basis consider:

How can art awaken and develop new faculties and capacities that are vital in all spheres of human life? How can the cultivation of "artistic feeling" strengthen our capacity for living, experiential knowing, as well as empathy. How is self-development an art? How is meditation an art? How is spiritual research an art?

## Saturday

**5/19 9AM-12PM and 2-5PM \$15. suggested donation, but all are welcome**

### **Spiritual Science In Metamorphosis**

How can spiritual science be developed and deepened towards realizing its potential to spiritualize human culture and society in ways appropriate to the spiritual needs of our time?

In this context, Michael Howard will offer some leading thoughts related to how we think and speak about the Anthroposophical Society and the School for Spiritual Science. With the help of simple artistic exercises, he will also speak about his experience as a member of the Visual Art Section, including how he has come to see his artistic work as a form of spiritual research.

## Special Sunday Event

**5/20 2-5PM**

### **CoQuest Play Along: A new board game created by Michael**

CoQuest is more than a new board game, it is a new way to play and be together.

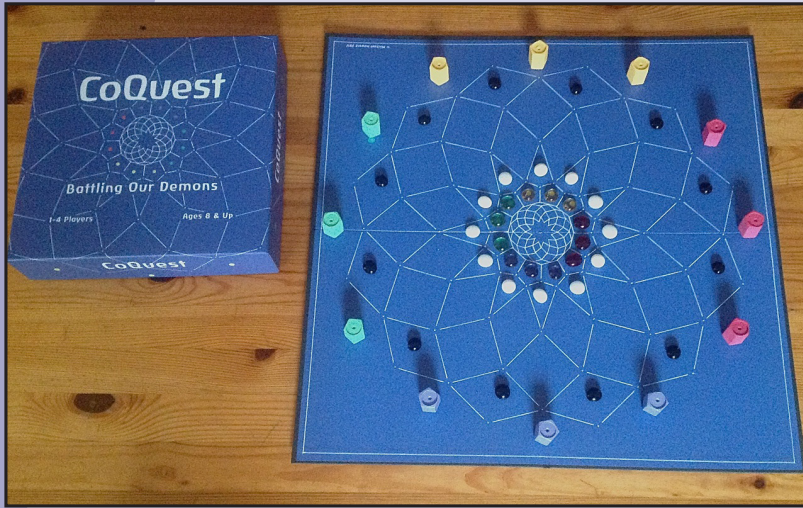
See separate flyer for more detailed information on CoQuest and the afternoon. RSVP



**Michael Howard** is a freelance artist, art teacher and writer living and working in Amherst, MA. His creative efforts are grounded in a spirit of research exploring artistic activity as spiritual activity, and how art serves our evolving humanity. His research explores the role art can play in developing inner capacities like empathy and creative freedom. With the growing dominance of digital technology in our lives, he has developed artistic exercises that strengthen our feeling-will to balance the one-sided thinking-will that our technological society emphasizes. His website is: [livingformstudio.com](http://livingformstudio.com). He can be contacted at: [livingformstudio@gmail.com](mailto:livingformstudio@gmail.com).

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

You Are Invited To A  
**CoQuest Play Along**  
with  
**Michael Howard**



Sunday Afternoon  
May 20 2 - 5PM  
Bothmer Hall  
5915 SE Division St.

“The human being only plays when fully human, and he is fully human only when he plays.”

~ Friedrich Schiller

**CoQuest is more than a new board game,  
it is a new way to play and be together.**

In most games, like chess and Go, players enter a “black versus white” relationship that is inherently polarizing and competitive. In CoQuest, players take up the challenge of battling their common adversaries, the Dark and Light Demons, through the high art of CoQuest.

Join us in learning the art of CoQuest through play.

Visit [coquest.org](http://coquest.org) to learn more

Please RSVP by May 11 to Valerie Hope: [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)



**Michael Howard** is a freelance artist, art teacher and writer living and working in Amherst, MA. His creative efforts are grounded in a spirit of research exploring artistic activity as spiritual activity, and how art serves our evolving humanity. His research explores the role art can play in developing inner capacities like empathy and creative freedom. With the growing dominance of digital technology in our lives, he has developed artistic exercises that strengthen our feeling-will to balance the one-sided thinking-will that our technological society emphasizes. His website is: [livingformstudio.com](http://livingformstudio.com). He can be contacted at: [livingformstudio@gmail.com](mailto:livingformstudio@gmail.com).



For all who help heal and seek healing:

# *Tone Eurythmy Therapy Intensive Course*

with

*Jan Ranck*

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

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



[tone.eurythmy.therapy@gmail.com](mailto:tone.eurythmy.therapy@gmail.com)

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

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

*Portland, Oregon  
June 22–July 1, 2018*

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

Thank you for your interest in the **Tone Eurythmy Therapy Course** taking place at Takacs Clinic, Bothmer Hall, 5909 SE Division St, Portland, OR 97206  
Friday June 22<sup>nd</sup> through Sunday July 1<sup>st</sup> 2018.

**Schedule:** The course begins at 7:00 PM Friday June 22<sup>nd</sup> and ends at 6:30 PM Sunday July 1<sup>st</sup>  
~Friday June 22<sup>nd</sup> 7:00-8:30PM ~ Welcoming and Introductory Session, come dressed for Eurythmy  
~Saturday June 23<sup>rd</sup> - Sunday July 1<sup>st</sup> ~ Four Sessions daily of 1½ hours each with the possibility of some optional evening events. Schedule subject to change.

9-10:30

11-12:30

3:00-4:30

5:00-6:30

**Course Fee:** \$500.

Enrollment capacity is limited. Please reserve your place by sending the completed application form to [tone.eurythmy.therapy@gmail.com](mailto:tone.eurythmy.therapy@gmail.com) with your full payment or a \$200 deposit (non-refundable for cancellations after May 15).

Payment by check may be made payable to: **Portland Branch**

Please write **Tone Eurythmy Conference** in the memo line and send to:

Portland Branch

c/o Ruth Klein

3609 SE Center St.

Portland, OR 97202-3204

Your registration will be confirmed upon receipt of payment and registration.  
Full payment is due by June 1.

Due to the minimal fee, those needing help with tuition are asked to request support from the institution by which they are employed. In addition, members of ATHENA may apply to [dale1022@sbcglobal.net](mailto:dale1022@sbcglobal.net) for Grant XV Category 4 and members of EANA may inquire at [gino@eana.org](mailto:gino@eana.org) about the possibility of a travel grant.

**Arrival:** The nearest airport is Portland International Airport (PDX). Taxi, Shuttle, and Light Rail options are available for ground transportation into the city.

**Accommodation:**

Those interested in accommodation in private homes for approximately \$35 per night please indicate your interest on the application. Accommodations are filled on a first come, first served basis with no guarantees. You may also look into AirBnB for nearby locations.

**Meals:**

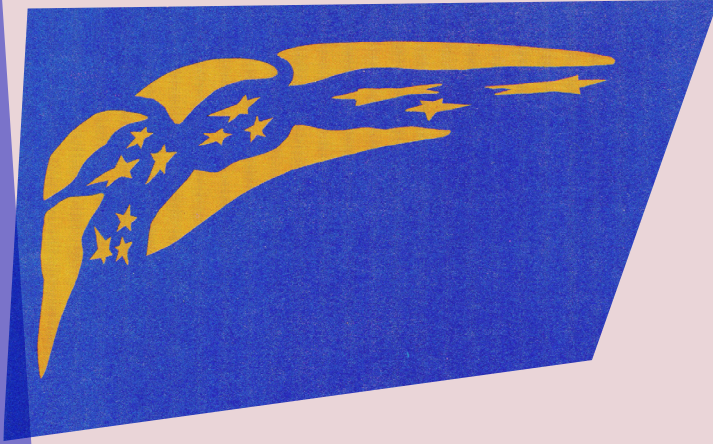
Due to varieties of taste and diet, participants should bring their own drinks and snacks. Hot water will be available during breaks. Restaurants and a health food store are located nearby.

**Please be advised that the organization of Room and Board is your responsibility.**

**Attire for the course:** You may wear what you like but if you are in possession of a eurythmy dress and veil this is the preferred attire. In the absence of a eurythmy dress the clothes should be loose fitting and cover the whole of the arms and legs, (longish skirts but not so long as to trip over them are preferred to baggy pants, though men should feel free to opt for pants). Please bring eurythmy shoes or some other form

The Portland Branch of the Anthroposophical Society Sponsors

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



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

**Friday Eve. and Saturday**  
**September 21-22**

**Bothmer Hall, 5915 SE Division**

Suggested Donation: Fri. Evening \$15;  
Saturday \$15, all are welcome regardless

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

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

Transl. Ruth & Hans Pusch

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



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



# THE INNER WORK PATH

## Strengthening the Foundations of Meditation



Painting by Patricia Lynch

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

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

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

**SAVE THE DATE: November 23-25, 2018**

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

**COST: \$300 – Financial Assistance Available**

**MORE INFO: [InnerWorkPath.com](http://InnerWorkPath.com) – [innerworkpathusa@gmail.com](mailto:innerworkpathusa@gmail.com)**



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

To order by mail make out a check to the Portland Branch, and send to 3609 SE Center Street, Portland, Oregon 97202-3204, Attn. DVD. You can also order on our website using Paypal at [www.portlandbranch.org](http://www.portlandbranch.org).

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

# Let's Create Community!

**Whitsun Celebration:**

**Candle Dipping with Portland Curative Collective**

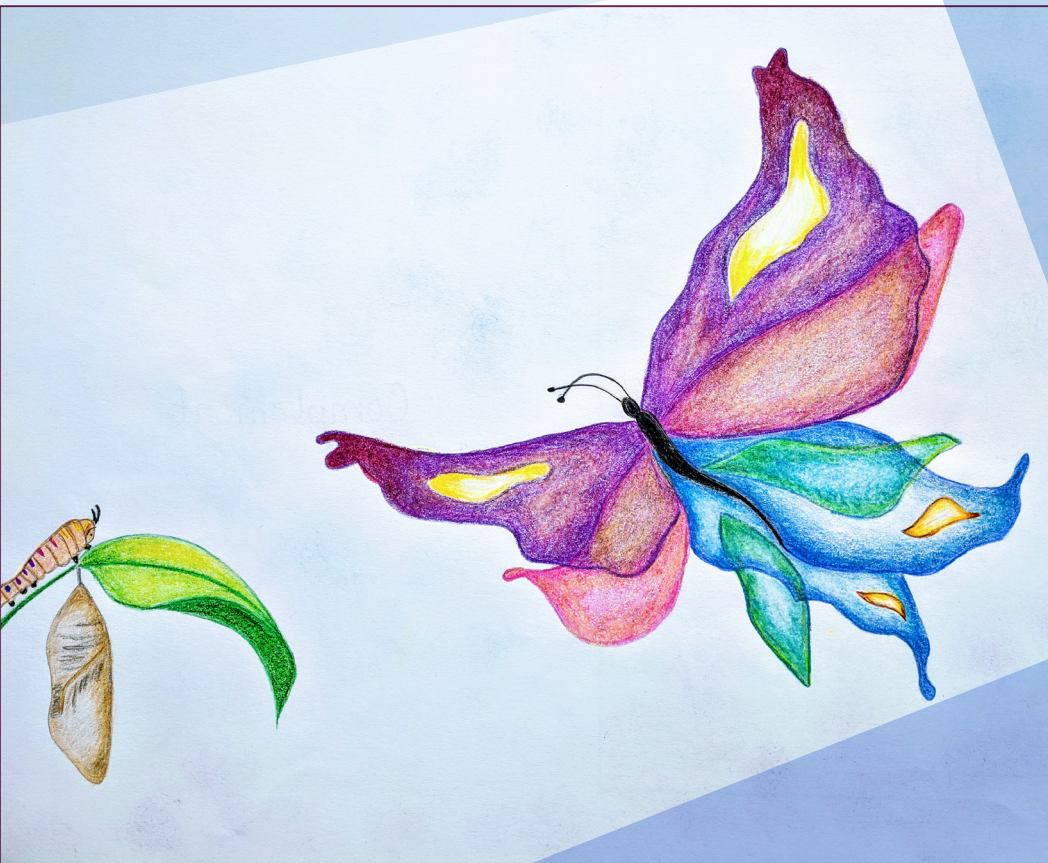
Sunday May 20

10am to Noon

**Suggested donation:  
\$25/family**

**No one turned away  
for lack of funds**

**For details  
and to register:  
503-939-9024**



For children ages 5 and up and their families. We ask that one adult family member plan to stay for the event, though all family members are welcome. Each family member who participates will make a candle to bring home. PCCI warmly invites children needing extra support and their families to create community with us through the celebration of the seasons and festivals of the year.