



Carolina Allen, Eugene, OR  
[www.themothertree.org](http://www.themothertree.org)

## A Study of Gratitude

Cicero is often quoted as saying that gratitude is not only the greatest virtue, it is the parent of all the others. I have pondered for many years the question: How might gratitude lead to other virtues? And so, for this Thanksgiving Issue, I was inspired to investigate some of what what Rudolf Steiner has said on the subject. Many of his references to gratitude are in lectures about education, and the importance of and methods for cultivating gratitude in children at an early age. Other references relate to our relationship with the dead, and to our relationship to our karma. In this issue I have included several passages from Dr. Steiner and a few from other sources, which I hope you will find enlivening.

~Respectfully submitted, Valerie Hope

## Rudolf Steiner on Gratitude:

**We can also be grateful if someone gives us a little cake, although we actually would have expected the gift of a large cake. Source: Rudolf Steiner – GA 239**

We must learn to develop a sense of gratitude, a feeling of universal gratitude for all the experiences of life. We are given everything. Everything is a gift. ~From *Start Now*.

### Earthly Death and Cosmic Life, Lecture 7: Confidence in Life and Rejuvenation of the Soul: A Bridge to the Dead

We had to show that this possibility of a blending in the psychic atmosphere is created by the living through two directions of feeling; the first of which may be called the feeling of universal gratitude to all life's experiences. The general relationship of the human soul to its environment falls into an unconscious part and a conscious part. Everyone knows the conscious part; it consists in man's following what meets him in life with sympathy and antipathy and with his general perception. The subconscious part consists in developing, below the threshold of consciousness, a better and more sublime feeling than any we can develop in ordinary consciousness. This feeling can only be described as the knowledge always in the hidden subconscious part

The Portland Branch of the  
Anthroposophical Society  
Invites you to

**Save The Date!**

See the attached Calendar & fliers for more info.  
And more events

**November 2 All Souls Observance**

**Nov. 29,  
Dec. 6, 13, 20 Advent Observances**

**Dec. 26-Jan. 6 Holy Nights Observance**

Your 2015 dues will be gratefully received. Thank you for helping to make our lively community life possible. Please send \$50 – or what you can – c/o Ruth Klein, 3609 SE Center St., Portland, OR 97202

of the soul that we must be thankful for every experience of life, even the smallest. Our difficult experiences may for the moment cause us pain, but to a wider view of existence, even painful experiences so present themselves that, not in the surface regions but in the subconscious soul, man can be thankful for them, thankful that life is unceasingly supplied with gifts from the universe. This exists as a real subconscious feeling in the soul. The other direction of feeling is that we must unite our own ego with every being with whom we have anything to do in life. Our actions extend to other beings, some, it may be, even inanimate; but wherever we have done anything, wherever our being has been united with another in action, something remains; and this remainder establishes a permanent relationship between our being and everything with which we have ever been connected. This feeling of kinship is the foundation for a deeper one, a feeling generally unrecognised by the higher soul; a feeling of oneness with the surrounding world.

Those feelings — of gratitude and of union with the environment with which one is karmically united — can come to more and more conscious fruition. To a certain extent a man can awaken in his soul what lives in these feelings and perceptions; and to the degree in which this is done, he qualifies himself to build a bridge to souls living between death and rebirth. Their thoughts can only find the way to us when they are able to penetrate through the realm of the feeling of gratitude which we develop; and we can only find the way to them by fostering in our souls, at least to some extent, a feeling of communion. The fact that we are able to feel gratitude towards the universe enables such a mood to enter our souls. When we wish to enter into relation with the dead in any way, then because we have cultivated this disposition, because we are able to feel it, the way for the dead to reach us is opened; and because we can feel that our being lives in an organic community of which it forms a part, as our finger forms a part of our body, we become ripe to feel the same gratitude to the dead when they are no longer present in the physical body, so that by this means we can reach them with our thoughts. Only when we have acquired something of a disposition of gratitude, a feeling of communion, can we apply them in given cases.

**Esoteric Lessons, Part II:** We're supposed to acquire a new thinking, feeling and willing through esoteric work on ourselves. We must tell ourselves that when we've gotten up the courage to tread the esoteric path we must make a jump over an abyss. We must let a thought that we have thought through pass over into our feelings and then permeate the latter with it completely so that we don't carelessly say something that we haven't fully grasped. A frequently heard statement that's misused more than most is: I am a Christian. An esoteric should realize that being a Christian is a distant ideal that he

must constantly try to attain. To live like a Christian mainly means to accept whatever destiny may bring us with equanimity, to never grumble about the Gods' work, and to joyfully accept whatever they send. It means to let the sentence "Look at the birds of the air, they don't sow, reap or store in barns, yet your heavenly Father feeds them" pass over into your flesh and blood. We're living in accordance with this saying if we thankfully accept what's given to us. If we don't do that it becomes blasphemy in our mouth. We should realize that if we don't prepare ourselves sufficiently for the leap over the abyss and into spiritual regions we can do so much damage through words and thoughts that the Gods have to destroy worlds to make the damage good again. For what is ruined must be destroyed in order to be created anew.

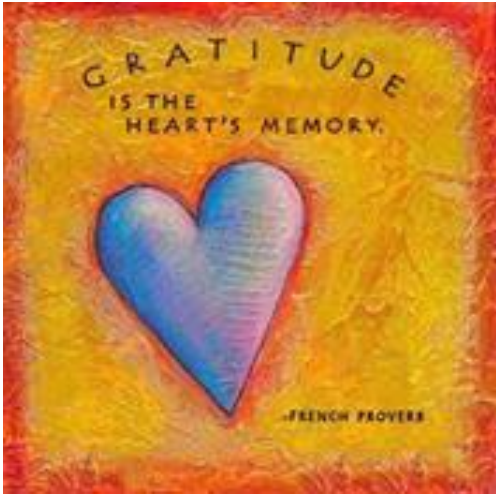
**Facing Karma, A Lecture By Rudolf Steiner  
Vienna, February 8, 1912 GA 130**

While our pain and suffering lead us to ourselves and make us more genuinely ourselves, we develop through joy and happiness, provided that we consider them as grace, a feeling that one can only describe as being blissfully embedded in the divine forces and powers of the world. Here the only justified attitude toward happiness and joy is one of gratitude. Nobody will understand joy and happiness in the intimate hours of self-knowledge when he ascribes them to his karma. If he involves karma, he commits an error that is liable to weaken and paralyze the spiritual in him. Every thought to the effect that joy and happiness are deserved actually weakens and paralyzes us. This may be a hard fact to understand because everyone who admits that his pain is inflicted upon himself by his own individuality would obviously expect to be his own master also with regard to joy and happiness. But a simple look at life can teach us that joy and happiness have an extinguishing power. Nowhere is this extinguishing effect of joy and happiness better described than in Goethe's *Faust* in the words, "And thus I stagger from desire to pleasure. And in pleasure I am parched with desire." Simple reflection upon the influence of personal enjoyment shows that inherent in it is something that makes us stagger and blots out our true being.

No sermon is here being delivered against enjoyment, nor is an invitation extended to practice self-torture, or to pinch ourselves with red hot pliers, or the like. If one recognizes a situation in the right way, it does not mean that one should escape from it. No escape, therefore, is suggested, but a silent acceptance of joy and happiness whenever they appear. We must develop the inner attitude that we experience them as grace, and the more the better. Thus do we immerse ourselves the more in the divine. Therefore, these words are said not in order to preach asceticism, but in order to awaken the right mood toward joy and happiness.



If it is thought that joy and happiness have a paralyzing and extinguishing effect, and that therefore man should flee from them, then one would promote the ideal of false asceticism and self-torture. In this event, man, in reality, would be escaping from the grace that is given to him by the gods. Self-torture practiced by ascetics, monks and nuns is nothing but a continuous rebellion against the gods. It behooves us to feel pain as something that comes to us through our karma. In joy and happiness, we can feel that the divine is descending to us.



**Karmic Relationships,  
VII: Lecture Seven**

...we can approach direct experience in another way, not as we usually do; we can ask new questions about our experiences. It must be admitted that if we look back on life it assumes a remarkable aspect. Let us ask ourselves what we really are at the present moment with our knowledge, with the quality of our feeling, the energy of our will. And if we return to our experiences with these newly asked questions, we shall discover how poor we should be, after having reached a certain age in life, if our previous experiences had not been there! If we look back, more particularly to many experiences of youth and relate the remembrance of them to the present day — how happy they were! If we often look back over our life we can say to ourselves something highly significant for the present moment. We can say: we owe the facility with which we adapt our soul, perhaps even our physical constitution with more or less dexterity to life, to the circumstances that in youth we were able to live happily, not suffering from depression, that we were led to much that gave us joy. These impressions of joy in the soul endow us in later life with a certain happiness, although it is drawn down into deeper regions of our being. Let us now ask how much of what life brings us in the way of inner deepening, how much of this is to be attributed to our sorrows, our sufferings? And let us also ask: what can arise in the soul if we look at our life with these questions in mind? We must give the answer to these questions not with the intellect, but with feeling. And feeling answers: I must be thankful to all that has come into my life because only thereby have I become the

being I am and with whom I more or less identify myself. I cannot know whether otherwise I might have been of even less account. I can only be thankful to life, because I have become what I am through its joys and sorrows.

This question must be answered with a feeling of thankfulness to life. And it means a great deal if this thankfulness for earthly existence finds its way into the human soul. If certain deepening of the soul are achieved and life is judged not out of emotion but out of the soul in its purity, then this thankfulness always arises. Though much of what life has brought us may be deplored, yet in many respects the regret is the expression of a complete error. For if what is regretted had not taken place we should not be what we actually are. The feeling that we can have about life amounts ultimately to this thankfulness. Thankfulness may also be felt even when we are not entirely in agreement with life, when we would like to have had more from our existence. **We can also be thankful if we are given a small cake by someone from whom we might have expected the present of a large one. The fact that we had expected a large cake must certainly not weaken our thankfulness.** And so it can truly be said that whatever, in our opinion, life has denied us — and this opinion may after all be erroneous — it has at all events brought us something. For what it has brought us we must develop the feeling of thankfulness. But when in all earnestness we develop the feeling of thankfulness — we need only reflect on this and it will be readily understood — there must be thankfulness for something else. Anyone who has developed thankfulness to life will be led, through this thankfulness itself, to recognition of the invisible spiritual Bestowers of life and to the transformation of memory in loving devotion to them. The most beautiful way for one's personality to be led to the super-sensible is when the path leads through thankfulness to life. Thankfulness is also a way into the super-sensible and finally it becomes veneration and love for the life-bestowing spirit of man. Thankfulness gives birth to love and when love is born from thankfulness to life it opens the heart to the spiritual Powers permeating all existence. And as life began with our birth and we cannot possibly begin to be thankful to life merely from our birth as we then already obviously possessed certain qualities, it is therefore quite certain that thankfulness to life leads out of this life into pre-natal existence. In order to be fully aware of what I am now saying it must in any case be proved in actual life. If thankfulness develops out of unprejudiced observation of life, let us test whether love that quickens insight into the spirit is not actually born from this thankfulness, and we shall find that it is so. The question arising here can indeed only be answered through life itself, but life answers as I have indicated. When, however, through actual experiences we develop thankfulness and love to the life-bestowing spiritual Powers our feeling is quite different from anything associated with memory. We

*experience* vividly, with intensity; in memory our experiences become pale shadows. Memory owes its existence to our experiences; but we now come to something that is mightier than our ordinary Ego.

#### **Spiritual Ground of Education, IV - Body Viewed from the Spirit:**

Every age has its shadow side, no doubt, and there is much in past ages we have no wish to revive; nevertheless anyone who can look upon the historical life of man with certain intuitive sense will perceive that in this our own age many men have very little inner joy, on the contrary they are beset by heavy doubts and questions as to destiny. This age has less capacity than any other for deriving answers to its problems from out of the universe, the world at large. Though I may be very unhappy in myself, and with good reason, yet there is always a possibility of finding something in the universe which can counterbalance my unhappiness. But modern man has not the strength to find consolation in a view of the universe when his personal situation makes him downcast. Why is this? Because in his education and development modern man has little opportunity to acquire a feeling of gratitude: gratitude namely that we should be alive at all as human beings within this universe. Rightly speaking all our feelings should take their rise from a fundamental feeling of gratitude that the cosmic world has given us birth and given us a place within itself. A philosophy which concludes with abstract observations and does not flow out in gratitude towards the universe is no complete philosophy. The final chapter of every philosophy, in its effect on human feeling at all events, should be gratitude towards the cosmic powers. This feeling is essential in a teacher and educator, and it should be instinctive in every person who has the nurture of a child entrusted to him. Therefore the first thing of importance to be striven for in spiritual knowledge is the acquiring of thankfulness that a child has been given into our keeping by the universe.

In this respect reverence for the child, reverence and thankfulness, are not to be sundered. There is only one attitude towards a child which can give us the right impulse in education and nurture and that is the religious attitude, neither more nor less. We feel religious in regard to many things. A flower in the meadow can make us feel religious when we can take it as the creation of the divine spiritual order of the world. In face of lightning flashes in the clouds we feel religious if we see them in relation to the divine spiritual order of the world. And above all we must feel religious towards the child, for it comes to us from the depths of the universe as the highest manifestation of the nature of the universe, a bringer of tidings as to what the world is. In this mood lies one of the most important impulses of educational technique. Educational technique is of a different nature from the technique devoted to unspiritual things. Educational technique essentially

involves a religious moral impulse in the teacher or educator.

### **Steiner Quotes from Heirloom Seasons Blogspot:**

**All that flows, with devotion and love, from a child's inner being toward whatever comes from the periphery through the parents (or other educators) - and everything expressed outwardly in the child's imitation - will be permeated with a natural mood of gratitude. We only have to act in ways that are worthy of the child's gratitude and it will flow toward us, especially during the first period of life.**

It would be very incorrect to remind children constantly to be thankful for whatever comes from their surroundings.

**On the contrary, an atmosphere of gratitude should grow naturally in children through merely witnessing the gratitude that their elders feel as they receive what is freely given by their fellow human beings, and in how they express gratitude.**

The cultivation of universal gratitude toward the world is of paramount importance.

**It does not always need to be in one's consciousness, but may simply live in the background of the feeling life, so that, at the end of a strenuous day, one can experience gratitude, for example, when entering a beautiful meadow full of flowers. Such a subconscious feeling of gratitude may arise in us whenever we look at nature. It may be felt every morning when the Sun rises, when beholding any of nature's phenomena."**

And if we only act properly in front of the children, a corresponding increase in gratitude will develop within them from all that comes to them from the people living around them, from the way they speak or smile, or the way such people treat them."

**This universal mood of gratitude is the basis for a truly religious attitude; for it is not always recognized that this universal sense of gratitude, provided it takes hold of the whole human being during the first period of life, will engender something even further.**

One should realize that, just as one has to dig the roots of a plant into the soil in order to receive it's blossom later on, one also has to plant gratitude into the soul of the child, because it is the root of the love of God.

#### **Other Sources:**

I remember those happy days and often wish I could speak into the ears of the dead the gratitude which was due to them in life and so ill returned. ~ Gwyn Thomas

**Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. ~ Denis Waitley**

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. ~ Melody Beattie

**Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world. ~John Milton**



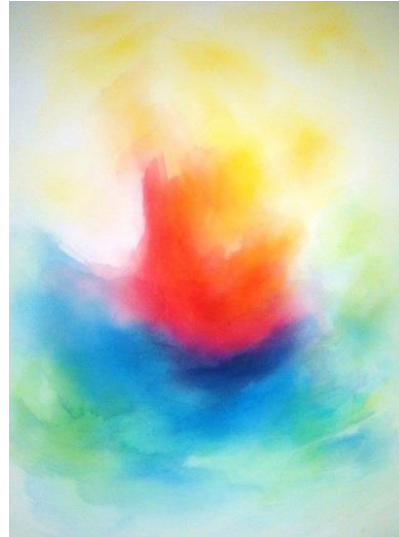
## Here Come the Holy Nights Readings!

The time for The Holy Nights Readings is fast approaching, and it is time to put in your request to host an evening. For those who have never attended, the readings are every evening during the twelve nights of Christmas. They begin on December 26th and continue until January 6th. Each evening we read from a lecture series from 7:30 to about 9:00 and then have some time to socialize and partake of the refreshments provided by our hosts and others. This type of event happens in many anthroposophic communities and has been celebrated here for more than twenty five years. Last year there were about 13 people each evening and 39 people attended at least one reading. It is a unique experience to attend an event like this over twelve nights at this time of the year. There are often special events on some of the evenings including dropping lead on New Years Eve. This is an old ritual where people drop molten lead into water and try to see the coming year in the resulting structures.

This year we will be reading the The Gospel of St Mark lecture series which we last read in 2008.

**Please call (503-777-3176)** and reserve an evening to host. I will give priority for choice of dates to people who hosted last year, if you reserve by November 29th. After the 29th I will give out dates on a first come first serve basis. I look forward to seeing you all during the holy night's readings.  
~Tom Klein

**“Festivals are not merely the commemoration of historical events or personalities. They are in and of themselves, each year, spiritual events carrying a significance that grows and deepens with the developing phases of human evolution.” ~Rudolf Steiner**



## Carolina Allen: Works on Paper

By Robin Lieberman

The Art Hall at Cedarwood Waldorf School is pleased to invite you to an opening reception for a new exhibition, *Works on Paper*, by Eugene artist, teacher and mother, Carolina Allen, on Thursday, November 12, 2015, 5:30 – 7:30 p.m., with an artist talk at 6:00 p.m.

“A child her wayward pencil drew  
On margins of her book;  
Garlands of flower,  
Dancing elves,  
Bud, butterfly, and  
Brook,  
Lessons undone, and  
Plum forgot,  
Seeking with hand  
And heart  
The teacher whom  
She learned to love  
Before she knew  
T’was Art.”

Louisa May Alcott

For Carolina art is the golden, shining thread of life which magically weaves together the things that matter most. Sixteen years ago she found Waldorf education, eventually became a Waldorf teacher, and through doing so discovered that we are all artists...including herself. Before that she had no idea that spreading colors about on paper could tap into such a deep wellspring of joy, as immense and multilayered as the starry and sacred skies.

Carolina is a single mother of two beautiful girls and an adopted son, a Waldorf teacher who runs [The Mother Tree](#) kindergarten and preschool out of her home, and in so many ways a community builder who strives to weave these myriad elements of her life into an expression of



beauty as an artist, finding balance along the way. Each role brings different hues to her palette: seeking mentors for her children (and being worthy of imitation herself), ushering forth the other young souls in her care, and sharing her home with those in need all create an opportunity to inspire within a warm and inviting space—messy though it sometimes is!

Carolina also serves on the Board of [Circle of Children](#), which seeks to provide an enriching environment for children and adults to explore and discover their inherent gifts through hands-on and service-based learning. Circle of Children offers all of its services as a free resource through a gift-based economy and thereby strives to bring forth a new level of consciousness regarding money. The organization works with schools, such as the School of Arts and Academics where Carolina's eldest daughter attends, small business programs, and corporations hosting conferences at its Triangle Lake Conference Center in the foothills of the Oregon Coast Range.

She hopes her paintings reflect her joy of living and in some way help each of us get more in touch with our own creativity, that which is our birthright. Following the opening showings will be available to the public by appointment through Friday, December 04, 2015. If you cannot join us at the opening please contact Robin Lieberman at (503) 222-1192 or [robin@robinlieberman.net](mailto:robin@robinlieberman.net) to schedule your visit.

## Calendar of the Soul

### November 1-7, Verse 31

#### Light from Spirit Depths

Light – is it sunlight? – out from Spirit-deeps struggles to shine,  
translated into lively strength of will  
clear through the cloudiness of sense it burns,  
releasing energy that turns  
passionate drives into creative thrust  
that ripens into work amongst mankind.

### November 8-14, Verse 32

Ripely I feel a power now my own  
grow strong contributing me to the world,  
I feel my being gather strength to be  
clear-sighted in its web of destiny.

### November 15-21, Verse 33

#### Ahrimanic Deception

So now for the first time  
I feel the world without me,  
empty and bleak and cold,  
feeble without the breath of my participation—unensouled  
by human self-renewal, self-creation,  
assured of naught but death.

### November 22-28, Verse 34

Vigorously to kindle here within  
the shining light of thought,  
from out of the World-spirit's well of strength  
to draw up meaning and make sense  
of past experience:  
all this for me is summertime's bequest,  
is winter's hope and autumn's rest.

### November 29-December 5, Verse 35

Can I in such wise know  
Being that, being known,  
it find itself again  
in soul's creative thrust!  
Strength I feel given me in trust  
To have a humble self begin to be  
A member of the Selfhood of the  
world.

~Paraphrase, Owen Barfield.



**From: *Calendar of the Soul; Multiple Translations*  
Available from Mercury Press!**

[www.mercurypress.org](http://www.mercurypress.org)

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 Ramage at 971-271-7479.

To submit an article or a calendar item, email it to both 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 **15<sup>th</sup> 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>

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

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

# Portland Branch Calendar

# October, 2015

## First Class of the School of Spiritual Science – Lesson Seventeen

Sunday, November 8, 9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Rumage at 971-271-7479; Cheri Munske at 503- 484-4133; or Rebecca Soloway, (516) 850-1027. Blue card required. Second Sunday of each month.

## Portland Branch Council Meeting

Monday, November 9 • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; email [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. Meetings are on the second Monday of each month.

## All Souls Observance

Monday, November 2, 7:30 pm • Bothmer Hall, 5919 SE Division St. • Contact Valerie Hope, 503-775-0778; email [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com).

Join us for a remembrance of your dead. You may bring pictures or other mementos of those who you would like to remember. As you enter to lyre music by Chiaki Uchiama you can place your items on the tables if you have them, and light a candle. Eurythmists James Knight and Jolanda Frischknecht will present *Halleluja; Bequest* by Hammerling; and a tone piece. Diane Rumage will present the verse, then you are invited to speak aloud the names of the dead. To deepen our understanding of this important observance we will read together and discuss a lecture – *Further Facts About Life Between Death and Rebirth* by Rudolf Steiner, **printed in the October newsletter** and available at the gathering. We will end with the Eurythmy Halleluja and the verse, and leave quietly to lyre music. See flier, November newsletter.

## Carolina Allen: Works on Paper

Thursday, November 12, 5:30 – 7:30 pm Opening Reception - 6 pm Artist Talk • The Art Hall at Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) [thearthall.wordpress.com](http://thearthall.wordpress.com)

Exhibit open to the public by appointment through December 4. See flier and article in this newsletter.

## Wordsmith – Writing Workshop with Sanford Miller

Bothmer Hall, 5919 SE Division St. • Suggested Donation \$50 or what you can afford, for all sessions • Contact Sandra Burch to register and for more information, 503-353-1818 [galenalyn@gmail.com](mailto:galenalyn@gmail.com)

This workshop is an exploration of words and word combinations, the basic stuff of poetry. We are beginners together in the wonder and awe before the spiritual reality of words! Each event stands alone, so come for one, two or all events

Friday November 20, 7:30pm *The Poetic Imagination - Seeing Upward and Seeing Behind*, a talk by Sanford Miller

Saturday November 21, 9:00am – 4:30 pm, Bring a sack lunch. 9am The Act of Consecration of Man; 10:15 am Writing Exercises - observation and shifting the point of observation 12:30 pm lunch; 2:00 pm Writing Exercises - vowels and consonants, alliteration and metaphor, writing based on the four elements, 4:00pm Close of Day ritual before the altar.

## Christian Community Events, November in Portland

All events at Bothmer Hall (unless otherwise noted) 5919 SE Division St., Contact Sandra Burch with questions 5033531818, [galenalyn@gmail.com](mailto:galenalyn@gmail.com)

Thursday November 19, 7:30pm Revelations in the Cycle of the Year New Testament Study, at the Burch house

Friday November 20, 7:30pm *The Poetic Imagination Seeing Upward and Seeing Behind*, a talk by Sanford Miller

Saturday November 21, 9:00am The Act of Consecration of Man, 10:15am Wordsmith Writing Workshop (see above)

Sunday November 22, 9:15am Religious Instruction (grades 1-8), 10:00 Children's Service (grades 1-8),

10:30 Act of Consecration of Man (adult communion service call in advance for childcare)

## Christian Community Events for November and Beyond

Contact Sandra Burch with questions 503-353-1818, [galenalyn@gmail.com](mailto:galenalyn@gmail.com)

Rudolf Steiner gave new life to education with the Waldorf School, and he helped to found the Christian Community – a Movement for Religious Renewal – a Christian path for modern people. Come experience the renewed Mass and the Children's Service.

November 19- 22, Reverend Sanford Miller visits Portland

December 11-13, 2016 Reverend Craig Wiggins in Eugene

January 28-31, 2016 Reverend Craig Wiggins in Portland

## **Celebrate the Four Sundays of Advent with the Portland Branch**

**Four Sundays, November 29 & December 6, 13, 20, 27 pm – 8:30 pm • At the home of James Lee & Jannebeth Roell • Call 503-249-3804 or email [anthroposophynow@comcast.net](mailto:anthroposophynow@comcast.net) to reserve your space.**

Advent is the period beginning on the fourth Sunday before Christmas. Join the Portland Branch to read about events that took place in the spiritual world long before the birth of Christ on earth. The significance of these events or deeds is that they were a prerequisite for our unique human faculties of walking, speaking, thinking and memory in addition to human selflessness. *The Pre-Earthly Deeds of Christ* and *The Four Sacrifices of Christ* by Rudolf Steiner are the short lectures that will be considered during the Advent meetings this year. Copies of the lectures will be available at the study and at the following links: [The Pre-Earthly Deeds of Christ Online](#) and [The Four Sacrifices of Christ Online](#). Each Sunday we will consider the Deeds and Sacrifices as they occurred in human evolution.

## **Here Come the Holy Nights Readings! The Gospel of St. Mark**

**December 26-January 6, 7:30-9:00 pm • Locations: Community Members' Homes. Please volunteer your home, we'd love to come visit you • Contact Tom Klein, 503-777-3176**

See article in November newsletter.

## **Ongoing Local Activities and Study Groups**

### **First Class of the School of Spiritual Science • Second Sunday of the month, Lesson 14**

**9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Rumage at 971-271-7479 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](mailto:Tgklein@aol.com).**

This group works with the contents of the class.

### **First Class Study: The First Class of the Michael School and its Christological Foundations by S. Prokofieff • Second Thursday of the Month • For Members of the School of Spiritual Science**

**7:30-9:00 pm • Contact Rebecca Soloway, [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com) or 503-908-7615 • Blue Card required**

### **Council Meetings of the Portland Branch • Second Monday of the month No regular meeting in August**

**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.

### **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 Foundation Course: Tuesday Evenings, and one weekend a month.**

**Tuesdays 6-7:30 pm; Saturdays 10:30 am - noon & 1-2:30 pm; Sundays 10:30 am - noon • Fee, \$20/session • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • Contact Jolanda Frischknecht, 503-896-3345 or [jolandafrischknecht@hotmail.com](mailto:jolandafrischknecht@hotmail.com) ; or Micha-el Institute, 503-774-4946, <http://www.micha-elinstitute.com/>**

This class is for adults with prior experience in Eurythmy and beginners. Drop-ins welcome, but regular attendance is strongly encouraged.

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

**8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free**

All are welcome. Contact: Carrie Mass, [Carrie.mass@portlandwaldorf.org](mailto:Carrie.mass@portlandwaldorf.org)



### **Festivals Study Group: First and Third Thursdays**

7-8:30 pm • 3711 SE Brooklyn St. • To find out which Thursday is next 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 best to observe them.

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

7:30-9:00 pm • Starting anew November 12, 2014. Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • Contact Diane Ramage by e-mail at [drumage@comcast.net](mailto: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 will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoo.com](mailto:pws_choir-subscribe@yahoo.com) (503) 654-2200

### **Painting and Study with Patricia Lynch, Friday Mornings**

9:15-11:00 am, 3359 NE 72<sup>nd</sup> Ave., Portland. Contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

Painting from "Fifty-Two Weeks" by Laura Summer, and reading "Art as Spiritual Activity, Rudolf Steiner's Contribution to the Visual Arts." All are welcome.

### **The Spiritual Hierarchies and the Physical World Study Group • First and third Tuesdays**

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

### **Theosophy Study Group • First Monday of the Month**

7:45-9:00 pm • 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 *Theosophy*.

### **Threefold Social Renewal Study Group • Every Friday, beginning on September 18**

11:30 am – 1pm • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • contact Michael Givens, [mgivens.lac@gmail.com](mailto:mgivens.lac@gmail.com) or 503-609-0890

We will be reading and discussing *Becoming Human: A Social Task – The Threefold Social Order* by Karl Konig

### **World Economy Study Group • Last Friday of the Month**

6:00-8:00 pm • 3046 NE 33<sup>rd</sup> Ave. • contact [mgivens.lac@gmail.com](mailto:mgivens.lac@gmail.com) or 503-609-0890

Please join us in a diverse study group around the principles and practices of Associative Economics. We will be reading and discussing Rudolf Steiner's 14 lectures on the "World Economy". The recommended text is "Economics: World as One Economy", translated by Dr. Christopher Houghton Budd. It can be found at <https://www.cfae.biz/publications/shop/>

### **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)

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

September-June • Eugene Waldorf School • Contact Lee Ann Ernandes @ message phone, 541-686-9112

Preparing Waldorf teachers for their future vocation since 1990.

**The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2015:** Betty Baldwin, Wes & Sandra Burch, Gia Davis, Yvonne DeMaat, Mia Ellers, Julie Foster, Christopher Guilfoil, Joiline Hardman, Roxanne Hazen, Helen Homola, Valerie Hope, Lauren Johnson, Tish Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, James Lee, Robin Lieberman, Regina Loos, Patricia Lynch, Robin O'Brien, Nancy Pierce, Jeff Rice, Susan & Walter Rice, Jannebeth Roell, Diane Ramage, Padeen Quinn, Jerry Soloway, Rebecca Soloway, John & Joan Takacs, Chiaki Uchiyama, Elizabeth Webber, Beth wieting

We will gratefully receive your Branch membership dues (\$50 or what you can afford) each January. Send to: The Portland Branch c/o Ruth Klein, 3609 SE Center, Portland, OR 97202

## Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.

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

## Embryo In Motion: Understanding Ourselves as Embryo

4-DVD Set Now Available With Jaap van der Wal, PhD, MD

This beautiful 4-DVD set was professionally recorded live in Portland, OR, June 3–6, 2010.

To learn more about the 4-DVD set and for instructions on how to order it, go to the “shop” portal on the Portland Branch website at [www.PortlandAnthroposophy.org](http://www.PortlandAnthroposophy.org).



**The Bridge**  
by David Newbatt Available  
from Wynstones Press

# All Souls Observance

## Monday, November 2

**Bothmer Hall, 5919 SE División St.**

**7:30 pm - For Adults**

Join us for a remembrance of your dead. You may bring pictures or other mementos of those who you would like to remember. As you enter to lyre music by Chiaki Uchiama, you can place your items on the tables if you have them, and light a candle.

Eurythmists James Knight and Jolanda Frischknecht will present: Halleluja; Bequest by Hammerling; and a tone piece.

Diane Rumage will present the verse; then you are invited to speak aloud the names of the dead.

To deepen our understanding of this important observance we will read together and discuss a lecture – Further Facts About Life Between Death and Rebirth by Rudolf Steiner, printed in the October newsletter and available at the gathering. We will end with the Eurythmy Halleluja and the verse, and leave quietly to lyre music.

In Light of Cosmic Thoughts  
Now weaves the soul  
That was united with me upon Earth.  
May the warm life of my heart  
Stream outward to thy soul  
To warm thy cold  
And mitigate thy heat.  
In spiritual worlds  
May my thoughts live in thine  
And thy thoughts live in mine.  
~Rudolf Steiner



**You are warmly invited  
to a new exhibition at  
The Art Hall at Cedarwood Waldorf School**



# **Carolina Allen**

## **Works on Paper**

### **Opening Reception**

**Thursday, November 12th, 2015**

**5:30-7:30pm**

### **Artist Talk**

**6:00pm**

**Exhibit open to the public by  
appointment through  
December 4th, 2015**

**[thearthall.wordpress.com](http://thearthall.wordpress.com)**

**Please direct all inquiries to  
Robin Lieberman at  
503-222-1192 or at  
[robin@robinlieberman.net](mailto:robin@robinlieberman.net)**

**Cedarwood Waldorf School  
3030 SW Second Avenue  
Portland, OR 97201**

