



# Anthroposophical Society PORTLAND BRANCH

Newsletter

November 2017

## Why Prepare for Advent!? (December 3-24)

by Valerie Hope

This can be a good time to think about what we would like the inner quality of our Advent season to be – this time of preparing for the Christmas festival. Certainly the outer world does not provide the support we need to understand and observe this important time in the cycle of the year! It has become for many of us one of the most materialistic and stressful seasons. Long ago I prepared a booklet about the winter festivals that was just a beginning, also of my own journey of understanding, written for parents and teachers in a Waldorf school. In the many years following I have bounced between the materialistic ideas and feelings that I grew up with, and attempts to cultivate a stronger, deeper understanding through Anthroposophy. Last year, because of an accident, I was largely unable to participate in ‘the holidays’ - and even daily activities – along the lines of old habitual patterns, and so entered into the actual mood of the season more deeply. Because I had the space, I somewhat unexpectedly took up an intense study of The Lord’s Prayer as understood by Rudolf Steiner, and in the process developed a closer relationship to the true purpose of the Christmas festival.

I do not have words to express how affecting this was for me. I have been trying to think how to offer encour-

agement for finding one’s way at this time, to suggest that each person find the practice, reading, prayer, or other activity which will fructify soul life in the way that is most possible at this time – how to offer some encouragement to make a beginning. I have found the following passages from Rudolf Steiner motivating, in that they indicate the importance of, and increase my own feeling of responsibility for, entering as fully as possible into the Advent season..



“The body is connected with purely material forces and the soul and spirit with forces akin to their own nature. The great festivals exist to bear witness to our connection with the whole universe, and to help us use our powers of feeling and thinking in such a way that we become fully aware of this connection. When this insight lives within us, the festivals will change their present character and become living realities in our hearts and souls. They will be points of focus in the year, uniting us with the all-pervading spirit of the universe.

Throughout the year we fulfil the common tasks and duties of daily life; but at these festival times we turn our attention to the links which bind us with eternity. And although daily life

is fraught with many a struggle, at these times a feeling awakens within us that above all the strife and turmoil there is peace and harmony. (continued on page 2)

Leonardo da Vinci *Salvator Mundi*  
c. 1490–1519, Oil on walnut, 25.8 in × 17.9 in

Festivals are the commemoration of great ideals, and Christmas is the birth feast of mankind's highest ideal, which we must strain every nerve to attain if we are to fulfil our destiny. The birth festival of all that we can feel, perceive and will – such is Christmas when it is truly understood.”

“When in all that pertains to his daily life man applies spiritual wisdom, life will be filled with it and from all pulpits, far and wide, godlike wisdom, the living wisdom of the Spirit will resound in the words that are spoken to the ‘faithful.’ It will then be unnecessary to utter the actual words ‘Spiritual Science’ at all. When in Courts of Law the deeds of human beings are viewed with the eyes of spiritual perception, when at the bed of sickness the doctor spiritually perceives and spiritually heals, when in the schools the teacher brings spiritual knowledge to the growing child, when in the very streets men think and feel and act spiritually, then we shall have reached our Ideal, for Spiritual Science will have become common knowledge. Then too there will be a spiritual understanding of the great turning-points of the year and the everyday experiences of man will be truly linked with the spiritual world. The Immortal and the Eternal, the spiritual Sun will flood the soul with light at the great Festivals which will remind man of the divine Self within him. The divine Self, in essence like the Sun, and radiant with light, will prevail over darkness and chaos and will give to his soul a peace by which all the strife, all the war and all the discord in the world will be quelled.”


Please accept my best wishes for a fruitful Christmas and Advent Season!

1 The Festivals and Their Meaning, Rudolf Steiner, The Christmas Festival: p. 28

2 The Christmas Festival: A Token of the Victory of the Sun Rudolf Steiner, Berlin,

24th December, 1905

Here I can boldly trust my heart;  
Cold admiration I shall not have – no I feel,  
And in feeling art completes itself.



~Theodor Körner  
Playwright, Poet  
1791 - 1813

## Micaceous Clay Pottery Event with Waldorf Alum

Please join us for a special pottery event on November 25th, from 1pm - 4pm at the GBH Studio, at 3359 NE 72nd Ave, Portland Or. Orion Shannon O'Brien Langdon (PWS 2007) will be bringing his micaceous clay cookware from Northern New Mexico for a show and tasting. He makes hand coiled cooking vessels and cups from clay harvested in the wild, generous mountains of his current home. Orion's work is one of many iterations of the ever evolving, centuries old tradition of pottery making in New Mexico. Micaceous clay cooking pots are beautiful, durable, hold heat well and can be used in the oven or directly on the stovetop. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots.  
<http://www.handtomountain.com/>

For more information contact Patricia Lynch at: [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

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

**See the attached calendar & fliers for more  
info. and more events**

**11/2**  
**All Souls Observance**

**12/ 1, 8, 15**  
**Making Space for Christmas,  
with Dr. John Takacs**

**2/23-25**  
**Meeting the Challenges of Child  
Development in Education and the  
Healing Arts with Dr. Michaela Glockler**



## REVIEW

### Reflections on Rudolf Steiner's Twelve Moods

– Theme of the Summer Professional  
Eurythmy Conference  
– and the Performances Which Followed

by Katherine Stewart and Dr. Lisa Del Alba

'May the loss be gain in itself!' (Moon in Pisces)

When Rudolf Steiner introduced the Eurythmy Presentation of the Twelve Moods, he started out by commenting on the intense longing of people of our times to find a connection between the material life and the spiritual life; and how during this search, we are all prone to disheartening mistakes. 'As an earthly human being - wandering about aimlessly, as man does, with the beings who were cast into the abyss, into the earthly depths - a person generally, as a matter of course, errs with his thoughts and feelings during earthly existence. Yet he is able to raise himself aloft out of this erroneous thinking and feeling, to raise himself to what becomes for him, out of quiet movement, a firmer thinking or feeling.' Rudolf Steiner devoted his life to helping his fellow human beings gain some tools to 'lend confirmation to the great truth that the human being in his doing and his being can harmonize with the doing and being of the world.'

Rudolf Steiner often spoke of 'mood' as being, in most situations, what determines the significance of a deed. In other words, it is not so much what is said or done, or even by whom it is said or done: what matters above all is the mood in which it is said or done. After he pointed out the event of the Christ appearing in the etheric, (an event of which he said would be catastrophic for human beings if it went un-noticed), he put much effort into helping those willing to listen and work with him be able to perceive and work in this realm where the Etheric Christ is now present for all human beings. His presentation of the 'Twelve Moods' in eurythmic movements was one such attempt at giving a healthy impetus towards developing discernment in our etheric/imaginative perceptions, while at the same time contributing to an astrology which is more appropriate to our time. In fact, he said the ideal would be that... 'someone, were he awakened from sleep and had one line read to him - 'In becoming activity

pauses' - to be able to say, 'Ah yes. Mars in Scorpio!' With another line, he would have to say, 'Jupiter in Libra,' and so forth... Being at one with the laws of the universe is really taken seriously.'

On Sunday, August 13th, 2017 (a day when the moon was moving from the constellation of Pisces into the constellation of Aries), the Cedarwood Waldorf School hosted a public eurythmy performance to share the fruits of a remarkable extended workshop attended by 40 eurythmists from around the world. The main theme of their work was Rudolf Steiner's twelve planetary moods.

The audience was greeted by both the main teachers of the workshop, eminent eurythmists Michael Leber and Dorothea Meier, and treated to the rare experience of so many trained eurythmists moving together in a swirl of color and intentional soul-shaping movement, both to poetry and to music. As audience members, we were able to gratefully relax into this collaborative offering; here were dedicated eurythmists from far and wide (even from as far away as Australia!) uniting their striving to create an intimate feast of color, sound and soul.

The first part of the program included solos and small group offerings from some of the participants, both in poetry and music. The variety of pieces was refreshing and exciting. The latter half of the program showcased the main work of the workshop itself, with the planetary moods expressed through the medium of poetry and music. It was apparent that the eurythmists had worked deeply and reverently to approach the cosmic mystery of how the zodiacal and planetary moods infuse the soul, and a profound quietness descended upon the space as the audience took in their work.

This quietness transformed later to appreciative laughter as those same moods were presented as satire; allowing the audience to awaken to the realization of how we are all susceptible to unbalanced planetary energies in our lives. Rudolf Steiner hoped that this part of the work would not be misunderstood as 'toying with serious matters', and reminded his audience that 'Whoever wants to be truly serious in the face of seriousness must be able to laugh when the ridiculous deems itself serious.' It looks humorous on the stage, doesn't it!? But perhaps an uneasy recognition of one's own imbalances crept in.

'Oh shine of light abide!' (Moon in Aries)

1 'Twelve Moods' by Rudolf Steiner, GA040 August 29th, 1915

2 Ibid.

3 Ibid.



**T**he International Youth Initiative Program, YIP, is based in Jarna, an Anthroposophical community and center in Sweden. It is a societal entrepreneurship training, offering a holistic educational program that promotes an expanded global and personal awareness. YIP aims to strengthen young people's capacity to take initiative in the face of current global challenges. Up to 40 participants, between 18 and 28 years old, from all over the world, live, learn, create and organize together for 10 months. With its format YIP provides a platform for young people to develop their fullest potential, expand their understanding and find their authentic task in society and the world. For more information see their website, <http://www.yip.se/>

From Lauryn Witco (Morley), YIP 2008  
(More of her story in December)

After two years of dry college lectures and empty written assignments I realized I was tasting an education that wasn't nourishing me. I honestly couldn't tell you what I learned in class. I had bigger questions than economic growth patterns and the basic nature of existence. The world is full of confrontation, challenges, and suffering. I was asking questions and looking for my place to make a difference. The International Youth Initiative Program (YIP) was my answer.



## Calendar of the Soul

### Thirty-first Week (November 3 - 9)

From deep and distant Spirit Depths,  
a Light,  
It reaches out, just like our sun:  
It turns to strength of will for Life  
And shines within the senses' dullness  
To birth new energies, and bring forth  
Creative powers out of soul instinct  
For human beings' labours.

### Thirty-second Week (November 10 - 16)

My ripening strength I feel  
I can increasingly give the world;  
My own being I feel strengthening,  
And turning toward clear insight  
In this the fabric of Life's destiny.

### Thirty-third Week (November 17 - 23)

Thus I sense the world  
Which, without my sympathy  
Would only manifest an icy, empty life  
And powerless  
To recreate itself in human souls  
Would find death only in itself.

### Thirty-fourth Week (November 24 - 30)

Mysteriously the treasured past  
With a renewed sense of self,  
Comes to life in me I feel:  
May it awaken cosmic forces  
To pour into my worldly work  
Allowing me to mould my place  
and time.

Calendar translation by Stefan Schwabe



## What's New at the Goetheanum?

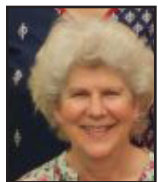
by Anya Thaker

**W**e don't develop relationships with organizations, such as the Goetheanum or the Anthroposophical Society. Our connection to such activity is through having some connection with individuals, and so we are pleased that Anya is helping to foster our connection with the Goetheanum through bringing us news of the individuals hard at work there. Ed. note

Another year of study has begun at the Goetheanum and students from around the world are actively learning about Anthroposophy in English, German, Spanish and Portuguese! A diverse group of working professionals, section leaders, and heads of schools are offering a rich variety of courses. In coming articles I will attempt to introduce (appearing mostly alphabetically) some of the many individuals who play major roles in teaching and organizing the Goetheanum as a school and event hall today.

Already highlighted in previous columns: Oliver Conrath, Head of the Mathematical and Astronomical Section (MAS); the departure of Seija Zimmerman (former member of the Executive Council) and new addition of Mattias Girke (to the Executive Council and head of the Medical Section). Next up here is Caroline Chanter, followed by a list of biographies to come.

### Who is Caroline Chanter?



Caroline Chanter, British born, studied Fine Arts in the UK, Art Therapy at the Dr. Hauschka school in Germany and painting under Gerald Wagner in Dornach. Now she runs the painting school called Rudolf Steiner Malschule, located just a short walk north of the Goetheanum.

### From the Rudolf Steiner Malschule website:

The painting school was originally in the Goetheanum building and consisted of part-time classes taught by different artists. When the Atelierhaus was built in the 1960s the 'Goetheanum Painting School' moved there, becoming two separate schools taught by the painters Beppe Assenza (1905-1985) and Gerard Wagner. Gerard Wagner's earliest colleagues were Erwin Thomalla and Elisabeth Koch(Wagner). After Gerard Wagner's death in 1999 the responsibility for the school, which

up until then was in the hands of Gerard and Elisabeth Wagner, passed on to Caroline Chanter.

At Michaelmas 2015 the name of the school changed to the Rudolf Steiner Painting School (Rudolf Steiner Malschule). The school has retained its international character and attracts students worldwide. At the present time the majority of students are English speakers.

While Caroline is not the main painting teacher for the Anthroposophic Study programs (see teacher Esther Gerster in an article to come), she does teach a one week focus course in the study program, introducing students to the painting technique taught by Gerald Wagner - studies of color and nature moods- and a study of Rudolf Steiner's Representative of Man, the carved, wooden sculpture. She also teaches a four-year course in Bangalore, India.



Working with Rudolf Steiner Nature Mood Sketches

The Malschule offers both full and part-time study, and summer courses. For more information see the Malschule website (<http://www.rudolf-steiner-malschule.ch>) or email Caroline: [c.chanter@iriscolor.ch](mailto:c.chanter@iriscolor.ch)

In coming articles Who's Who will feature such interesting personalities as : Hans Hasler, Sebastian Jüngel, Constanza Kaliks, Johannes Köhl, Paivi Lappalainen, Christian Hitsch, Paul Mackay, Edda Nehmiz, Christian Peter, Bodo von Plato, Robin Schmidt, Virginia Sease, Joan Sleigh, Thorvald Tiersch, Justus Wittich...and more!







## Two Travel Opportunities with Sophia Services

**S**ophia Services is offering two European trips with Anthroposophical themes in 2018. The first, In Search of Knights Templar in Portugal, will be from April 21-May 5. The booking deadline is December 6, 2017. The Knights Templar are well known for their activities in Jerusalem and the Holy Land in the Middle Ages following the First Crusade. Their demise in 1307 is also well known. What is not so well known is the belief that their activities in Portugal, working with Bernard of Clairvaux and Portuguese Templar Kings over several generations, formed a Kingdom of Conscience with laws that are echoed in Rudolf Steiner's Threefold Social Order. When the Knights Templar in France were arrested on the night of Friday, October 13, 1307, those who could fled to Scotland and Portugal where they were protected. King Denis I of Portugal refused to arrest the Knights and as a compromise their name was eventually changed to the Order of Christ.

The second, In Search of the Future – a tour of discovery in Hungary, Romani and Bulgaria, will be from July 28 to August 20. The booking deadline is April 30. "Anthroposophy was planted in these Eastern European countries early in the last century. Communism kept it underground prompting it to grow strong roots. At the end of that era, it grew strong and firm above ground and blossomed with joy that it could now be free. We have known none of that in the West. We will carry the awareness that the Slavs will lead the way in heartthinking consciousness in the future. On this tour we will explore what has been happening anthroposophically in Eastern Europe in the last 25 years and, in Bulgaria, meet some of those on a similar yet different spiritual path acknowledged by Rudolf Steiner.

For more information contact:

[www.sophiaservices.ca](http://www.sophiaservices.ca) ; [sarnia@sophiaservices.ca](mailto:sarnia@sophiaservices.ca)

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 Ramage 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.

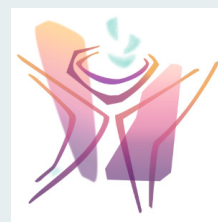
### The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2017:

Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, Julie Foster, Kevin Gregg, Christopher Guilfoil, Helen Homola, Valerie Hope, Lauren Johnson, Tish Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, Anne Kollender, Vicki Lai, Robin Lieberman, Judith Levin, Martin Levin, Lisa Masterson, Brian McClure, Willi Muller, Jeff Rice, Diane Ramage, Kim Sinclair, Jerry Soloway, Rebecca Soloway, William Surface, Linda Sussman, Joan Takacs, John Takacs, Chiaki Uchiyama, Beth Wieting, Brian Wickert

**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,  
Portland, OR 97202

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





**Exciting News:**  
**The November 2018**  
**Biodynamic Conference**  
**is Scheduled for Portland!**

The next North American Biodynamic Conference will take place November 14-18, 2018 in Portland, Oregon. Join the Biodynamic Association (BDA) for another watershed gathering of 700-1000 farmers, gardeners, vintners, entrepreneurs, educators, researchers, activists, and enthusiasts from the region, across North America, and around the world. Five days of programming will include on-farm field days, hands-on workshops, inspiring keynotes, delicious local food, and many opportunities to connect.

The conference will be held at the Red Lion on the River Jantzen Beach, a sustainable Portland hotel uniquely situated on Hayden Island on the Columbia River, a short drive from downtown Portland. Ballrooms feature floor-to-ceiling windows with waterfront views and plenty of natural light. Discounted hotel rooms will offer the convenience of staying right on site. Walking trails connecting to the hotel's waterfront offer opportunities to explore the island and enjoy fresh air.

The BDA is a non-profit organization that awakens and enlivens co-creative relationships between humans and the earth, transforming the practice and culture of agriculture to renew the vitality of the earth, the integrity of our food, and the health and wholeness of our communi-



Mealtime at the 2016 conference 1

ties. Founded in 1938, the BDA is considered to be the oldest sustainable agriculture non-profit organization in North America, with more than 1,200 member farmers, gardeners, entrepreneurs, and eaters across the continent. In addition to hosting the Biodynamic Conference, the BDA trains new biodynamic farmers through its apprenticeship program, shares and fosters biodynamic research, offers webinars and distance-learning courses, publishes the Biodynamics journal for members and seminal biodynamic books, supports education through scholarships, and connects the biodynamic community, both online and offline.



Young Farmers Mixer 2016 Conference 1

A request for workshop proposals will be announced in early 2018. Visit [www.biodynamics.com/conference/2018](http://www.biodynamics.com/conference/2018) to join our conference mailing list and to see updates as they become available. To learn more about the BDA's work, visit [www.biodynamics.com/about-the-bda](http://www.biodynamics.com/about-the-bda).



# Portland Branch Calendar November, 2017

## First Class of the School of Spiritual Science

**Sunday, November 12** • Lesson 19 (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 Ramage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

---

## Portland Branch Council Meeting

**Monday, November 13, 7 pm** • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)  
All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe.  
Please contact Valerie to let her know you're coming. Meetings are on the second Monday of each month.

---

## All Souls Observance

**Thursday November 2, 7-9 pm** • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778;  
[valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)

A Join us for a remembrance of the dead who you have known in life. You may bring pictures or other items to place on the tables, where you can also light candles that will be provided. To deepen our understanding of how to connect with one who has died, we will read together and discuss materials from the lecture series *Earthly Death and Cosmic Life* by Rudolf Steiner (excerpts printed in the October newsletter). In these lectures Dr. Steiner tells us how developing capacities for gratitude, a feeling of unity with all things, confidence in life, and rejuvenation of our souls helps to create the 'air' in which we can connect with those who have crossed the threshold. Eurythmy will further enrich our time together.

---

**Behind the Veil: the mystery, beauty and joy of the elementals, Art Hall Exhibit by Jacqueline Freeman Through November 9** • The Art Hall at Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave., Portland • For more information contact Robin Lieberman 503-222-1192 [robin@robinlieberman.net](mailto:robin@robinlieberman.net)

---

## Treating Soul-Imbalances Without Drugs with Beatrice Birch

**Thursday, November 16, 7-9 pm** • Home of Jannebeth and James in NE Portland • Free, donations to Inner Fire will be accepted • RSVP to Jannebeth Röell at [jannebeth@comcast.net](mailto:jannebeth@comcast.net)

Beatrice Birch is the Founder and Director of Inner-Fire, and a Hauschka Artistic Therapist. Inner Fire grew out of her personal and professional experience. She has extensive background in working with striving individuals who are wrestling with various soul challenges, from cancer to "mental" health issues, and wish to be proactive in their healing process. Flier in November newsletter.

---

## Christian Community Events with Reverend Sanford Miller November 16-19

All events at Bothmer Hall, 5919 SE Division St., unless otherwise noted • Donation \$10/talk or what you can afford. Contact Christine Badura, [badura88@hotmail.com](mailto:badura88@hotmail.com) or Betty Baldwin, [bettybaldwin3@gmail.com](mailto:bettybaldwin3@gmail.com)

**Thursday, November 16, 7:30 pm** *Is the Reformation Over?* A conversation about the consciousness soul, home of Christine Badura, 3225 SE Loeffelman Rd, Milwaukie

**Friday, November 17, 7:30 pm** *The Secret Origins of America* - thoughts about the founding of our nation.

**Saturday, November 18, 9:00 am** *The Act of Consecration of Man* 10:30 am Bible Study-The New Jerusalem, *Revelation to John, 21: 9-27*

**Sunday, November 19, 9:15 am** *Religious Instruction Grades 1-8*, 10 am *Children's Service Grades 1-8*(parents must pre-arrange)  
10:30 am *The Act of Consecration of Man*

---

## Micaceous Clay Pottery Event with Waldorf Alum Orion Shannon O'Brien Langdon (PWS 2007)

**Saturday, November 25, 1-4 pm** • GBH Studio, at 3359 NE 72nd Ave • contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

Orion will be bringing his micaceous clay cookware from Northern New Mexico for a show and tasting. He makes hand coiled cooking vessels and cups from clay harvested in the wild, generous mountains of his current home. Orion's work is one of many iterations of the ever evolving, centuries old tradition of pottery making in New Mexico. Micaceous clay cooking pots are beautiful, durable, hold heat well and can be used in the oven or directly on the stovetop. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots. Check out his website at [www.handtomountain.com](http://www.handtomountain.com)

---

## Making Space for Christmas, led by Dr. John Takacs

**Fridays December 1, 8, 15, 6-7:30 pm, promptness appreciated** • Bothmer Hall, 5915 SE Division St., Portland 97206 • Free Admission, all welcome • Wear clothes you can move in • Disabilities and infirmities accommodated • Each session will build on the previous one

We will use movement to explore and enliven the inner and outer spaces, enhancing awareness and ability for the spirit of the Christmas season.



---

### **The Demise and Rebirth of the Goddesses According to Michelangelo**

Friday, December 1, 7-9 pm • At the home of James and Jannebeth in NE Portland • Contributions to cover the speaker's costs will be accepted • Contact James Lee at [anthroposophynew@comcast.net](mailto:anthroposophynew@comcast.net) to RSVP.

This illustrated presentation by George Hastings will begin by showing how history, archeology, art, and mythology reveal the evolution of gender dominance, with the emphasis on the goddesses. It will then, through Michelangelo's secret story on the Sistine Chapel ceiling, show how, in a positive way, the male forces took over. Throughout, the male versus female forces reflect the rational versus intuitive aspects of consciousness. The program will end with Michelangelo's version of how the goddesses are presently returning, albeit in a much different form. See the flier in the November newsletter for a complete description.

---

### **A Week of Painting with Laura Summer in Eugene – See fliers in November Newsletter**

Art Building, Eugene Waldorf School, 1350 McLean Blvd, Eugene 97405 • For information and to register Contact Marcia Seymour, [marciaseymour@g.com](mailto:marciaseymour@g.com)

January 13-15 Painting as Contemplative work. Suggested donation \$90-\$150, all supplies included

January 16, 7-9 pm Artistic Workshop Exploring Rudolf Steiner's Soul Calendar • Donation

January 17, 9am-12 pm Artistic workshop contrasting the living and dying plant • Donation

January 17, 7pm Art Dispersal

January 18, 10am-4pm Artistic workshop working with The Gospel of John • Donation

Each course may be taken separately. Sponsored by Waldorf Teacher Education, Eugene

---

## **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

---

### **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

---

### **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.

---

### **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 & One Weekend/ Month**

Tuesdays 6-7:30 pm, One weekend/month Friday 6-7:30, Saturday 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; weekend \$30; all classes \$110; paid monthly, sliding scale on request • Contact Jolanda, [jolandamf44@gmail.com](mailto:jolandamf44@gmail.com), or 503-896-3345 This class is for those who have done Eurythmy for some time as well as for those new to it; for those who want to deepen their experience and dive into the eurythmical movements more intensively; session will consist of both Tone and Speech Eurythmy; we will explore and deepen the basic elements of Eurythmy as well as entering into an artistic process together of expressing poetry and music through the wonderfully enlivening and meaningful movements of Eurythmy.

---

### **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: 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 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.

---

### **The Inner Work Path, a foundation for meditative practice 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)

Beginning with a short artist activity from "fifty-two weeks" by Laura Summer, we will spend time painting from the Calendar of the Soul and then begin working with The Inner Work Path. 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

We will work with play *The Soul's Awakening*, and Steiner's 1913 lecture series, *The Secrets of the Threshold*, which he gave after the performance of the play.

---

### **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.

---

### **Temple Legend 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

---

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

Conducted throughout the year by the Michael Institute. Contact John Miles, 503-774-4946 [johncmiles@usa.net](mailto:johncmiles@usa.net)

---

### **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

---

## **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).

# 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.

5909 SE Division Street, Portland, OR 97206

[www.anthroclinic.com](http://www.anthroclinic.com) 503-234-1531

curative  
painting  
and  
collaborative  
psychotherapy  
for  
individuals  
and  
couples

**Robin Lieberman**  
MSW, LCSW

503.222.1192 [robinlieberman.net](mailto:robinlieberman.net)

Waldorf Travel Service

Walter Rice, CTC  
Travel Magician

5316 SE Sherman St.  
Portland, OR 97215  
800-328-7266  
503-233-4053  
fax: 503-232-7224

Incredible Journeys Since 1975 [walter@waldorftravel.com](mailto:walter@waldorftravel.com)

Primary Care Infused  
with the Aloha Spirit  
integrating  
Anthroposophic Medicine.

**Julie E. Foster, MSN, FNP**

7477 SE 52nd Ave.  
Portland, OR 97206

**Place Your Ad  
Here!**

**And Support  
the Portland Branch**

Contact Valerie Hope at [Valerieannhpd@com](mailto:Valerieannhpd@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.)**





"The Dead Are With Us" Watercolor and Wax on Paper Intuos Christopher Guilfoil

# All Souls Observance

Thursday  
November 2, 2017  
7-9pm

Bothmer Hall  
5915 SE División St.

Adults

Join us for a remembrance of the dead who you have known in life. You may bring pictures or other items to place on the tables, where you can also light candles that will be provided.

To deepen our understanding of how to connect with one who has died, we will read together and discuss materials from the lecture series *Earthly Death and Cosmic Life* by Rudolf Steiner (excerpts printed in the October newsletter). In these lectures Dr. Steiner tells us how developing capacities for gratitude, a feeling of unity with all things, confidence in life, and rejuvenation of our souls helps to create the 'air' in which we can connect with those who have crossed the threshold. Eurythmy will further enrich our time together.

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

*Sponsored by the Portland Branch*

*Please join us for a special pottery event:*



## **HAND TO MOUNTAIN**

*Micaceous clay cookware show & sale.*

*November 25th, from 11am to 4pm*

*3359 NE 72nd Ave Portland, OR.*

*For more information email [orion.langdon@gmail.com](mailto:orion.langdon@gmail.com)*



[www.handtomountain.com](http://www.handtomountain.com)

Orion Shannon O'Brien Langdon (PWS 2007) will be bringing his micaceous clay cookware from Northern New Mexico for a show and tasting. He makes hand coiled cooking vessels and cups from clay harvested in the wild, generous mountains of his current home. Orion's work is one of many iterations of the ever evolving, centuries old tradition of pottery making in New Mexico. Micaceous clay cooking pots are beautiful, durable, hold heat well and can be used in the oven or directly on the stove-top. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots.

# THE DEMISE AND REBIRTH OF THE GODDESSES ACCORDING TO MICHELANGELO

A talk by George Hastings  
Friday, December 1, 2017 at 7:00 PM



Before the Bronze Age people throughout the world worshipped female goddesses, not male gods. But around 3000 BC the male gods started to exert their influence. By 1200 BC they had displaced the goddesses; on earth women had been reduced to second class citizens or slavery.

This illustrated presentation will begin by showing how history, archeology, art, and mythology substantiate these facts, with the emphasis on the goddesses. It will then, through Michelangelo's secret story on the Sistine Chapel ceiling, show how, in a positive way, the male forces took over. Throughout, the male versus female forces reflect the rational versus intuitive aspects of consciousness. The program will end with Michelangelo's version of how the goddesses are presently returning, albeit in a much different form.

Michelangelo's message is a pictorial version of Rudolf Steiner's lessons. Additional subjects included are the role of Michael; why Michelangelo, a devout but liberal Catholic, did not show Jesus/Christ, or the Holy Spirit in his story; King Minos; how various gods and goddesses portrayed in art and mythology reflect the same story as Michelangelo's; and more.

This talk will take place at the home of James and Jannebeth in NE Portland. Please contact James Lee at [anthroposophynow@comcast.net](mailto:anthroposophynow@comcast.net) to RSVP.



## Eurythmy Foundation Course 2017/2018

**Come and experience the wonder and beauty in the movements of Eurythmy!**

"Eurythmy takes its start with Goethe's view that all art is the revelation of concealed laws of nature, which, without such revelation, would remain concealed".  
(Rudolf Steiner in an introductory lecture to Eurythmy).

**Eurythmy is an art that teaches us balance between the world and our inner self.  
We create a dialogue with world and self, community and individuality.  
You will feel rejuvenated through this lively and supportive way of moving together!**

This class is for those who have done Eurythmy for some time as well as for those new to it; for those who want to deepen their experience and dive into the eurythmical movements more intensively; session will consist of both Tone and Speech Eurythmy; we will explore and deepen the basic elements of Eurythmy as well as entering into an artistic process together of expressing poetry and music through the wonderfully enlivening and meaningful movements of Eurythmy.

Where: Bothmer Hall, 5915 SE Division St. Portland

When: Tuesdays 6:00 to 7:30pm (September - April)  
One Saturday a month: 10:30 to Noon, 1:00 to 2:30pm  
(9/30, 10/14, 11/4, 12/2, 1/27, 2/24)

Cost: \$20.- per session; Tuesdays only \$80.-; weekend  
\$30.-; all classes \$110.- (to be paid per month; sliding  
scale available upon request)



Instructor: Jolanda Frischknecht, Eurythmy teacher at the Micha-el School and Micha-el Institute, member of Portland Eurythmy & Pacific Eurythmy

Sign up: text or call 503 896 3345; jolandamf44@gmail.com

Sponsored by the MICHA - EL INSTITUTE [www.micha-elinstitute.com](http://www.micha-elinstitute.com)



# A week of Painting

## with Laura Summer

Art Building at the Eugene Waldorf School 1350 McLean Blvd, Eugene 97405

January 13-15 ( Saturday, Sunday, Monday)

### **Painting as Contemplative Work**

Tuesday - January 16, 7-9pm

### **Exploring Rudolf Steiner's Soul Calendar**

Wednesday - January 17, 9am -12 noon

### **Contrasting the Living and Dying Plant**

Wednesday - January 17, 7pm

### **ART DISPERSAL**

Thursday - January 18, 10am-4pm

### **The Gospel of John**

Each course may be taken separately

For information and to register contact Marcia Seymour

[marciaseymour@q.com](mailto:marciaseymour@q.com)

*Sponsored by Waldorf Teacher Education, Eugene*

# Painting as Contemplative Work



## **A workshop with Laura Summer**

January 13 – 15

Art Building at Eugene Waldorf School

1350 McLean Blvd., Eugene 97405

### **How is Contemplation like Creation? What it is like to learn something through an artistic process?**

Using a variety of media we will explore objects, nature, poetry and text. No experience is necessary, all techniques are forgiving and exciting. All supplies are included.

Saturday Jan 13 1pm-5  
Sunday Jan 14 10am-4pm  
Monday Jan 15 10am-4pm

Suggested donation \$90-150  
For information and to register  
contact: Marcia Seymour  
[marciaseymour@q.com](mailto:marciaseymour@q.com)

***Sponsored by Waldorf Teacher Education, Eugene***





**Rembrandt, A Child Being Taught How to Walk, 1660**

**So many of us – especially parents, teachers, and health care professionals directly involved with children – can benefit from support when it comes to fostering a healthy childhood; one that allows children to grow into adults who are greatly needed by this world - motivated, tolerant, creative, empathetic and possessed of common and moral sense. This conference provides support for how to get there, and how to celebrate the journey in the process.**

**Dr. Glöckler's presentation topics:**

- Meeting the Challenges of Child Development in Education and the Healing Arts – Public Lecture; free to conference attendees, \$20.00 all others.
- The Cycles of Child Development
- ADHD and Autism
- Effects of Electronics on the Developing Child
- Anxiety, Depression & Working with Children Healing from Trauma
- The Meaning of Autism in the 21<sup>st</sup> Century: Where are we going and how should we get there?
- The natural development of the child: the 7 Year Cycles And Their Corresponding Physical, Emotional And Spiritual Aspects

**Breakout Groups - Anthroposophically Inspired Tools that can help:**

Fifteen breakout groups will be offered by educators and health care professionals – see attached listing

**Fees**

<b>Early Bird for members of sponsoring groups &amp; students</b>	<b>\$155</b>
<b>Early Bird for non-members</b>	<b>\$175</b>
<b>After January 19</b>	<b>\$195</b>
<b>Dr. Glockler Friday, 7 pm Lecture, free to conference participants</b>	<b>\$ 20</b>
<b>Lunches (2)</b>	<b>\$ 14 each</b>

**Contact: Tom Klein, [tgklein@aol.com](mailto:tgklein@aol.com)**

**Sponsoring Groups: The Portland Branch of the Anthroposophical Society, SPAN, PCCI, NUNM Anthromed Club**

**Meeting the Challenges  
of  
Child Development  
in  
Education and the Healing Arts  
With**



**Dr. Michaela Glöckler**

**February 23-26, 2018  
Portland, Oregon  
Cedarwood Waldorf School,  
3030 SW Second Ave.**

Dr. Glöckler is an internationally acclaimed speaker and authority on child development, with more than 20 years of pediatric clinical experience, who also served as a school doctor. From 1988-2016 she was the head of the Medical Section of the Goetheanum/ School of Spiritual Science, involved with international coordination of the Anthroposophic Medical Movement. She co-wrote the book, *A Guide to Child Health*; and is a co-founder and current president of the Alliance Eliant, an alliance of 10 European associations of applied anthroposophy set up in 2006 to make a civic contribution towards improving quality of life and cultural diversity in Europe.

## Breakout Sessions/Dr. Glockler Lectures

### Meeting the Challenges of Child Development in Education and the Healing Arts

- 1. Reflexology with Amy Joy Allahdadi:** Amy Joy's workshop will cover a spectrum of reflexes and their developmental importance in the incarnating and maturing child, the learning and behavioral challenges a child will exhibit when they have not been fully developed/integrated, and how partially and unintegrated reflexes will present in the classroom. Amy Joy will also share some simple movements and other tools that teachers can employ in the classroom to help students who are struggling with learning, behavioral and physical imbalances.
- 2. The Evolving Nature Of Gender Expression with Dr. David Gershan and Dr. Lisa Del Alba Repeated Twice:** Gender expression is undergoing a profound and rapid revolution. Children proclaim with assurance gender that is not congruent with birth anatomy. Teens and adults are also proclaiming gender identities that are at odds with our concepts of anatomy and sexual orientation. How has this revolution been understood? How do the individuals understand it? Is gender expression developing to even newer forms in the 2000s? Let us look at this revolution within the contexts of a phenomenologic and Anthroposophic approach. **(Repeated Saturday am & pm)**
- 3. Role of Fever and Acute Remedies with Dr. Robert Kellum – Repeated Twice:** We'll explore the importance and safety of fever, and the value of remedies that work with inflammation rather than suppress it. We'll examine the gesture of a selection of remedies as illustrative of reinforcing the body's own efforts, and a guide for useful remedies to have on hand for various acute conditions will be provided. **(Repeated Saturday and Sunday)**
- 4. How Homeopathics Work to Promote Healing with Dr. Paul Kalnins:** In this session Dr. Kalnins will lead a discussion on current hypotheses regarding homeopathic mechanisms. He will briefly review how hormesis, nanoparticle pharmacology, colloid chemistry, and the role of sensory receptors in the intestine can help form a bridge between Anthroposophical approaches to health and modern biomedicine."
- 5. Helpful Stories for Challenging Behavior in Children with Donna Patterson:** Bring your stories to share, and problems in search of stories. We'll explore the power of stories, how to choose them, how and when to read them, etc. with case examples, so that you leave with greater resources and confidence.
- 6. Working with Learning Difficulties for the Whole Class with Tammy Wagner:** Activities and lessons that are geared for the student with learning difficulties can help strengthen everyone in the class. This workshop will focus on various ways to incorporate the "Extra Lesson" and other integrating exercises in the Main Lesson and throughout the day.
- 7. Restorative Eurythmy for Parents, Teachers, and Caregivers with James Knight:** In this course we will explore and experience eurythmy as a health giving and restorative art in response to the stresses of daily life tasks. We will give particular consideration to those whose work brings them into direct contact with those they serve in a giving fashion and the drain this can sometimes be on their life forces. We will explore movements and movement meditations that can help to ground us, balance our soul forces and strengthen our ability to meet the challenges of being a giver in today's modern life.
- 8. Introduction to Spacial Dynamics with Dr. John Takacs:** An introduction to Spacial Dynamics movements and their therapeutic and pedagogical uses.
- 9. Therapeutic Eurythmy with Lesley Cox – Two Sessions (A & B):** Our work will consist of trying to better understand what Hygienic and Therapeutic Eurythmy are, and how their exercises can potentially help to harmonize and strengthen the metabolic, nerve-sense, and rhythmic systems. We will focus principally, but not exclusively, on the unique needs of school aged children. Two sessions are offered so that take-aways can be practiced. **(Saturday & Sunday)**



10. **Healing from the Hearth of your Home with Julie Foster, NP:** Compresses and Applications useful for common childhood illnesses and support for the development of a growing child. Learn about what is in your kitchen to care for an ill child at home. Be empowered to apply simple measures of lemon ankle wraps, onion compresses, such. Anthroposophic nursing and medicine perspectives will be reviewed for choosing an application.
11. **The Role of the School Doctor with Dr. Ali Givens and Dr. Padeen Quinn – Repeated Twice:** We will explore the important role of the school doctor in working with other professionals to assess the physical, emotional and spiritual needs/development of every school child, while also acting independently and in confidence as a neutral mediator between children, parents and teachers, in the care of healthy social integration. **(Repeated Saturday and Sunday)**
12. **Music Therapy with Marion Van Namen:** The Four elements in nature, the human being and music; how our music making reveals and influences the relationship between the physical, etheric, astral and I am .
13. **Rhythmical Massage Therapy with Margaret Kerndt:** When a person experiences rhythmical massage therapy, the movements offered find resonance within their own rhythms , within in the fluid, airy and warmth realms of their physical body. In this workshop, we will experience how and why rhythmical massage can be a potent resource in children and adults for restoring greater 'freedom within balance'.
14. **Therapeutic Arts with Cheri Munske:** Our world presents today's child with many challenges, including a tendency to over intellectualization. Using color, form and movement we will explore how the therapeutic arts can counter this tendency. With a focus on exercises which promote healthy breathing, we will experience how color and movement can strengthen and support the inherent forces of health within the child, as well as in our environment and community.
15. **The Rise of Chronic Illness with Dr. Michaela Glockler:** Chronic Illness, particularly ADHD, asthma, diabetes and obesity, have all risen dramatically in the last 30 years, to the point that today they affect about 1 in 5 children in America. Has such chronic illness impacted your family? What are the causes behind this epidemic and what can we do about it?
16. **The Spoken Word: Signature and Educator of Our Humanness with Helen Lubin:** Living language as a companion and co-educator. How is it that this wondrous instrument of speaking can become instrumental in furthering human development?

## Dr. Glockler Lectures

### 2/23, Friday

- 8-9:15 am     **Anxiety, Depression and working with Children Healing from Trauma**  
**Location: National University of Natural Medicine (NUNM) 049 SW Porter St.**
- 7-9:00 pm     **Meeting the Challenges of Child Development in Education and the Healing Arts**  
**Location: Cedarwood Waldorf School, 3030 SW Second Ave.**

### 2/24, Saturday

- 9:00 am     **Cycles of Child Development, Location: Cedarwood Waldorf School**
- 1:30 pm     **ADHD and Autism, Location: Cedarwood Waldorf School**
- 7-9pm     **The Meaning of Autism in the 21<sup>st</sup> Century: Where are We Going and How Should We Get There? Location: NUNM**

### 2/25, Sunday

- 9:00 am     **Effects of Electronics on the Developing Child, Location: Cedarwood Waldorf School**

### 2/26, Monday

- 7:30 am     **The Development of the Child: The 7 year Cycles and their corresponding Physical, Emotional and Spiritual Aspects, Location: NUNM**



## Meeting the Challenges of Child Development in Education and the Healing Arts - Presenters



**Amy Joy Allahdadi, Reflexology:** Amy Joy is a certified Therapeutic Consultant and Waldorf Teacher who helps children to meet physical, emotional, and learning challenges with warmth, compassion and a deep holistic understanding of the developing child. Combining rhythmical and neural-developmental movement, play, sensory activities and storytelling, she works to integrate and develop children's reflexes and brain and sensory systems to align learning, behavioral and physical imbalances. She holds certificates from Rhythmic Movement Training Internation (RMTi), HANDLE, and the Micha-el Institute.



**Lesley Cox, Therapeutic Eurythmy:** Lesley first worked as a public Junior High and High School teacher, but within a few years happily found herself in England at Emerson College, where she completed their Teacher Training program. At length she chose to study Eurythmy, and in 1985, after graduating from the Spring Valley school, she joined the Portland Waldorf School, where she continued to teach Eurythmy to the early childhood and younger grades children for 28 years. She received her Therapeutic Eurythmy diploma in 1998 and has since then worked with students at PWS, with patients in a clinical setting, and privately.



**Dr. Lisa Del Alba ND, The Evolving Nature of Gender Expression:** Dr. Del Alba has worked in a family practice setting since graduating from SW College of Naturopathic medicine in 1999. She has extended her medical practice with training in Eurythmy Therapy, Anthroposophical medicine, autoimmune illnesses, ADHD and adrenal/hormonal/thyroid health, environmental medicine, neuroplasticity, and pain management. She has worked as school doctor in several Waldorf schools, and currently has medical practices in Eugene and Portland, OR.



**Julie Foster, NP, Healing from the Hearth of your Home:** Julie Foster is a licensed and board certified Family Nurse Practitioner, and founder of Pohala – A Place of Healing. Her practice bridges mainstream medicine with integrative medicine by way of Anthroposophic, Naturopathic, and Indigenous wisdom. In her 26 years of nursing she has had extensive experience in trauma/emergency nursing, work in a psychiatric hospital, and with the therapeutic aspects of education.



**Dr. David Gershan, The Evolving nature of gender expression** A family and HIV primary care specialist in San Francisco, Dr. Gershan has over 31 years of diverse medical experience. His former positions include Medical Director for San Mateo County Mobile (Homeless) and STD Clinics, and Civil Surgeon for U.S. Immigration medical examinations. He currently cares for HIV patients through San Mateo County Health Department; and at St. Mary's Medical Center in San Francisco; and is an instructor and preceptor as a member of the clinical faculty at UCSF.



**Dr. Ali Givens, Role of the School Doctor:** As a Naturopathic Physician in private practice, Dr Givens focuses on Homeopathy, Obstetrics, Pediatrics, Hydrotherapy, Nature-Cure, and Cranio-Sacral Therapy. She has completed a two-year course in school doctoring with Adam Blanning, MD and studied child development with Michaela Glockler. A biodynamic gardener and devoted Waldorf mom, Ali deepens her understanding of healing through continuous study of Anthroposophy, and is a founding member of SPAN.



**Dr. Paul Kalnins, How Homeopathy Works to Promote Healing:** Dr. Kalnins serves as assistant professor and attending physician at the National University of Natural Medicine (NUNM) in Portland, Oregon. Integrating insights from Goethean science and Anthroposophy, he lectures on a variety of subjects, including physiology, herbal pharmacology and neuroendocrine-immunology. As a clinical supervisor, he oversees primary care teaching rotations, and guides students in formulating integrative approaches to patient care.



**Dr. Robert Kellum, ND, PhD, LAc, LMT, The Role of Fever and Acute Remedies:** Dr. Kellum is a board-licensed Naturopathic physician and practitioner of Classical Chinese Medicine, a licensed body worker for over 25 years, and holds advanced degrees/training in sociology, anthropology and psychology. A board-certified IPMT Graduate of Anthroposophic Medicine, Bob spearheaded the development in 2012 (with other colleagues) of the Society for Physicians of Anthroposophic Naturopathy (SPAN).

## Meeting the Challenges of Child Development in Education and the Healing Arts - Presenters



**Margaret Kerndt, Rhythmical Massage:** Margaret Kerndt practices Rhythmical Massage, Therapeutic Eurythmy and BioDynamic Craniosacral Therapy (BCST) in a private practice in Portland Oregon. She has a background in Shiatsu, Swedish Massage, Spacial Dynamics, Bothmer Gymnastics and Amnion Aquatics.



**James Knight, Restorative Eurythmy for Parents, Teachers and Caregivers:** James holds a Bachelors degree in Psychology and Education; completed a Foundation Year in Anthroposophy at Rudolf Steiner College, and a 5 year course in Spacial Dynamics; studied eurythmy in the US, Germany, & England; and holds diplomas in both eurythmy and eurythmy therapy. He has toured as a Eurythmy performer in Europe and the United States, has taught Eurythmy to adults and children, and has worked as a Eurythmy and movement therapist over the last 20 years.



**Helen Lubin, The Spoken Word: Signature and Educator of Our Humanness:** Helen Lubin has been active as a speech artist/educator for some 30 years in Waldorf classrooms, teacher education and other adult education settings, as well as in therapeutic speech arts; 10 years in anthroposophic curative education; freelance editor/translator.



**Cheri Munske, Therapeutic Arts:** Cheri has been a teacher and educator the whole of her adult life. She spent over 23 years in the classrooms of Waldorf Schools as well as other private and public schools. She holds a BSA, Master's in Therapeutic Arts, and is trained in Extra Lesson. For many years she has shared her passion for puppetry through teaching and workshops, exhibitions and performance. In all of her work Cheri strives to meet the needs of today's child and adult through the healing power of the arts and movement. She has a private practice in therapeutic arts and educational support.



**Donna Patterson-Kellum, LMT, Helpful Stories for Challenging Behaviors in Children:** Donna brings together over fifteen different bodywork modalities, based on over 30 years of experience as a massage therapist: advanced level craniosacral and visceral manipulation, zero balance, myofascial release, mechanical link, lymph drainage, Lowen manual interface, etc. Having also completed a three year training in rhythmical massage, she works with a strong Anthroposophic consciousness, using skilled light touch, breathwork, and emotional release to allow connective tissue restrictions arising from life trauma to reveal and self-correct themselves, bringing release from pain and dysfunction.



**Dr. Padeen Quinn ND, The Role of the School Doctor:** Dr. Quinn is a graduate of the University of Montana and the National University of Naturopathic Medicine. She works at a non-profit integrative health clinic with a special interest in treating mental health concerns, autoimmune diseases, digestive issues and hormonal imbalances. She has completed a year of postgraduate medical training sponsored by PAAM and is a persistent student of anthroposophy. Her three children were fortunate to attend Waldorf through high school.



**Dr. John Takacs, Spacial Dynamics:** Dr. Takacs graduated from the NY Steiner School, where a lifelong commitment to the study and embodiment of Rudolf Steiner's work began. He received a degree in Mechanical Aerospace Engineering and another in Osteopathic medicine; and developed a clinic associated with a team of Anthroposophic and Spacial Dynamic therapists over the last 30 years. Board certified in Family Practice, Osteopathic Neuromuscular Medicine and Anthroposophic Medicine & is a certified spacial dynamics practitioner/trainer.



**Marion Van Namen, Music Therapy:** Marion's destiny is to bring out the musical being we are in each and every human being that wants to experience music with her. Whether it is with the voice, cello, piano, African drums, instrument making or improvisation, Marion is game to let the heavens sing with and through you. Whether you want to play, sing, solo or "just" listen. Marion grew up in the Netherlands, was trained in Waldorf Education, anthroposophical music therapy, choral conducting, vocal improv and business administration. She is the founder and artistic director of the adult non-audition choir Sing Portland! She lives in Portland, OR with her 6 year old twins.



**Tammy Wagner, Working with Learning Difficulties for the Whole Class:** Tammy has been teaching grade school since 1980. She taught middle school science for 11 years, earned a MA in Elementary Education, then began her family. After finding Waldorf Education she completed her Remedial Teacher training with AHE. She was the Student Support Coordinator and Extra Lesson teacher at The Waldorf School of Princeton and has been class teaching at the Portland Village School since 2007 where she is currently teaching fourth grade.

**Meeting the Challenges of Child Development in Education and The Healing Arts**  
**Michaela Glöckler Conference ♦ February 23-26\* ♦ 2018 Portland, Oregon**  
**Cedarwood School, 3030 SW 2<sup>nd</sup> Ave, & NUNM, 049 SW Porter St.**

<b>Friday</b> <b>2/23/18</b> 8-9:30am	<b>Lecture at NUNM by</b> <b><u>Dr. Michaela Glöckler</u></b>	<b>Anxiety, Depression, and Working with Children in Healing from Trauma</b> <i>National University of Natural Medicine (NUNM) 049 SW Porter St. Portland OR Room 107 Free to public and facultative for conference participants</i> <i>Free NUNM events are Co-sponsored by the NUNM Anthroposophic Medicine Club</i>					
7- 9pm	<b>Public lecture by</b> <b>Dr. Michaela Glöckler</b>	<b>Meeting the Challenges of Child Development in Education and The Healing Arts</b> <i>At Cedarwood Waldorf School . \$20.00 charge to public; included in cost of conference for conference participants</i>					
<b>Saturday</b> <b>2/24/2018</b>	<b>9-10:30am</b>	<b>10:30am</b> <b>11:00am</b>	<b>11am -12:30pm</b>	<b>12:30-</b> <b>1:30pm</b>	<b>1:30- 3:00pm</b>	<b>3:00-</b> <b>3:30pm</b>	<b>3:30-5:00pm</b>
	<b>Lecture by</b> <b><u>Dr. Michaela Glöckler</u></b> Cycles of Child Development  <i>at Cedarwood School (CWS)</i>	<b>Break</b>	<b>Breakout Groups (CWS):</b> 1- Reflexology Amy Joy Allahadati 2-Gender Expression Dr David Gershon & Dr Lisa Del Alba 3-Role of Fever & Acute Remedies Dr Bob Kellum 4-How Homeopathy Works Dr. Paul Kahlins 5- Helpful Stories for Challenging Behaviors in Children Donna Patterson 6- Therapeutic Activities in the Classroom Tammy Wagner 7-Restorative Eurythmy for Parents, Teachers & Caregivers James Knight The Meaning of Autism in the 21 <sup>st</sup> Century: Where are We Going and How Should We Get There? <i>NUNM: 049 SW Porter St. Portland OR Room 310 Free to public and facultative for conference participants</i>	<b>Lunch</b>	<b>Lecture by</b> <b><u>Dr. Michaela Glöckler</u></b> ADHD & Autism  <i>at Cedarwood School</i>	<b>Break</b>	<b>Breakout Groups: (CWS)</b> 8- Spatial Dynamics Dr John Takacs 2- Gender Expression, Dr David Gershon, Dr Lisa Del Alba 9A- Therapeutic Eurythmy Lesley Cox 10- Home Remedies Julie Foster NP 11- Role of the School Doctor Dr. Ali Givens & Dr. Padeen Quinn 12- Music Therapy Marion van Namen 13-Rhythmnical Massage Margaret Kerndt
<b>7-8:45pm</b>	<b>Lecture at NUNM by</b> <b>Dr. Michaela Glöckler</b>						
<b>Sunday</b> <b>2/25/2018</b>	<b>Lecture by</b> <b><u>Dr. Michaela Glöckler</u></b> Effects of Electronics on the Developing Child  <i>at Cedarwood School</i>	<b>Break</b>	<b>Breakout Groups (CWS):</b> 9B Therapeutic Eurythmy (continued) Lesley Cox 14-Therapeutic Arts Cheri Munske 11--Role of the School Doctor Drs Ali Givens & Padeen Quinn 3 Role of Fever & Acute Remedies Dr Bob Kellum 15- Rise of Chronic Illness Dr Michaela Glöckler 16- Speech Therapy Helen Lubin	<b>Lunch</b>	<b>Plenum:</b> Conference Review and Next Steps  <i>at Cedarwood School</i>	<b>End</b> <b>Break</b>	Free showing of the film "Vaxxed" at Cedarwood for conference attendees. All others by donation. <b>*Lecture on Monday 26<sup>th</sup> at 7:30 am, NUNM</b>
<b>Monday 2/26/18</b> <b>7:30-9:15am</b>	<b>Michaela Glöckler</b> <b>Lecture to NUNM</b> <b>Grand Rounds</b>	The Development of the Child: The 7 year Cycles and their Corresponding Physical, Emotional and Spiritual Aspects. <i>NUNM Radelet Hall:2719 SW Kelly Avenue, Portland. This lecture is free and open to the public, and facultative for conference participants</i>					





Rembrandt, A Child Being Taught How to Walk, 1660

Meeting the Challenges of  
Child Development  
in  
Education and the Healing Arts  
With

Dr. Michaela Glöckler

February 23-26, 2018

Portland, Oregon

Cedarwood Waldorf School,  
3030 SW Second Ave.

Registration Information

Date

Full Name

Job Title/School-Institution

Phone

Cell Phone

Email Address

Address

City

State

Lunch – check selection and day

Sack lunch includes sandwich, cookie, kettle chips and beverage.	Saturday	Sunday
<input type="checkbox"/> <b>Mediterranean:</b> Spinach, red bell peppers and sun-dried tomato hummus on olive bread.		
<input type="checkbox"/> <b>Turkey &amp; Cheddar:</b> with tomato, lettuce and mayo on multigrain bread		
<input type="checkbox"/> <b>Caprese:</b> Mozzarella, basil, tomatoes, salt, pepper, sun-dried tomato tapenade		
Salads, include beverage		
<input type="checkbox"/> <b>Soba Noodle Salad:</b> Buckwheat noodles, edamame, cabbage, zucchini, carrot, broccoli slaw, bell pepper, scallions and sesame seeds with soy ginger dressing (vegetarian, dairy free)		
<input type="checkbox"/> <b>Classic Cobb:</b> Chicken breast, romaine, hard-boiled egg, blue cheese, bacon, tomato, scallions and French Vinaigrette (Wheat Free)		
<input type="checkbox"/> <b>Willamette Valley:</b> Mixed greens, hazelnuts, blue cheese, apples, grapes, raspberry vinaigrette (vegetarian, wheat free)		

Total # of lunches at \$14 each \_\_\_\_\_ Total Amount for lunches \_\_\_\_\_

Early Bird Fee by 1/29:  
Members of sponsoring  
groups and students \$155  
Others \$175

## Registration Fees

**Early Bird Registrations must be received by 1/29/18** Register and pay online at [www.portlandbranch.org](http://www.portlandbranch.org)

Early Bird for members of sponsoring groups* & students	\$155
Early Bird for non-members	\$175
After January 19 (all registrations)	\$195

Conference Fee	\$ _____
Total for Lunch	\$ _____
<b>Total Enclosed with this registration</b>	<b>\$ _____</b>

\*Sponsoring Groups include the Portland Branch of the Anthroposophical Society, The Society for Physicians of Anthroposophic Naturopathy (SPAN), the Portland Curative Collective Inc. (PCCI), and the National University for Natural Medicine Anthroposophic Medicine Club (NUNM). Great thanks to Cedarwood Waldorf School for donating space.

Payable by check, made out to **Portland Branch** ♦ Mail registration form and payment to: Portland Branch of the Anthroposophical Society ♦ 3609 SE Center St., Portland, OR 97202, Attn: Tom Klein. ♦ For work study opportunities contact Tom Klein, [tgklein@aol.com](mailto:tgklein@aol.com)

## Breakout Groups (see session descriptions and presenter bios sheets)

Saturday Morning, 2/24 11 am-12:30 pm	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice
1. Reflexology, Amy Joy Allahdadi		
2. The Evolving Nature of Gender Expression, Dr. David Gershan, Dr. Lisa Del Alba (To be repeated Saturday afternoon)		
3. The Role of Fever and Acute Remedies, Dr. Robert Kellum (To be repeated Sunday morning)		
4. How Homeopathics Work to Promote Healing, Dr. Paul Kalnins		
5. Helpful Stories for Challenging Behaviors in Children, Donna Patterson		
6. Working with Learning Difficulties for the Whole Class, Tammy Wagner		
7. Restorative Eurythmy for Parents, Teachers, and Caregivers, James Knight		
<b>Saturday Afternoon 3:300-5pm</b>		
8. Introduction to Spacial Dynamics, Dr. John Takacs		
2. The Evolving Nature Of Gender Expression, Dr. David Gershan and Dr. Lisa Del Alba (Repeat of the morning session)		
9a. Therapeutic Eurythmy, Lesley Cox – two sessions, continued Sunday morning		
10. Healing from the Hearth of your Home, Julie Foster, NP		
11. The Role of the School Doctor , Dr. Ali Givens and Dr. Padeen Quinn (To be repeated Sunday morning)		
12. Music Therapy, Marion Van Namen		
13. Rhythmical Massage, Margaret Kerndt		
<b>Sunday Morning, 2/25 11 am-12:30 am</b>		
3. The Role of Fever and Acute Remedies, Dr. Robert Kellum (Repeat of Saturday am)		
9b. Therapeutic Eurythmy, Lesley Cox (Continued from Saturday afternoon)		
11. The Role of the School Doctor , Dr. Ali Givens and Dr. Padeen Quinn (Repeat of Saturday pm)		
14. Therapeutic Arts, Cheri Munske		
15. The Rise of Chronic Illness, Dr. Michaela Glockler		
16. The Spoken Word: Signature and Educator of our Humanness, Helen Lubin		