



Anthroposophical Society PORTLAND BRANCH

Newsletter

November 2020

All Souls Day 2020 – More Important Than Ever!

by Valerie Hope

Dear Friends,

As we observe All Souls Day 2020, in a year of profound disruptions, let us reflect on the essential nature of our responsibility to those across the Threshold; and on how we and they may benefit from being in communication as we seek truth and direction.

Instead of the usual purposes and how-to's for staying connected with those who have crossed, I will focus at this critical time on the importance of staying connected with Rudolf Steiner himself. I will draw largely on Sergei Prokofieff's lecture in Dornach, for the 87th anniversary of Rudolf Steiner's death, *On the Anniversary of Rudolf Steiner's Death*, March 30, 2012.[1]

Prokofieff opens, poignantly, with a quote from Ita Wegman: "You see him as much too small."

Equally poignantly, he opens his afterward with more from a Wegman letter to a friend in 1942: "Why do you distance yourself so much from Rudolf Steiner?"

Prokofieff begins with the observation that we should never forget that the Society has nearly as many members in the spiritual world as here on Earth, who have "crossed the threshold to the spiritual world in unbreakable loyalty to this Society, to anthroposophy, and especially to Rudolf Steiner." (We can remember here three dear friends from our own Portland community, loyal to Rudolf Steiner, who have crossed recently – Beth Weiting, Betty Baldwin, and Dr. Robert Kellum.)

Prokofieff then addresses what can come up for people as they occupy themselves with Rudolf Steiner's work, and try to approach him spiritually. Reflecting on the serious problem of anthroposophists who spend time seeking alleged mistakes, or "entering into endless discussions as to whether something racist can be found in Rudolf Steiner's formulations" (which is as far from the truth of Rudolf Steiner as one could get. vh) Prokofieff has found only one answer. As these people approach Rudolf Steiner, "... (such people) simply cannot stand his greatness."

Through Anthroposophical training which leads the aspirant close to the threshold, the guardian "... shows to a person in an unvarnished way that despite everything he has become accustomed to believe about his own importance, there is in reality very little and perhaps even less than little."

Prokofieff describes two directions that we could take at that juncture: having the courage to compare our deeds and achievements in life with those of Rudolf Steiner and withstanding the discrepancy, thereby coming closer to him; or failing to notice that the problem lies in ourselves, in wanting to degrade Rudolf Steiner to our own, much lower level. According to Prokofieff this often doesn't work its way into consciousness.

Prokofieff then addresses the discussion among some members of whether or not one should revere Rudolf Steiner. He notes that 'should'

is not appropriate in this consciousness soul period. And that admiration of a person is no longer appropriate for the mature human being. The small child's naive reverence, which is to be cultivated and developed, transforms in the mature person into a path of inner development and reverence for truth and knowledge. Rudolf Steiner, Prokofieff tells us, "... is the bearer of the Spirit of Truth for our time, of which Christ spoke in his farewell address in the Gospel of John, saying that this Spirit of Truth would come over humanity", as it did on Whitsun



Rudolf Steiner 1911

morning. "...for our time of the consciousness soul and for the Michael-epoch in which we live, Rudolf Steiner is the bearer, the messenger of the Spirit of Truth." In him "truth and person flowed together into a unity."

Here Prokofieff's endnote is instructive for further developing our understanding of Rudolf Steiner, and thereby forging a connection with him. "...In this connection, the following remembrances of Countess Johanna von Keyserlingk from the time with Rudolf Steiner in Dresden in September 1919 are of significance: 'From these Dresden days the following has remained significant in my memory: As one can imagine, we were often occupied with the question: "Who is this mysterious Rudolf Steiner?" Because Mrs. Von Moltke now knew that I have clairvoyance, and Rudolf Steiner also communicated this to Marie Steiner and Miss Waller, she could not help considering my opinion about it. I said to her: 'Rudolf Steiner's external figure seems to me like a sheath behind which a gleaming gold spirit-form emerges.' Then I said: "He bears the force which Christ promised He would send as the 'comforter', who leads us in complete truth." Mrs. Von Moltke didn't reject these thoughts, but replied that she couldn't accept them, because Rudolf Steiner firmly refuses attributing "divinity" to her person by his pupils, he would definitely oppose them. So I asked her to somehow pose this question to Rudolf Steiner. She went to him and raised the question. I waited for her in the hotel and saw how she sank into the chair and said: "Yes, he confirmed what you said."

In yet another end note Prokofieff offers written notes for a lecture by Ita Wegman in which she describes two main conditions necessary for an inner connection with Rudolf Steiner. *"The first condition is the 'understanding for the ideas of the Christmas Conference'. For only the understanding of this central deed of Rudolf Steiner's could – so she writes – hold him still for a longer period of time on Earth. 'As that does not appear to be the case, he has left us.' But even after his death this question of understanding remains relevant. Ita Wegman writes: 'In many people there lives the burning question: "Is Rudolf Steiner still connected with us after his death?" Her answer is: 'When we didn't understand him during his life is it possible to understand him now?' When this understanding is forthcoming, then Rudolf Steiner can remain connected even today with the people 'who stand by him'. This can happen only by additionally fulfilling the second condition: 'When such feelings that express devotion and pure love rise up to him, a renewed connection with him occurs out of freedom; then he will remain with us and continue to be our teacher beyond life and death'. Thus, this connection with Rudolf Steiner is possible at all times for members of the Anthroposophical Society, when selflessly and in freedom, they fulfill these two conditions.*

It seems that Rudolf Steiner made us a promise, with Benedictus's speech in the third Mystery Drama, *The Guardian of the Threshold (6th Act)*:

*I must accompany everyone who receives
The spirit light from me in Earth-being,
Whether he devoted himself knowingly
Or only unconsciously to me as spiritual pupil,*

*And must accompany him further on the path
That he treaded through me in spirit.*

Let's take him up on this promise!

I suggest, that if it is at all possible for you to do so, you find someone(s) that you can come together with in person (wherever two or more are gathered) on All Souls Day, November 2, to light candles, read together a lecture from Rudolf Steiner related to life between death and rebirth, and seek to connect with him and those who have crossed the threshold – those who you have a connection with. Let us together shine a light to the spiritual world.

Poem by Christian Morgenstern, dedicated to Rudolf Steiner

Just as a person, on a cloudy day, forgets the sun –
Which however shines and gleams endlessly –
So may one forget yours on a gloomy day.
Only again and ever again
To find, shaken, even blinded
How inexhaustibly on and on and on
Your sun spirit
Shines upon us dark wanderers.

Rudolf Steiner's verse for the dead

Spirits ever watchful, guardians of these souls,
May your servants carry
Our souls' petitioning love
To the human beings entrusted to your care,
That united with your power
Our prayer may radiate with help
To those souls, whom our love is seeking.

[1]Crisis in the Anthroposophical Society, and Pathways to the Future, lectures by Peter Selg and Sergei Prokofieff

The Anthroposophical Movement and the Concept of Race in Context

An Excerpt from a Lecture by Rudolf Steiner

Editor's Note: The following excerpt is from a lecture given by Rudolf Steiner to audiences attending the Fifth Congress of the Federation of European Sections of the Theosophical Society, held in Budapest between May 30 and June 12, 1909 (GA 109). Those present at the lectures were therefore somewhat familiar with the background of his anthroposophical teachings. He constantly emphasized the distinction between his written works and reports of lectures that were given as oral communications and were not originally intended for print. At the time when the following lectures were given, Rudolf Steiner was still General Secretary of the German Section of the Theosophical Society and was using the terms "theosophy" and "theosophical," although always in the sense of the anthroposophical spiritual science presented by him from the beginning. In accordance with a suggestion he made later on, these designations have in many cases been replaced by "anthroposophy," "spiritual science," "anthroposophical" or "spiritual scientific."

What, then, is the anthroposophical movement? It came into the world because the lofty beings we call the Masters, who live in human physical bodies but have reached the far higher stage of evolution than the average man of today, poured out a certain amount of wisdom from the last third of the nineteenth century onwards. The living influx of this wisdom from higher realms into our culture is the actual basis of our anthroposophical movement. Do not imagine that there was no possibility of the attempted influx of wisdom falling upon deaf ears in humanity. Even if there had been deaf ears, the Masters would have said that an attempt must be made later on, when human beings would be ready to receive the wisdom. In occultism this is known as the test of maturity in men. The fact that wisdom pours into humanity from higher beings such as these is not in itself sufficient; what matters is how it is received; the success of the test depends upon that. Such tests have already been made several times but have not always succeeded. It was often within narrow limits that humanity proved to be ripe for the tests; receptive souls and hearts were not always to be found. When the ego of humanity was to be instilled, the test consisted in gradual attempts to perorate what had formerly been astral body only, with the ego. Then it turned out that the astral body, permeated by the ego, was incapable of penetrating the physical body. Adjustment was therefore necessary and this was made possible by the separation of the moon. It was in the middle of the Lemurian epoch that the entry of the ego, the Christ principle, was first achieved.

But the following was connected with this. During and after

the separation of the moon, the earth was depopulated. We have heard that the bodies had become so contaminated that they could no longer provide habitations for the souls. Cosmic happenings such as these have been preserved in legend and saga, but occult investigation reveals their true origin and teaches us that while the separation of the moon was taking place, when the earth was depopulated, many souls were searching for suitable embodiment in cosmic space; they departed from the earth and assumed bodies on other planets. But when the moon had finally left, it became apparent that the earth was capable again of providing suitable bodies. Now, the souls, who during the latest Lemurian epoch and thereafter in the Atlantean period had gone to the planets, presented them-selves again on the earth and incarnated in the bodies there. Groups of human beings now formed on the earth. Some provided bodies for souls coming from Jupiter incarnations, or from Mars, Venus or Saturn. These souls now found bodies that were appropriate for them. This grouping of souls gave rise to the birth of races. Hence there is a certain connection between the races and cosmic bodies and thus it was possible to speak of Saturn men, Jupiter men and so on. What can be called the concept of race had now, for the first time, its justification.

On Old Moon, and also on the earth while it was still united with the moon, there were human beings at different stages of evolution. This can be perceived right on into the Lemurian epoch, when owing to the exodus of the moon, differentiation took place in humanity. Thereafter the concept of race arose and from then on began to have a certain meaning, a certain significance. Race is something that comes into being and subsequently passes away again. The epoch of the formation of the races is that embraced by Lemuria and Atlantis. Today only stragglers of the races are present.

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are going back and forth across the
doorsill,

Where the two worlds touch.

The door is round and open.

Don't go back to sleep.

~ Rumi

Reports on Eurythmy in Portland

Portland Eurythmy

Earth: This Being Human

For the past year, Portland Eurythmy has been exploring the element of earth. In our search for earth- invoking poetry and music we discovered a thread of something distinctly human. We found words of magic, acceptance, wonder, tenderness, and abundance that the earth provides freely. It seemed the poets were telling us we need only to be open and present with the earth in order to receive her gifts and to find our humanity.

We, as human beings, have experienced many new and unfolding dramas during this past year, with a global health pandemic and global calls for social justice. These calls from the earth and the people on the earth have inspired many different responses ranging from fear, despair, and hate to courage, hope, and love.

As eurythmists, we have opened ourselves to these calls to see how they could move through us. We have played with Rumi's words, "Welcome and entertain them all, for each has been sent as a guide from beyond."

Here we are on earth together, seeking our own vulnerability and open-heartedness in order that we may "entertain" and connect to the earth and to all the people on it.

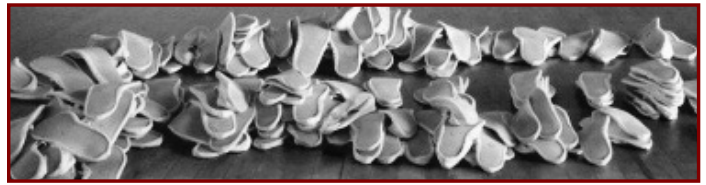
The program includes works by Rumi, Whitman, Stafford, Leunig, Henselt, and Eilish. We recently had the opportunity to include our program in the ASA Annual Conference and AGM's online event with a pre-recording of the program. We also shared it with a small live audience while introducing it live to the conference attendees prior to their viewing. It was warmly received and appreciated. The conference attendees were spread around the globe (as far as Malaysia and Mexico) and several had never before seen a eurythmy performance.

Producing an online presentation of Eurythmy has opened a new possibility for Portland Eurythmy during this time of crisis. The members of the troupe as well as our potential audience are now receptive to exploring eurythmy in this new medium. We believe there is a short window where we may be able to bring eurythmy to a much wider audience, and we want to use this time to explore the possibilities. Our priority remains expanding and deepening the practice of eurythmy; a high-quality online presence may attract new audiences and even future eurythmists.

To that end, we will be posting videos of our performances to our site at:

www.portlandeurythmy.org/performance-videos

Meta Bruner, Jolanda Frischknecht, James Knight, Amanda Leonard, Don Marquiss and Carrie Mass. Accompanist: Colin Shepard and Speaker: Daniel Stokes



Pacific Eurythmy

We know it is a little confusing with Portland Eurythmy and Pacific Eurythmy both being in Portland... and sharing some of the same Eurythmists. Portland Eurythmy is the non-profit and performing group here in Portland and as such they/we support conferences and other endeavors. Pacific Eurythmy is the school under the umbrella of the Portland Eurythmy non-profit organization.

Pacific Eurythmy is currently in the third term of the first year curriculum of the eurythmy program with our 3 students! Our small number has enabled us to continue teaching and meeting regularly despite the health crisis. The times, as we all know, are challenging in many ways and are challenging us here too. But the joy of moving and learning together hasn't stopped and is stronger and more important than ever!

One of our many challenges this year has been finding a space to teach our classes. We have been so blessed by the generosity of the local Waldorf Schools who have thus far given us the use of eurythmy rooms in their buildings. Because of the current situation, that is no longer possible. Through the tireless search from one of our board members, we (and Portland Eurythmy) have been gifted a temporary space. One of the Waldorf Schools has loaned us a beautiful wooden floor so we can avoid moving on concrete. We are also using a smaller space in an older theater building, getting to know local movers and artists through our comings and goings, and with a third space we are something of a traveling Eurythmy school. We feel grateful that our pianist is still with us, although all the moving locations requires her to play on an electronic piano for the time being....! The students are a wonderful, open and hard-working group, who support each other in many different ways. Each one has their own path to travel and obstacles to overcome. As teachers we feel privileged to be a part of their journey with Eurythmy and to witness the growth of each student.

Our goal was to finish with the first year curriculum this December, but with the ever changing times we are staying flexible and may add another term to truly master the basic elements laid out in the first year curriculum. We are supported by wonderful subject teachers who help provide a bigger picture of anthroposophy and art to the Eurythmy curriculum. We are grateful to the larger community for all of the support that they show us.

Carrie Mass and Jolanda Frischknecht

From the Portland Branch Council

The Books Are Making Their Way Out Into the World!



Our cheerful hearts warmed the chilly morning as we set up tables on the porch and filled them with books, working together to organize the tomes by category.

Sellers and book purchasers alike took up the task of filling out sheets to create an inventory, and many hands made light work. It was a joy to see familiar faces and to meet new people over the course of the day, as treasures found their way into delighted hands.

\$1211.45 was added to the Branch coffers, plus a \$100 donation which was offered as inspiration toward a physical location for the Portland Branch!

We hope to be able to offer a list of the remaining books for sale that people could pick up at their convenience. An idea still in the works. Mark Hope performed the great service of transferring all the information from the inventory sheets to a spread sheet.

We do have 16 copies of *The Song of Increase, Listening to the Wisdom of Honeybees for Kinder Beekeeping and a Better World* by Jacqueline Freeman that we could offer at a significant discount. It is currently being offered on Amazon for about \$10. Contact Valerie at valerieannhpdx@aol.com if you are interested.

The joy of working together toward a common goal is incalculable, and it was good to have this opportunity to do so.

*Warmest regards for the Council,
Sara Genta, Valerie Hope, James Knight,
Walter Rice, Jerry Soloway*

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 to Christopher Guilfoil: c.guilfoil@gmail.com. The deadline for submissions is the 20th of the month preceding publication. Items selected for publication may be edited for style, content and length.

To sign up for our newsletter/email list go to: www.portlandbranch.org and click on the button at the top of the right hand column on the home page.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org.

Our current newsletter team: Editor, design, layout, and illustrations: Christopher Guilfoil; Editing and proofreading: Valerie Hope, Wes Burch, Ellen Walljasper; Printing and distribution: Jerry Soloway; Webmaster Angelica Hesse; Treasurer: James Knight

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2020:

Christine Badura, Virginia Berg, Diane Bolduc, Wes Burch, Sandra Burch, Jeremy Davis, Stacy Durych, Amanda Eastman, Sara Genta, Deborah Ham, Mark Hope, Valerie Hope, Marsha Johnson, Lauren Johnson, Tish Johnson, Lisa Jones, Donna Patterson Kellum, Bob Kellum, Tom Klein, Ruth Klein, Timothy Kennedy, James Knight, Anne Kollender, Martin Levin, Judith Levin, Robin Lieberman, Michele Limas, Regina Loos, Patricia Lynch, Lisa Masterson, Brian McClure, Jennifer McNeal, Cheri Munske, Padeen Quinn, Robin O'Brien, Nancy Peirce, Jeff Rice, Walter Rice, Susan Rice, Diane Ramage, Rebecca Soloway, Jerry Soloway, Elizabeth Webber, Brian Wickert

Your 2020 dues will be gratefully received:

Thank you for helping to make our lively community life possible. A typical contribution is \$50, but no amount is too large or too small. You can send a check to The Portland Branch, c/o Valerie Hope 2606 SE 58th Ave., Portland, OR 97206. Or you can donate online at portlandbranch.org.

You can also make your contribution online, by clicking 'pay here' toward the bottom of the right-hand column on the home page of our website, portlandbranch.org.

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.

Another Way to Donate to the Portland Branch

If you shop at Amazon and use the following link, a small donation, .5% of the price of your eligible purchases will be donated to the Portland Branch. smile.amazon.com/ch/93-1269233

Calendar of the Soul

Week 31

The light from Spirit depths
Sun-like, it outward strives;
It becomes life's will power
And shines within the senses' dullness
To free the forces that let ripen
Creative might from the soul's impulses
In all the work of man.

Week 32

I feel my own power coming to fruition,
Gaining strength, it gives me to the world,
My own intrinsic being I feel
Grow strong, to turn to clarity
In the weaving of life's destiny.

Week 33

Thus only do I feel the world,
Which, without my soul's involvement,
Is but an empty frosty life
And manifesting without power;
In souls itself anew creating,
Left to itself would find but death.

Week 34

Mysteriously to feel within
The quickening of the treasur'd past
With Selfhood, newly risen;
This shall, arousing forces of the world,
Pour itself into my life's outer work
And growing root me in existence.

Calendar translation
by Liselotte and William Mann

Urban Biodynamic Gardening: Vote of Confidence with Sandra Burch

"Let us take a person who says to himself at the approach of winter, 'The nights are becoming longer, the days shorter. We are approaching a time of year when the sun withdraws its ripening forces from the earth. Outwardly, the earth is dying but as this process takes place, I feel all the more the need to awaken spiritually. I must receive the spirit into myself evermore.' ...as outer nature dies the spirit must be all the more awake."

From *Nature Spirits - Selected Lectures by Rudolf Steiner*

In this second to last month of the year, the third day of which stands out in many minds as a type of pivot point, where do we place our attention? For many of us, Election day is starkly present in our awareness. Might we give our vote of confidence to the benevolent spiritual world? And how?

So much of a farmer and gardener's time and focus is taken up with what is right in front of their eyes: the squash are ripe and need to be harvested, the aphids are feasting on the kale, the birdbath is empty again.

As we come into November we may ask: How might we actually awaken spiritually? This aspect of life can often escape us, as we are hustling and bustling just to get the physical details of gardening handled. Covering up the water spigots, rolling up hoses, maybe even managing to cut back all the brown rangey old flower stalks, and raking leaves, all sorts of tasks beckon.

We could begin with the theme of paying attention. And like a creative gardener, who wants to sow every inch of her city yard, we could add to this the activity of thanksgiving. We can start by making it a point to appreciate the everyday graces and beauty. The bright red sunset, peeking out from under the gray bank of clouds, is glorious. Goldfinches in the hemlock, hummingbirds on the last red flowers for a split second, the moist morning air, all more than amazing. And then to continue: ask: what have I taken for granted? Clouds, stars and clear air. What have I not shown appreciation for? Mushrooms, bugs that come into the warm house, oodles of spiderwebs. And always ending with: what have I forgotten? The soft fur of my dog, zillions of little pea gravel stones and the stalwart swiss chard.

For inspiration about how to begin to notice and experience our gardens and nature more fully check out The Nature Institute - visit www.natureinstitute.org. Here is a link to: "[The Nature Institute's Mission](#)" In this short video, Craig Holdrege, the executive director of The Nature Institute, asks the fundamental question 'Do we see the world?' The mission of the Institute is to cultivate that seeing and to develop practices to transform our sensibilities and thinking in order to understand the living character of the world.

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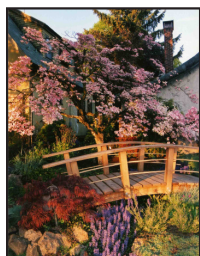
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"The possibility of illness is due to the possibility of becoming human beings..."--Rudolf Steiner

Donna provides adjunctive therapy for acute and chronic conditions including anxiety and depression, headache, TMJ and musculoskeletal problems related to trauma, also circulatory, respiratory, hormonal and digestive problems, diabetes, immune disorders and allergies. As a life-long learner with intense interest in the human body, soul and spirit, Donna has taken extensive professional continuing education courses over the past 30 years. She now integrates over a dozen manual therapies with emphasis on advanced craniosacral therapy, lymph drainage, and visceral massage, all of which is further informed by anthroposophic trainings in rhythmical massage, chirophonetics and psychology. While her interface is light with a strong energetic component, she does not consider this "energy work". Familiarity with anatomical details, bio-mechanics and physiology makes her work feel warm and nurturing in a way akin to what Steiner calls "re-membering" (umformung), awakening the body to its own restorative processes of rhythm and breathing, its inner kinship with the Light, and facilitating then its own healing powers which can be profoundly transformative.

Portland Branch Calendar

November 2020

School of Spiritual Science meets Sunday, November 8, 2020 at 9:30am; **Bothmer Hall. Lesson III.** Blue cards required. For questions contact Cheri Munske: cherimunske@gmail.com or Diane Rumage: drumage@comcast.net.

Portland Branch Council Meeting

Monday, November 9, 7pm • Contact Valerie Hope, 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'd like to attend. Meetings are normally held on the second Monday of the month.

During this time of physical distancing, please contact the group organizer for each ongoing activity to confirm if the group is still meeting and what protocols they might require.

Ongoing Local Activities and Study

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

9:30am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Cheri Munske: cherimunske@gmail.com, Diane Rumage: drumage@comcast.net, or Rebecca Soloway: rrsoloway1@gmail.com

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

7-9pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, valerieannhpx@aol.com

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

Manifestations of Karma Study Group • First Monday of the Month

7:45-9pm • Temporarily conducted via Zoom • Contact Jerry Soloway 503-908-7615, jrsoloway@hotmail.com

Please join us in lively discussions centered on Rudolf Steiner's *Manifestations of Karma*.

Adult Eurythmy Class with Jolanda Frischknecht : Calendar of the Soul Verses

Wednesday Evenings 10/28 to 12/9, 7-8:15pm and Saturday Mornings, 10/31 to 12/12, 9-10:15am • Bothmer Hall, 5919 SE Division St., Portland 97206 • Cost: \$15/session; \$90. for Six, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345

Eurythmy for Waldorf Alumni: Wednesdays

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

Eurythmy, Portland Waldorf School Community: Thursday Mornings

8:45-9:30am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact Sarah Rem, sannerem@gmail.com 503-729-1740

Pacific Eurythmy, Open Classes for the Community in Anthroposophy and the Arts: Monday Evenings

For details please see our website, www.PacificEurythmy.com or call Jolanda, 503-896-3345 or Carrie, 415-686-3791

Art as Spiritual Activity by Michael Howard • Friday Mornings

9:15-11am • Study group in NE Portland. The group starts each meeting with a short artistic activity and at this time we are singing led by Diane Rowley. All are welcome. • Contact Patricia Lynch at patriciahomanlynch@gmail.com

Singing Circle at the Portland Waldorf School • Friday Mornings

8:45-10:15am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • all voices are welcomed. Contact Julianne Renzema at momartist@yahoo.com. No practice during school breaks.

Speech Formation and Mystery Drama Group • Every 2nd and 4th Wednesday

7:25-8:55pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. New participants accepted. No experience necessary, just enthusiasm and a love of the Word. • Contact Diane Rumage 971 271-7479 drumage@comcast.net

Beginning Astrosophy Class • First and Third Tuesday of the Month

7-8:30pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. This class will introduce participants to the basic principles of Astrosophy in a study of the works of Willi Sucher and Diane Ramage's work with the stars, with indications that Rudolf Steiner gave for those interested in the cosmos. No previous knowledge necessary. Please bring blank paper and colored pencils to the class in case we need to use them. If you are just curious if you'd be interested, please feel free to come and check us out. • Contact Diane Ramage 971 271-7479 drumage@comcast.net

Friday Book Study in Corvallis

5:15-6:15pm at the home of Renate Joy • 1020 NW 25th Street, Corvallis • Our new study is Rudolf Steiner's "Occult Science: An Outline" (If you are planning to buy this book, we suggest the classic translation by George and Mary Adams.) This is a great way to study anthroposophy in community with others, where different perspectives are shared, and understanding can deepen.

Study of Gospel Lectures • Every Sunday

9-10:30am • Please call for venue • Free. Long established group of researchers reading and discussing Steiner lectures on the Gospels. • Contact Cliff W, 360-750-4858 or Suzanne W, 503-208-2426

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Michael Institute. Contact Jen Davis, 503-449-7387 jennifer@michaelinstitute.com

Waldorf Teacher Education, Eugene

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

“ I still miss those I loved who are no longer with me,
but I find I am grateful for having loved them.
The gratitude has finally conquered the loss. ”

Rita Mae Brown

***Happy All Souls Day & Happy Thanksgiving
from the Portland Branch Newsletter Team***

It has been a joy...

Calendar of the Soul

Verses by

Rudolf Steiner Explored

Through Eurythmy

Led by Jolanda Frischknecht

Choose 6 sessions

Wednesday Evenings 7-8:15pm

10/28- 12/9

Saturday Mornings 9-10:15am

10/31- 12/12

\$15 per session \$90 for 6

Do not let the cost keep you away

*Contact Jolanda for a sliding
scale/donation.*

*Visit PacificEurythmy.com to register or
email Jolanda*

at: jolandamf44@gmail.com

All Classes Held at Bothmer Hall



Rudolf Steiner gave 52 eurythmy forms , one for each week of the year. Come explore moving these beautiful forms which help us dive deeper into the soul calendar verses and help us experience the breathing between nature and our soul.

These verses give us "a healthy 'at oneness' with the course of nature and, arising thence, a vigorous 'finding of oneself' ... Rudolf Steiner