

Home Care for the Flu

By Lynn Madsen, Ph.D., MD, Portland, OR



When fever, aches, headache, stomach upset, or cough happen on top of cold symptoms, we call this the flu. Usually flu is self-limiting and you get better no matter what you do. And, more comfort and possibly a shorter illness are possible with added care.

In general, children have many acute illnesses as they grow, providing a healing developmental process that provides a strong foundation throughout life. Adults become ill when stressed, and sometimes for no apparent “reason.” Then illness is an opportunity to regroup and refuel. Anthroposophic medicine supports a healing process, rather than masking symptoms that allow us to “go on” with regular life. Sometimes we must function and work, and then conventional medicines can be used judiciously (Tylenol, decongestants, etc.).

Occasionally our immune systems are not up to the challenge of an illness; then again, judicious use of antibiotics (for bacterial infections) or other conventional medications may be necessary. Please be sure to call your doctor if you have any concerns about your recovery from the flu or other illness. Ultimately, after a renewal, remodel, and clearing out from the flu, we emerge with new strength in a healthy state. Here are suggestions for how to support healing.

All bodies respond well to the following—

- Stay warm—dress well, take baths, use hot water bottles
- Drink lots of fluids and limit heavy foods
- Make sure your body is naturally detoxifying by keeping your bowel movements regular

- Sleep lots—sleep is the best medicine. In fact, don't wake someone up to give medicine.

Remedies from your kitchen—

- Salt water nose and throat washes for sinus/head congestion.
- Mustard footbaths Also consider mustard pack for chest symptoms.
- Onion compress for ear pain.
- Lemon calf wrap, for fever with warm feet and restlessness.

Anthroposophic remedies

Many excellent remedies are available for further support in recovery from acute illnesses. Three pharmacies are in the US at this time; websites are listed below.

www.urielpharmacy.com

www.usa.weleda.com

www.truebotanica.com

I am available also for phone consults during acute illnesses if you want help with how to choose and apply remedies, and to discern if you need to be seen in person.

Be Well—

Lynn Madsen practices medicine in Portland. Visit her website at www.bewellmed.com or contact her by e-mail at madsenmd@bewellmed.com or by phone at 971 404-6862.

The Art of Research: Cultivating Feeling as an Organ of Perception for Scientists

Who: For members of the School for Spiritual Science

When: Thursday, November 20 to Sunday, November 23, 2008

Where: Siegwald Elsas' home, 9510 SW View Point Terrace, Portland, OR 97219

The theme for this year's North American Natural Science/Mathematics-Astronomy Section conference arose out of our work during last year's conference with Michael Howard at LifeForms studio in Amherst. In our study of the dynamics of metamorphoses the question arose, how do we use the soul capacity of feeling in our research as an objective research tool? It became clear at the conference's end that we should take up this theme, a theme that has been met with keen

interest here and in Europe. To help us work with this, we have asked Michael Howard, Siegwand Elsas and Diane Rumage, a Class Reader from Portland, to join us.

If humankind is to know and work with the laws of life with the same clarity that we know and work with the laws of the non-living world, we must develop the necessary capacities using newly awakened organs of perception. In addition to our present faculty of perceiving quantitative elements, we must develop an ability to inwardly participate in the living play of qualities. Taking our starting point in the sense world, we must develop an ability to inwardly participate in the living play of qualities in this world of the senses. We

need to follow this into the supersensible world. The visible world is part of the invisible world. As quantitative perception serves mathematical and mechanistic thinking, likewise exact qualitative perception leads to a living thinking, that is, a thinking that is dynamic and holistic. Furthermore, such a living thinking is the key to creating living processes above and beyond mechanistic ones.

If you are interested in joining this conference, please contact Jennifer Greene by cell phone at 415-254-9567 or via e-mail at jgreene@waterresearch.org.

Eugene Evening to Remember the Dead

The Rudolf Steiner Group of the Anthroposophical Society of America invites you to an Evening to Remember the Dead. Please join us on Sunday, November 2nd at 7:30 P.M. in the Great Hall at the school. There will be participation, eurythmy, musical presentations and we will hear a talk on the theme by Lee Ann Ernandes. This evening is for adults only. We look forward to meeting you at this event. For the Rudolf Steiner Group Contact Bill Wood at (541) 687-8211 or by e-mail at woodbillr@q.com.

ABOUT THE ACT OF CONSECRATION OF MAN AND THE CHRISTIAN COMMUNITY

By Sandra Burch, Eugene, OR from notes she has taken of Reverend Sanford Miller's talks

True Christianity is radical and daring and connected to the future. The ideal human being stands firmly on the earth with their consciousness in the spiritual world. The sacraments come from the spiritual world to help support humanity. Rudolf Steiner spoke of The Act of Consecration of Man as the Mass as it currently is in the spiritual world.

At the beginning of the service the priest speaks the words: "Let us worthily fulfill The Act of Consecration of Man." All present are co-celebrants. The quality of the sacrament is dependent on the people present. Consciousness is asked of the congregation, to be awake, to hear and to understand. A true Christian sacrament can never interfere with human freedom. A sacrament is a mystery.

The sacraments come at each stage of life to help the inner evolutionary process – like a spiritual homeopathy. A homeopathic remedy works like a shimmering picture

If you are interested to learn more about the Portland Branch of the Anthroposophical Society, please call Diane Rumage at (360) 241-7854.

The Portland Branch Thanks the following Members and Friends for their Generous Donations in 2008!

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The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School, Cedarwood Waldorf School, Shining Star and Swallowtail School. The newsletter and calendar are also posted on the Portland Branch website at www.portlandbranch.com.

Questions, suggestions and submissions may be sent by e-mail to anthroposophy@earthlink.net. Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month's edition. Submit calendar items to branchcalendar@mindspring.com no later than the first of each month for publication in the next edition.

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that says: “Well, if you want you could do this...” to the body. The sacraments also work in this way. They are a word vessel determined out of the spiritual world.

The priest speaks in a different way during a sacrament. Priests practice speech formation to free the organs of speech to make them objective, so there is nothing of the priest’s personality during the service. The angel of the congregation is the one that speaks.

The Act of Consecration of Man occurs on Sunday so we can be nourished by the mood of this day of the week. Sunday morning has forces available that no other morning does. Resurrection forces are brought to humanity through The Act of Consecration of Man. What one receives in the bread and wine does not work like magic. It depends on what one does with it. It can become active in us.

Ritual can sustain us. In considering the structure of the universe and looking at the movements of the planets around the sun, they have a sustained and regular process. On earth in The Act of Consecration of Man a mirroring of cosmic events happens. This is why the Act of Consecration of Man has the same words and actions each Sunday. The cosmos works in very specific rhythms.

The question comes: “can’t we do our own communion ritual – say in our homes on a Sunday?” There is a profaning of the substances if one “feeds” oneself the bread. A terrestrializing of the substances happens. The gesture during communion is one of willingness to receive. It is not a taking and not a giving to oneself. Only through the ordination does it become possible for the priest to hold the bread and chalice. There is a death when one is ordained.

When one participates in The Act of Consecration of Man then heart forces can be awakened, developed and nourished. The Christian Community is not Anthroposophy. However, all priests are anthroposophists. Ideally, priests and anthroposophists work as colleagues. The existence of The Christian Community is meant to be an aid to the Branch.

Steve Usher Speaks in Portland about the Current Financial Crisis Wednesday, October 22, 2008

A Short Seminar on the Financial Crisis with Stephen E. Usher, Ph.D. economist and former staff economist with the Federal Reserve Bank of New York will take place

Wednesday, October 22nd at 7:00 PM. A presentation of 1.5 hours will be followed by a break and then 30-45 minutes of questions and conversation. The fee for this timely event is \$18. 3135 NE 17th Avenue, Portland, OR. Contact Jannebeth Röell at 503 249-3807 for information and directions.

Stephen Usher Lecture Series October 24th, 25th, 26th

Questions, discussion and refreshments will follow the lectures. \$10 General Admission, \$5 Students

Friday, October 24 Portland 7:30 pm

Anthroposophical publisher Stephen Usher shares his private conversations with Saul Bellow on spirituality. The two men discussed Steiner’s spiritual scientific discoveries, including those described in *Work of the Angel in Man’s Astral Body*. Stephen will also explore Bellow’s references to Rudolf Steiner and his work in Bellow’s 1976 Pulitzer Prize winning novel *Humboldt’s Gift*, which according to Usher is about a guy coming to terms with Rudolf Steiner. Bellow also won the Nobel Prize for Literature in 1976. By his death Bellow was regarded by some as the greatest living novelist in English. Bellow quote: “[There is] an immense, painful longing for a broader, more flexible, fuller, more coherent, more comprehensive account of what we human beings are, who we are and what this life is for.” Location: Cedarwood Waldorf School, 3030 SW 2nd Ave.

Saturday, October 25 Portland 7:30 pm

Anthroposophist Rudolf Steiner & the Three-Folding of Society. This lecture is for members and friends of the Anthroposophical Society, as a knowledge of Anthroposophy is necessary, and reading Steiner’s *Occult Science* is helpful. Stephen will explore the idea, its history, and its opponents. While Steiner first proposed three-folding as a way to bring sanity into the madness of WWI, Stephen will explain how it provides an occult background for current events. Location: The Hope’s home, 2606 SE 58th Ave (block south of Division)

Sunday, October 26, Portland 4:00 pm

For Members: The Christmas Foundation Conference and the Foundation Stone. This lecture is for members with pink cards. (If you’ve lost your card, send for it; you don’t want to miss this!) Stephen has had the great good fortune to discuss the Christmas Conference with a Eurythmist who was there. He will explore the important distinction between the Christmas Foundation Verse and the Foundation Stone itself. Potluck follows—bring your favorite dish and continue the conversation. Location: The Hope’s home, 2606 SE 58th Ave.

Lectures Sponsored by the Portland Branch

Portland Branch Election Report

By Chrystal Godleske, Portland, OR

At the last meeting of the Branch Council Ruth Klein, Marsha Johnson, Jeffery Levy, Chrystal Godleske, Walter Rice and Tom Klein were elected by the assembled group to be the members of the newly configured Branch Council for the coming year.

Betty Baldwin and John Miles did not run for reelection and stepped down from the Council. We are very grateful to them for their contributions during their term of service. Thank you to all who were present to vote as well as those who participated in other ways.

The Branch meeting also included a reading and discussion on the essence of Michaelmas and the updated budget. The budget shows that donations have exceeded expenses by \$41 this year. So if you haven't sent in your dues donation, please do so now.

Portland All Soul's Day Festival

Bring pictures and mementos of your loved ones who have died. Join us for an evening of music and reflection on the memory of those who have crossed the threshold. 4:00 PM, Bothmer Hall - 5915 SE Division Street, Portland, OR 97206. Contact Chrystal Godleske by e-mail at socialsculptor@gmail.com or Lucia Mello by e-mail at luciamello@earthlink.net.

In Loving Memory of Henry Barnes (1912-2008)

*May love of hearts reach out to love of souls
May warmth of love ray out to Spirit-Light
Even so would we draw near to you
Thinking with you Thoughts of Spirit
Feeling in you the Love of Worlds
Consciously at one with you
Willing in silent being
-Rudolf Steiner*

One of Anthroposophy's greatest leaders of the past century, Henry Barnes, crossed the Threshold on September 18, 2008 at 10:51 PM in NY. He was 96 years old.

Henry was born in New York City in 1912. He attended Lincoln School of Teacher's College and received a B.S. degree from Harvard College in 1933. Following the suicide of his best friend, Peter Stockton (brother of

anthroposophical artist Anne Stockton), Henry began to contemplate life's mysteries and the purpose of his life. The mother of his dead friend told him of a book she had read while pregnant with Peter called Knowledge of the Higher Worlds.



Following her advice, Henry attended an anthroposophical conference in Spring Valley, NY in 1933. He was 21 years old. There, he learned about Waldorf Education and decided to enroll in the Teacher Training program in Stuttgart, Germany. While in Europe, he met the love of his life, Christy MacKaye, whom he married on September 5, 1939 in Dornach, Switzerland. From 1935-39 Henry was a class teacher in Michael Hall, England.

Because of the War, Henry, Christy and several members of their respective families sailed to New York in June of 1940. Henry taught at the Steiner School in Manhattan for three years, but then entered the US Army, where he served until 1946. He then resumed teaching at the Steiner School, first as a Class teacher and then as a high school History teacher. He taught there until 1977, and served as the Faculty Chairperson for many years. Mr. Barnes was also the General Secretary of the Anthroposophical Society in America from 1974-1991. Mr. Barnes has authored several books: A Life for the Spirit: Rudolf Steiner in the Crosscurrents of Our Time (1997); Percy MacKaye: Poet of Old Worlds and New (2000) and his crowning achievement for which all Anthroposophists in America are indebted: Into the Heart's Land: A Century of Rudolf Steiner's Work in North America (2005).

Henry collaborated with anthroposophical groups all over the country to create this masterpiece, which took four years to complete. It is a fascinating history of the anthroposophical work in America and a must-read for all members. Henry also was the host of a video by Karl Levvin about Rudolf Steiner and his work entitled Dr. Rudolf Steiner and the Science of Spiritual Realities.

Henry Barnes was a legend in his time and will be sorely missed. May his guidance from the Other Side inspire and lead us on to service to Humanity in these troubling times!

This article was first printed in the Chapel Hill, NC Group Newsletter.

Portland Anthroposophical Society Calendar - October 2008

Ongoing Events and Study Groups

African Drumming

Every Thursday evening from 8-9 pm in the high school building of Portland Waldorf School (2300 SE Harrison Street, Milwaukie). \$40 for 5 lessons, \$10 drop-in. Drums provided. No experience necessary. Marion Van Namen (503) 956-4046.

Anthroposophical Medicine Study Group

Once a month Monday (after the second Sunday) at the Takacs Clinic 7-8:30 PM. John Takacs at johntakacsdo@hotmail.com or Kevin Kane at drkev@involved.com.

Curative Education

Second and fourth Friday 7:30 PM – 9PM study of Rudolf Steiner's *Education for Special Needs*. Call Betty Baldwin for information 503-747-6367.

Deepening Our Experience with Six Basic Exercises

Saturday 9:00-10:00 AM once a month. Beginning and advanced students welcome. 2525 NE 13th Ave, Portland, OR 97212. For information call Twila at (503) 281-9349 or write her by e-mail at Twila@spiritone.com

Karmic Relationships

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Call James Lee for information 503 249-3804 or e-mail him at anthroposophy@earthlink.net.

Mystery Dramas, with Speech-Formation Exercises

Two Wednesdays a month, 7:30 - 9:00 PM in Portland. Currently working with Rudolf Steiner's *Portal of Initiation* and the *Genesis* lectures. No acting experience necessary, just a love of the Word. Call Diane Ramage at 360 241-7854 for information.

Mystery Knowledge and Mystery Centers

Meeting once a month on the fourth Thursday at 7 PM at Bothmer Hall. Contact Joan Takacs by e-mail at joantakacs@yahoo.com.

Occult Science

First and third Tuesdays from 7:30 - 9:00 PM at 3046 NE 33rd Avenue, Portland, OR 97212. Contact Donna Patterson and Bob Kellum at 503-331-7393.

Portland Pedagogical Section Starting

Many of you know that about 2 years ago I was hoping to get educators in Waldorf Education together who are interested in forming a Pedagogical Section here in Portland. The aim is to meet once a month at Cedarwood School or another central location on Sundays to discuss questions that the pedagogical section is holding worldwide. The intent is to begin in October or November. If this is something you are interested in please e-mail me as soon as possible. Sacha Etzel at TheEtzel6@wmconnect.com or by phone at 503-329-4982.

Portland Waldorf School Community Choir

Every Monday morning from 8:45 - 10:00 AM am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the music room of the high school building, whenever school is in session. Anyone in- and outside the PWS community who enjoys singing songs through the seasons, across the centuries and around the world is very welcome, including drop ins. This event is free and a community builder. More information: Marion Van Namen (503) 956-4046.

Portland Youth Discussion Group

Come join the Portland Youth Discussion Group as we pick-up Becoming the Archangel Michael's Companion in order to understand what our task, as the youth of the world, is in the 21st Century. There is something new and exciting in the air among the young people as a new generation prepares to take on the responsibility of this world and so we gather to hold both that space, to marvel and to share what others are doing in the world and to work more deeply with one another. We welcome new people who are open to exploring Spiritual Science and conducting their own research and those who are interested in learning more about the youth in Portland, the North American and

International Youth Section and more! There is so much going on. For more information about when and where we meet, please contact Leslie Loy at (503) 819-3399 or leslielal@yahoo.com.

Spinning and Spiritual Science

Gathering on the first Saturday of each month, 3 PM to 5PM, to study *Art as Spiritual Activity*, lectures by Rudolf Steiner 1888-1923. We work with the fiber arts and spinning wheels. Call Marsha Johnson 503-309-4223 to sign up.

Waldorf Education and Teacher Training

Lectures and courses conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net

Upcoming Events

SEPTEMBER 15-DECEMBER 8

Music Theory Classes

Ten Monday evenings of music theory by Marion van Namen (no class 10/13, 10/20, 11/24) from 7-9 pm at Bothmer Hall, 5919 SE Division. We'll start with the basics, and let ourselves be guided by the book "Music Theory for Dummies". It's a thorough book and comes with audio CD and additional exercises will be provided. \$150 for 10 classes, \$20 per class. Contact Marion van Namen: 503-956-4046 marion@octavemusictherapy.com

OCTOBER 17-19

Christian Rosenkretz -Living a Spiritual Life in the Modern World and the Anthroposophical Society Annual General Meeting

Who is Christian Rosenkretz and how does he work in the world? In this conference we will explore the life and mission of Christian Rosenkretz, with particular focus on the power of Anthroposophy, today's Rosicrucian path, to bring about transformation in modern life. More at www.portlandbranch.com. The conference is sponsored by The Anthroposophical Society in America in cooperation with the Los Angeles Branch, 110 Martin Alley, Old Town Pasadena, CA 91105-1900. The annual general meeting of the Anthroposophical Society takes place on the Sunday following the conference.

Wednesday, OCTOBER 22

Steve Usher Speaks in Portland about the Current Financial Crisis

A Short Seminar on the Financial Crisis with Stephen E. Usher, Ph.D. economist and former staff economist with the Federal Reserve Bank of New York will take place Wednesday, October 22nd at 7:00 PM. A presentation of approximately 1.5 hours will be followed by a break and then 30-45 minutes of questions and conversation. The fee for this timely event is \$18. 3135 NE 17th Avenue, Portland, OR. Contact Jannebeth Röell at 503 249-3807 for information and directions.

Friday, OCTOBER 24

Anthroposophical publisher Stephen Usher shares his private conversations with Saul Bellow on spirituality.

The two men discussed Steiner's spiritual scientific discoveries, including those described in *Work of the Angel in Man's Astral Body*. Stephen will also explore Bellow's references to Rudolf Steiner and his work in Bellow's 1976 Pulitzer Prize winning novel *Humboldt's Gift*, which according to Usher is about a guy coming to terms with Rudolf Steiner. Bellow also won the Nobel Prize for Literature in 1976. By his death Bellow was regarded by some as the greatest living novelist in English. Bellow quote: "[There is] an immense, painful longing for a broader, more flexible, fuller, more coherent, more comprehensive account of what we human beings are, who we are and what this life is for." 7:30 PM, Cedarwood Waldorf School, 3030 SW 2nd Street, Portland. Admission \$10.00.

Saturday, OCTOBER 25

Anthroposophist Rudolf Steiner & the Three-Folding of Society

A lecture by Stephen Usher for members and friends of the Anthroposophical Society, as knowledge of Anthroposophy is necessary, and reading Steiner's *Occult Science* is helpful. Stephen will explore the idea, its history, and its opponents. While Steiner first proposed three-folding as a way to bring sanity into the madness of WWI, Stephen will explain how it provides an occult background for current events. 7:30PM, The Hope's home, 2606 SE 58th Ave. Phone 503-775-0778. Admission \$10.00.

Thursday, OCTOBER 30**The Spiritual Light of the East and A New Christianity**

Sanford Miller will speak about the evolution of consciousness with special reference to Buddhism and Hinduism. Reverend Sanford Miller received his B.A. from the University of California at Santa Barbara in Religious Studies in 1972, with an emphasis on Eastern Religion. He has been a student of the work of Rudolf Steiner also since 1972. 7:30- 9:00 PM, Portland Waldorf School (the Orchard Room) 2300 SE Harrison Street, Milwaukie OR 97222. Suggested donation \$15-\$20 - to cover travel costs. Sponsored by The Friends of The Movement for Religious Renewal. Call Sandra Burch at 503-353-1818 galenalyn@gmail.com or Lucia Mello 503-892-5296 with questions.

Friday, OCTOBER 31**Christ and the Elemental World: Spooks, Goblins, and Witches**

Reverend Sanford Miller of The Christian Community in Sacramento will speak on Halloween (costumes are optional). 7:30-9:00 PM, Bothmer Hall, 5915 SE Division Street, Portland, OR 97206. Suggested donation \$15-\$20. Sponsored by The Friends of The Movement for Religious Renewal. Contact Sandra Burch at 503-353-1818 or galenalyn@gmail.com or Lucia Mello at 503-892-5296 with any questions.

Sunday, NOVEMBER 2**Christian Community Services**

9:15 - Religious Instruction (grades 1-12)

10:00 - Children's Service (grades 1-12)

10:30 - The Act of Consecration of Man (for adults) (childcare available)

11:45 - Baptism

Bothmer Hall, 5915 SE Division Street, Portland OR 97206. Sponsored by The Friends of The Movement for Religious Renewal. Contact Sandra Burch 503-353-1818 or galenalyn@gamil.com or Lucia Mello at 503-892-5296.

Sunday, NOVEMBER 2**All Soul's Day Festival**

Bring pictures and mementos of your loved ones who have died. Join us for an evening of music and reflection on the memory of those who have crossed

the threshold. 4:00 PM, Bothmer Hall - 5915 SE Division Street, Portland, OR 97206. Contact Chrystal Godleske at socialsculptor@gmail.com or Lucia Mello luciamello@earthlink.net

Sunday NOVEMBER 2**Evening to Remember the Dead**

Please join us on Sunday, November 2 at 7:30 P.M. in the Great Hall at the Eugene Waldorf School. There will be participation, eurythmy, musical presentations and we will hear a talk on the theme by Lee Ann Ernandes. This evening also is for adults only. Contact Bill Wood 541-687-8211

NOVEMBER 6 - DECEMBER 4**Micha-el Institute 'Story-telling and Festivals'**

11/6 How to tell Stories; 10/13 Stories to tell and when to tell them; 10/20 Curative Stories and Language; 12/4 Practical Story-Telling; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie.

Contact 503-774-4946 or email johncmiles@usa.net.

Sunday, NOVEMBER 9**First Class of the School of Spiritual Science**


Bothmer Hall, Blue card required - Discussion on Lesson 10 at 8:30 AM, class at 9:30 AM sharp. Lesson 11. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

NOVEMBER 20-23**The Art of Research: Cultivating Feeling as an Organ of Perception for Scientists**

The 2008 Natural Science/Mathematics & Astronomy Section annual conference will take place in at Siegward Elsas' home, 9510 SW View Point Terrace, Portland, OR Michael Howard and Siegward Elsas will be keynote speakers. If you are interested please contact Jennifer Greene jgreene@waterresearch.org or Siegward Elsas elsas@ohsu.edu

AUGUST 1-8, 2009**Encircling Light-Expectant Silence**

Anthroposophical Society in Canada hosts this conference on the North in White Horse, Yukon. Full details about all aspects of the Conference will be available on our website, www.encirclinglight.ca, which will be in operation early in 2008. The flyer can be viewed online at PortlandBranch.com.



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