

HOW VACCINATIONS WORK

By Philip F. Incao, M.D., Crestone, Colorado © 2009

In order to use vaccinations wisely, we need to understand exactly how they work. Until recently, the action of vaccinations was always understood to be simply that they provoke an increase in the blood of antibodies against the bacterial or viral molecules (antigens) in the vaccine, thus preventing infection with the bacterium or virus from which the vaccine antigens were extracted.

In recent years, science has learned that the human immune system is much more complicated than we had thought. Our immune system is composed of two functional arms that work together to reinforce each other or to restrain each other depending on the health of the individual, and on the function that the immune system is carrying out at any particular moment.

One arm is the acquired or humoral immune system (or approximately Th2 function), which primarily produces antibodies in the blood circulation as a sensing or recognizing function of the immune system to foreign antigens entering the body. The other arm is the innate or cellular or cell-mediated immune system (or approximately Th1 function), which primarily destroys, digests and expels unwanted foreign antigens out of the body through the activity of its cells found in the thymus, tonsils, adenoids, spleen, lymph nodes and lymph system throughout the body. This process of destroying, digesting and discharging foreign antigens from the body is known as "the acute inflammatory response" and is often accompanied by the classic signs of inflammation: fever, pain, malaise and discharge of mucus, pus, skin rash or diarrhea.

To understand the immune system, it is helpful to compare it to our digestive system. Both systems process substances, i.e. foods, germs, which consist of foreign living matter entering our body. Our human body, like most biological organisms, does not tolerate foreign life within us, and has evolved our overlapping systems of digestion and immunity to actively process foreign life to either render it compatible with us or to expel it from our body. Eighty percent of our immune system's cells are found in the lining of our intestinal tract, guarding the

border separating the multitude of plant, animal, bacterial and viral substances in our food from our human inner environment. Using a little imagination we can see that, like our digestive system, our immune system digests and eliminates any foreign substances in us which it finds incompatible with our inner environment.

The two functional arms of the immune system may be compared to the two functions in eating: tasting and recognizing the food on the one hand, and digesting the food and eliminating the food waste on the other hand. In the same way, the humoral or Th2 arm of the immune system "tastes" and recognizes and even remembers foreign antigens and the cellular or Th1 arm of the immune system digests and eliminates the foreign antigens from the body. But just as repeated tasting of food will ruin the appetite, so also repeated or prolonged stimulation of the "tasting" humoral immune system by antigens will inhibit and suppress the digesting and eliminating function of the cellular immune system. In other words, over-stimulating antibody production can suppress the acute inflammatory response of the cellular immune system! ¹

This becomes clearer if we imagine the immune system to be like a see-saw. At one end of the beam is antibody production (Th2), at the other end is the acute inflammatory response of the cellular immune system (Th1). In a healthy person the beam freely swings to the Th1 side when the organism needs to destroy, digest and discharge a particular infection out of the body.

When this has been accomplished, then the beam freely swings back to the Th2 side to produce antibodies, which help to shut down the acute inflammatory response before exhaustion sets in from the intense inner effort required to sustain such a response, so the ill person can begin recuperating. That is why antibodies increase in the blood only *after* an acute illness, and not in its early stages. A vaccination is like a straitjacket for the immune system because it holds the see-saw permanently (or until it wears off) on the Th2 side in maintaining a certain level of antibodies, which "prevents" the illness because it prevents our own cellular immune system from reacting to the virus or bacterium associated with that particular illness. If the cellular immune system doesn't react, then there's no illness!

This explains the polar opposite relationship between acute discharging inflammations on the one hand and allergies and auto-immune inflammations on the other hand. The more a person has of one, the less he or she will have of the other! A growing number of scientists believe that the increase in America, Europe, Australia and Japan in allergic and auto-immune diseases (which usually stem from an over-activity of the humoral or Th2 arm of the immune system) is caused by the lack of stimulation of the cellular or the Th1 arm of the immune

system from the lack of acute inflammatory/infectious illnesses in childhood.^{2, 3, 4, 5} We need to identify the factors which cause this shift in the function of the immune system and which cause allergies and auto-immune diseases in childhood to increase!

If we now return to the original question of how vaccinations work, we find what I believe is the key to the puzzle. A vaccination consists of introducing a disease agent or disease antigen into an individual's body without causing the disease. If the disease agent provoked both arms of the immune system into action it would cause all the symptoms of the disease! The symptoms of a disease are primarily the symptoms (fever, pain, malaise, loss of function) of the acute inflammatory response to the disease. The cellular arm of our immune system makes the acute inflammatory response. So the trick of a vaccination is to stimulate the immune system just enough so that it makes antibodies and remembers the disease antigen but not so much that it provokes an acute inflammatory response by the cellular immune system and makes us sick with the disease we're trying to prevent! Thus a vaccination works by stimulating antibody production (Th2) and by stimulating very little or not at all the acute inflammatory response of the cellular immune system (Th1). Vaccine antigens are designed to be unprovocative or "indigestible" for the innate, cellular immune system (Th1) and highly stimulating for the acquired, antibody-mediated, humoral immune system (Th2).

IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPIHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (360) 241-7854.

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR GENEROUS DONATIONS IN 2009!

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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.org.

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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Perhaps it is not difficult to see then why the repeated use of vaccinations would tend to shift the functional balance of the immune system toward the antibody-producing side (Th2) and away from the acute inflammatory discharging side (the cell-mediated side or Th1). This has been confirmed by observation especially in the case of Gulf War Illness: most vaccinations cause a shift in immune function from the Th1 side (acute inflammatory, discharging response) to the Th2 side (chronic auto-immune or allergic response).⁶

The outcome of this line of thought is that, contrary to previous belief, vaccinations do not strengthen or "boost" the whole immune system. Instead vaccinations over stimulate the "tasting and remembering" function of the antibody-mediated arm of the immune system (Th2), which simultaneously *suppresses* the inflammatory response of the cellular immune system (Th1) thus "preventing" the disease in question. What in reality is prevented is not the disease but the ability of our cellular immune system to manifest, to respond to and to expel the disease!

There is no system of the human being, from mind to muscles to immune system, which gets stronger through avoiding challenges, but only through responding to challenges. The wise use of vaccinations would be to use them selectively, and not on a mass scale. In order for vaccinations to be helpful and not harmful, we must know beforehand in each individual to be vaccinated whether the Th1 function or the Th2 function of the immune system predominates.

In individuals in whom the Th1 function predominates, causing many acute inflammations because the cellular immune system is over-reactive, a vaccination could have a balancing effect on the immune system and be helpful for that individual. In individuals in whom the Th2 function predominates, causing few acute inflammations but rather the tendency to chronic allergic or auto-immune inflammations, a vaccination would cause the Th2 function to predominate even more, aggravating the imbalance of the immune system and harming the health of that individual. Vaccinations have caused a marked increase in allergies, asthma, anaphylaxis and auto-immune diseases in developed nations in the past 50 years, and this trend continues to accelerate in today's children.

The use of vaccinations in medicine today is essentially a "shotgun" approach that ignores differences among individuals. In such an approach some individuals may be helped and others may be harmed. If medicine is to evolve in a healthy direction, we must learn to understand the particular characteristics of each individual and we must learn how to individualize our treatments to be able to heal each unique human being in our care.

Vaccinations are usually effective in preventing an individual from manifesting a particular illness, but they do not improve the overall strength or health of the individual nor of the immune system. Instead, vaccinations modify the reactivity of the immune system, decreasing acute discharging inflammatory reactions and increasing the tendency to chronic allergic and auto-immune reactions.

Epidemiologic studies ^{7, 8, 9} have shown that as families improve their living conditions, hygiene, nutrition, literacy and education, the risk of life-threatening acute infectious/ inflammatory diseases very much decreases. Families with poor living conditions, hygiene, nutrition and literacy would generally be most likely to benefit from vaccinations. Families with good living conditions, hygiene, nutrition and education probably would benefit

from vaccinations very little or not at all. Individuals with a tendency to allergic or auto-immune diseases are likely to be harmed by vaccinations.

Adverse effects of vaccination are usually allergic or auto-immune inflammatory reactions caused by the shift of the immune system's reactivity from the Th1 side to the Th2 side. Medicine is just beginning to recognize this.¹⁰ Modern medicine has not scientifically measured the risk/benefit ratio of any vaccine.¹¹ Research into the risks of vaccines is very inadequate, according to two comprehensive reports on vaccines by the U.S. Institute of Medicine in 1991 and 1994. This lack of research into the risks of vaccinations continues today.

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Thanks to Dr. Bob Kellum, Portland Branch Council Member and occasional Capasius in the Mystery Dramas, for bringing this article to our attention and to Dr. Philip Incao for kindly revising and updating the article for this publication.

Portland Branch Council meetings will be on the 2nd Tuesday of each month starting October 13th. All are invited to attend.

WHAT HAPPENED TO THE CHRISTIAN MYSTERIES



Andrew Linnell will bring his thoughts on "Has the time come for Christianity to found the New Mysteries?" to the Portland Branch on Friday, November 13th from 7:30-9:00 PM at Bothmer Hall. This event is sponsored by the Portland Branch. A \$5 donation is requested.

The event will start with a fast moving journey through the ancient mysteries of Hermes Trismegistus and the Egyptian Mysteries, Greek Mysteries and Heraclitus, to the sunset of the Mysteries and the work of Aristotle and Alexander, to Gnosticism and finally the Mystery of Golgotha. Then on to early Christianity and the attempts to carry the Mysteries forward and why this was not possible. We find later flowerings of the Mysteries with the Paulicians, the Cathars, and the Knights Templar. Then flowing through secret societies until Michael's victory of the Dragon and the conclusion of Kali Yuga, the Mysteries now await their resurrection. It is Andrew's goal to help us awaken to this resurrection.

A Mayflower descendent, Andrew's ancestors were ministers of the Congregational faith. Andrew's father broke this tradition and became a college professor of astronomy. As a boy scout, Andrew, with his friends, questioned the relationship of science and religion. This became a lifelong pursuit. As a teenager, Andrew wondered how the Christianity he was meeting could have spread so rapidly and widely in the world. He began to find answers when he met Anthroposophy in 1976. After attending Emerson College, Andrew joined the Society in 1979. A 37-year veteran of the computer field, he is working now for EMC in Hopkinton, MA. While in Wilton, NH, Andrew started High Mowing's first computer class in 1982, helped found Friends of Waldorf Education - a Pine Hill School parent group, and founded NH Citizens for Choice in Education. Along with his friend Charlie Khoury, he started the basketball program at Pine Hill School. Andrew authored a children's book, *The Dance of the Elves* that is beautifully illustrated by Elizabeth Auer. His interests include science, arts, and religion and how these are related, spiritual science, and the renewal of the Christian Mysteries.

WELCOME TO DR. JANEL GAYETTE



We wish to welcome Dr. Janel Guyette to our community. She joins Dr. John and Dr. Joan Takacs full time at the Takacs clinic. She is doubled boarded in Family Practice and Holistic Integrative Medicine, with a Masters in Bio-Chemistry. Significant that Janel's coming coincides with the physical expansion upwards of the clinic. Born in Ann

Arbor, Michigan (interesting that though she didn't know Ernst Katz, she arrives here at the time of his passing in Ann Arbor), she longed to settle on the West Coast where she could both practice medicine and send her twin boys (now in 5th grade at PWS) to a Waldorf School. After 7 years of Private Practice, and 3 years as a Hospitalist in Ashland, she feels blessed to arrive here under the Takacs' mentorship. She has completed 2 years of a 5 year Anthroposophical Medicine training with Dr. Incao, and eagerly anticipates the next 3. She has been acquainted with Anthroposophy since her boys were in pre-school, and looks forward, after she settles in, to becoming a Branch member and participating in the many offerings of the community. Meditation, watercolor painting, playing the viola are just a few of her interests.

A SERIES OF FOUR PAINTING CLASSES THE FOUR ELEMENTS EXPERIENCED BY YOUR SOUL EARTH AIR WATER FIRE

As we enter imaginatively into the living world of color through wet-on-wet watercolor painting, we strive to bring out the true character of our actual experience of each element as proposed by Rudolf Steiner.

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artist, psychotherapist, Waldorf parent
Wednesdays, October 7, 14, 21, 28
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PORTLAND BRANCH ELECTIONS RESULTS

Elections for this coming year were held at the September meeting of the Portland Branch council. Bob Kellum and Valerie Hope joined the board as new members this year. Walter Rice, Chrystal Godleske, Tom Klein and Ruth Klein were elected to remain in service. Both Jeffrey Levy and Marsha Johnson ended their current tenures. Thanks to every person who will carry the work of the Branch forward during the coming year and to those who participated in the Council's work during the past year.

During this Election evening we also had a review of the past year's events as well as a preview of the many exciting events in development for this coming year.

PORTLAND BRANCH ADVENT CELEBRATION STUDY

A study of Emil Bock's *Threefold Mary* will be held over the course of the first three Sundays of Advent at 7:00 PM at the homes of Chrystal Godleske, Laura Radefeld and James Knight.

Emil Bock's *Threefold Mary* contains three lectures given during the 1950/51 Christmas Holy Nights under the title *The Mystery of the Virgin Mary in Body, Soul, and Spirit*. On November 1, 1950, Pius XII had proclaimed the Dogma of the Assumption—Mary's bodily assumption into heaven—which sent shock waves around the Christian world at the time. C. G. Jung, for instance, wrote his *Answer to Job* in response. Bock's response was these lectures, in which he tried to answer some of the issues, while broadening the scope to include not only the Mary-Sophia mystery in human history, but also the meaning of the feminine element in the evolution of consciousness. Anyone interested in an anthroposophical perspective on Mary in body, soul, and spirit will gain much from this book.

The addresses and times for the event will be posted in the Portland Branch calendar when available.

FOUNDATION STONE EURYTHMY

Please join Portland Eurythmists on Sunday, December 20th at 3:00 PM in Bothmer Hall when they gift the community with a performance of the fourth panel of the Foundation Stone Meditation as well as other pieces in development to celebrate the fourth Sunday of Advent.

Donations for the Portland Eurythmy fund to purchase lights for performances are gratefully accepted at this and other events offering Eurythmy to our community during the course of the coming year.

A COURSE IN SPIRITUAL EMBRYOLOGY

Glimpsing the Mystery: The Nature of Life in the Womb - A four day intensive beginning June 3, 2010 through June 6, 2010 at Warner Pacific College in Portland with Jaap van der Wal, Ph.D. A separate Wednesday Evening Lecture for the General Public will take place on June 2, 2010 at 7:00 PM. All of these events are sponsored by the Portland Branch of the Anthroposophical Society.

The Human Being between Heaven and Earth: A Search for the Spirit in the Unborn Human - The aim of this course is to help participants gain an understanding of the mighty processes that bring every human individual to life on earth. This presentation of embryonic development will open new perspectives on polarities, threefoldness and fourfoldness, heredity and incarnation, and the evolution of the earth and mankind. Thursday to Sunday, June 3 -6, 2010 between 9:00 am and 3:45 pm at Warner Pacific College.

The aim of the seminar is to let the participants share in the mighty processes that form the basis of every human individuality and life on this earth. Not only participating by means of the intellect but also with the heart. Moreover the way of considering embryonic development as it is presented here (a so-called 'embryosophy') will open completely new perspectives as to polarities and threefoldness, microcosm and macrocosm, heredity and incarnation, evolution and the development of mankind.

This course is accessible for interested lay people as well as health professionals, be it medical or osteopathic doctors, naturopathic doctors, chiropractic doctors, nurses, physical therapists, massage therapists, midwives or representatives of psychosomatically and spiritually oriented therapies such as various anthroposophical therapies, craniosacral therapy, polarity or trauma therapy, psychotherapy, etc. Prior knowledge of embryology is not required. Diagrams, illustrations and a few summarizing articles will be available. The lectures and discussions will be alternated with practical exercises like form drawing and eurythmy.

Look for articles related to this even in the newsletter in coming months.

For further information see: www.embryo.nl and contact Dr. Bob Kellum at healthbridge@integra.net.

Portland Anthroposophical Society Calendar - October 2009

Ongoing Events and Study Groups

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.

Eurythmy

Eurythmy with Laura Radefeld every Wednesday morning that school is in session at the PWS Orchard Room @ 8:30 AM. Donations accepted to cover cost of piano accompanist. For more info call 503-654-4362 or contact by e-mail at laura.radefeld@gmail.com.

Karma Exercises and Study

The study group has just completed its multi-year work with the entire *Karmic Relationships* lecture cycle, and is now starting to work with Rudolf Steiner's karma exercises on the first and third Thursday of each month. Call James Lee for information 503 249-3804 or e-mail him at anthroposophy@earthlink.net.

Meditation and Practical Spiritual Science

We are currently studying Rudolf Steiner's lecture cycle "True and False Paths of Spiritual Investigation", also called "Initiate Consciousness". We encourage a lively conversational exchange of questions of all kinds. New members welcome. Meetings are on second and fourth Thursdays at 6:30 PM at 9510 SW View Point Terrace, Portland OR 97219. To RSVP, questions and directions call (503) 244-2277 or e-mail elsas@ohsu.edu

Mystery Dramas, with Speech-Formation Exercises

On the second and fourth Wednesdays each month, 7:30 - 9:00 PM, in SW Portland. Currently working with Rudolf Steiner's *Portal of Initiation* and the *Genesis* lectures. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@earthlink.net or by phone at 360 241-7854 for information.

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 Youth Discussion Group

We invite you to join some of the young, and young-at-heart, members of our community for an ongoing potluck/study group. We are currently working with the last few lectures of *Becoming the Archangel Michael's Companions* in order to understand what our task is, as the youth of the world, in the 21st Century. In the fall, we may turn to *Knowledge of Higher Worlds*, to renew our understanding of this key work (other possibilities exist). We welcome new people who are open to exploring spiritual science, asking questions, discussing topics that sometimes get overlooked in other groups, and trying to keep Anthroposophy as fresh, relevant, and living as possible. We meet Sunday evenings, twice a month to share a potluck dinner, practical/artistic activity, and conversation. For more information, please contact Angelica Hesse at 503-238-0055 or swingsprite@gmail.com.

Psychosophy Study Group

Working with the Steiner text, *Psychology of Body, Soul and Spirit*, we meet the second and fourth Tuesday of the month, 7:30 PM - 9:00 PM. Call Cheri Munske for more info: 503-484-4133.

Waldorf Education and Teacher Training

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

Upcoming Events

Wednesday OCTOBER 7-28

Earth Water Air and Fire

A series of four painting classes by artist, psychotherapist, Waldorf parent Robin Lieberman, exploring the four elements through wet on wet watercolor painting. October 7, 14, 21, 28 from 9AM- 11AM, SW Morrison Street/#901. \$100 includes all supplies and hand-outs. Call Robin at 503-222-1192 or register by e-mail at robinlieberman@hotmail.com.

Friday, OCTOBER 23

The Wisdom of Waldorf: Educating for the Future

Cedarwood Waldorf School is pleased to announce a weekend of lectures and workshops presented by Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*. 7-9 PM, 3030 SW Second Ave | Portland, OR 97201 contact 503- 245-1477. Cost: \$15 at the event or \$10 if pre-register rahimaconference@cedarwood.org.

Saturday, OCTOBER 24

Family Matters: Creating a Harmonious Home Life

Cedarwood Waldorf School is pleased to announce a weekend of lectures and workshops presented by Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*. 9AM-1PM, 3030 SW Second Ave | Portland, OR 97201 contact 503- 245-1477. Cost: \$25 at the event or \$20 if pre-register rahimaconference@cedarwood.org.

Saturday, OCTOBER 24

Taking Home as the Model in Waldorf Kindergarten for Teachers and Homeschooling Parents

Cedarwood Waldorf School is pleased to announce a weekend of lectures and workshops presented by Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*. 1-3 PM, 3030 SW Second Ave | Portland, OR 97201 contact 503- 245-1477 Cost: \$25 at the event or \$20 if pre-register. For information send an e-mail to the following e-mail address: rahimaconference@cedarwood.org.

Sunday, NOVEMBER 1

All Souls Day

Remembering those who crossed the threshold with eurythmy by the Portland group. 3:00 PM at Bothmer Hall (tentative), 5915 SE Division Street. Contact Chrystal Godleske. 503 816-2440.

Sunday NOVEMBER 8

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required - Discussion on Recapitulation Lesson 3 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 4. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

Tuesday, NOVEMBER 10

Portland Branch Council Meeting

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

NOVEMBER 12-15**Sanford Miller**

Reverend Sanford Miller of The Christian Community in Sacramento will spend four days in Portland. He will give public lectures, private meetings and perform The Act of Consecration of Man on Sunday November 15, 5915 SE Division Street. Call Sandra Burch (503) 353-1818 or Lucia Mello (503) 892-5296

Friday, NOVEMBER 13**What Happened to the Christian Mysteries**

Andrew Linnell will bring his thoughts on The Christian Mysteries - what happened to them? Is Christianity today what Jesus envisioned? If not, why not? As a teenager, Andrew wondered how the Christianity he was meeting could have spread so rapidly and widely in the world. He began to find answers when he met Anthroposophy in 1976. After attending Emerson College, Andrew joined the Society in 1979. A 37-year veteran of the computer field, he is working now for EMC in Hopkinton, MA. While in Wilton, NH, Andrew started High Mowing's first computer class in 1982. The event will take place at Bothmer Hall from 7:30 PM - 9:00 PM. This event is sponsored by the Portland Branch. A \$5 donation is requested at the door.

Saturday, NOVEMBER 28**Eugene Painting Workshop**

Chris Guilfoil will conduct an all day painting workshop at the Waldorf School in Eugene. Details will be posted in the next newsletter.

Sunday, NOVEMBER 29**First Advent Study Emil Bock's Threefold Mary**

On November 1, 1950, Pius XII had proclaimed the Dogma of the Assumption, Mary's bodily assumption into heaven. Emil Bock's response was in these lectures on the threefold Mary, in which he tried to answer some of the issues, while broadening the scope to include not only the Mary-Sophia mystery in human history, but also the meaning of the feminine element in the evolution of consciousness. Anyone interested in an anthroposophical perspective on Mary in body, soul, and spirit will gain much from this book. 7:00 PM. Chrystal Godleske, 1304 SE Main Street, 97214, 503-816-2440

Sunday, DECEMBER 6**Second Advent Study Emil Bock's Threefold Mary**

See description in the First Advent Study on November 29th. 7:00 PM location TBA.

Tuesday, DECEMBER 8**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

Sunday, DECEMBER 13**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Recapitulation Lesson 4 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 5. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

Sunday, DECEMBER 13**Third Advent Study Emil Bock's Threefold Mary**

See description in the First Advent Study on November 29th. 7:00 PM location TBA.

Sunday, DECEMBER 20**Fourth Advent Celebration**

3PM Bothmer Hall 5915 SE Division Street. Portland Eurythmists will gift the community with a performance of the fourth panel of the Foundation Stone Meditation as well as other pieces in development to celebrate the fourth Sunday of Advent. Donations welcome for the Portland Eurythmy Lights Fund to purchase lights for performances.

Tuesday, DECEMBER 8**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

Tuesday, JANUARY 11, 2009**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

JANUARY 22-24, 2010**The New Mystery Knowledge and the Wisdom to Heal Modern Social Life**

A weekend with Steve Usher in Seattle WA. Information: call (206) 517-4917 or email: branch@seattleanthroposophy.org.

MARCH 5-7, 2010**Bees: Tying It All Together**

Gunther Hauk, the king of bees will visit Portland to give a lecture workshop series on the subject. If you would like to be part of carrying and making this event happen, contact Walter Rice at dub0302@hotmail.com or Chrystal Godleske at socialsculptor@gmail.com. Visit Gunther's home at Spikenard Farm: <http://www.spikenardfarm.org/howeare.shtml>.

MARCH 26-28, 2010**Centenary of Rudolf Steiner's Announcement of the Reappearance of Christ in the Etheric**

A Conference Sponsored by The Novalis Branch of the Anthroposophical Society in America, Austin, TX For information (512)301-1778 Jack D. Bresette-Mills jackmills@mac.com

MAY 7-14, 2010**International Postgraduate Training in Anthroposophical Medicine**

3rd Year in the US at Mercy Center, Burlingame (San Francisco area) www.mercy-center.org. Contact Alicia Landman, MD PAAM Education Director with questions, or for extra brochures. paamdrscourse@anthroposophy.org 734-930-9462.

JUNE 2-6, 2010**Spiritual Embryology**

Jaap van der Wal Ph.D. from the Netherlands will speak at Warner Pacific College on the nature of life in the womb. The aim of this four-day intensive is to help participants gain an understanding of the mighty processes that bring every human individual to life on earth. See Page 5 of this newsletter for more information about this event. You may also want to see an informational video at the following link: www.youtube.com/watch?v=Zg3o9uscVKw.



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