

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society in Portland, Oregon

www.portlandbranch.org

Volume 6.10 October 2010

HERE COME THE HOLY NIGHTS READINGS



By Tom Klein, Portland, Oregon

The time for The Holy Nights Readings is fast approaching and it is time to put in your request to host an evening. For those who have never attended; the readings are every evening during the twelve

nights of Christmas. They begin on December 26th and continue until January 6th. Each evening we read from a lecture series from 7:30 to about 9:00 and then have some time to socialize and partake of the refreshments provided by our hosts and others.

This type of event happens in many anthroposophic communities and has been celebrated here for more than twenty years. Last year there were about 12 people each evening and 41 people attended at least one reading. It is a unique experience to attend an event like this over twelve nights at this time of the year. There are often special events on some of the evenings including dropping lead on New Years Eve. This is an old ritual where people drop molten lead into water and try to see the coming year in the resulting structures.

This year we will be reading the *St John's Gospel* lecture series which we last read in 2002.

Please call (503-777-3176) and reserve an evening to host. I will give priority to people who hosted last year if you reserve by November 19th. After the 19th I will give out dates on a first come first serve basis. I look forward to seeing you all during the holy night's readings.

AN ART RETREAT WITH JENNIFER THOMPSON

By Kathy Kremer, Portland, Oregon

Flying in to the "Bedouin Tent" Denver Airport the day before the retreat began I was happy to be returning to Crestone for my second Art Retreat with Jennifer.

We picked up a rental car and drove down the spectacular scenic highway 285 soaking in the mountains, air, colors, sky, waters, clouds and altitude of Colorado, so very different from our Portland, Oregon home. The drive was a good way to let go of where I came from and begin to enter the realm of heightened awareness and connection to color, light, darkness and form.



While on 285, if you have an hour to spare, be sure to stop to visit Barbara at "Glen-Isle on the Platte" in Bailey. The 110-year-old lodge and especially its proprietress, who has been a part of the lodge since her grandparents bought it in 1923, are magical.

We arrived in Crestone and drove up to the studio so my dear friend Allison (who travelled with me to the retreat from Portland) could get a first glimpse of our "center of creative struggle." Happily we met Jennifer walking with dear Betsy, our studio muse/mascot. For those of you who came to the retreat in 2009 Betsy is looking great! Her coat is black and glossy and she seems much more relaxed and settled. Clearly living with Jennifer and Philip agrees with her!

Ahh! The first morning and being met with 13 easels with 13 large painting boards and 13 pristine white water color paper canvasses. Over the next 4 mornings, all would be transformed into windows with vistas of each individual's particular conversational world of light, darkness, color and form.



The mornings were spent (sometimes in anguish by me!) working on our veil paintings. Jennifer's demonstrations were fascinating and illuminating. I could see what she was doing but struggled mightily with my ability to do it or even see what was being asked for in my own painting. This is good work when you can get it!

When we reconvened at 2:30 after an amazing lunch and good nap, we worked more playfully and quickly in charcoal, ink, watercolor pencil, gouache and anything else we wanted to experiment with. Again, Jennifer would introduce something to provide our launching point.

One of the things I love about this retreat is the particular feeling each person contributes to my experience. We came together from New Hampshire, Shanghai, Oregon, Wisconsin, New Mexico and Colorado to create a particular container for our time together. All levels of painting experience were represented with the "beginners" contributing much more than any of them probably knew-- fresh eyes and hands bringing the wealth of their lives to us in each movement.

Then there is the food. I was thrilled to find that Tom was once again our caterer! The man is a master of his profession. Each mid morning and mid afternoon we had a break for drinks and snacks and a welcome few minutes to walk away from our easels (the studio is mostly silent by agreement, and to momentarily put aside our current questions about what we're working on (or for me, struggling with.) I wish I was a poet and could do justice to his culinary efforts. Each noon Tom created a sensory feast: color, form, texture, contrasting tastes, scent and everything vegetarian, deeply nourishing and spanking fresh! Now, I am not a big dessert fan but when I saw the fresh plum and blueberry tarts surrounded by bright yellow marigolds and cornflower blue bachelor buttons I nearly swooned. I rushed to get my camera.

The evening of our first day Jennifer gave a slide talk on Rembrandt, especially calling to our attention his use of light and dark which was a theme of our retreat. I was surprised one morning during her demonstration to hear she wanted us to use black(!) in our veil painting. That was interesting to experience and felt a little scary at first. Ultimately I went a bit too far with it... this is how I learn!

Another evening Philip Incao gave a talk and told a story called "The Seven Levels of Illness and Healing" which is online at:

IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (503) 908-0131.

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR GENEROUS DONATIONS IN 2010!

James Knight	Diane Rowley	Kathryn Foubister
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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 Takacs Clinic, 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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Calendar:	Jannebeth Röell and Diane Rumage
Editorial Support:	Jannebeth Röell and Diane Rumage
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<http://www.compwellness.net/mp/Seven%20Levels%20of%20Illness%20and%20Healing.pdf>. Food for thought. Philip says there are probably more levels than seven.



One afternoon Wade Cavin, a fellow retreatant, gave a hands-on presentation of Goethe's color theory. We were all given prisms and pieces of black, white and colored paper to view through the prism. This was the first time I really got a beginning understanding of the idea that color arises from the interplay of light and dark and how the image colors of green and magenta arise. I am still wondering about all of this!

I think that is what I am left with – wonder – wonder and deep gratitude for the bountiful gifts I was showered with throughout my time in Colorado. Now it is up to me to DO something with them! I guess this is a start.

PUBLIC EDUCATION REFORM AS THE SOCIAL HEALING ART OF OUR TIME

Join Erica Jayasuriya at 7:30 PM November 6th, at the home of Tom and Ruth Klein, 3609 SE Center Street (503-777-3176). Erica will share the story of her evolution from Waldorf teacher to social justice pioneer through the meditation and contemplation of two of Steiner's

indications introduced during her teacher training at Antioch University. First, that the purpose of Waldorf Education is to develop healthy adult human beings who know how to sleep and breathe and second, that a society cannot be a healthy society until the people in it share their biographies. This path of inquiry led to the development of a new charter school model, the Recording Entertainment Arts and Literacy (R.E.A.L.) Prep Charter Academy unanimously approved by the PPS school board.

Public Education Reform as the Social Healing Art of Our Time - a conversation with Erica Jayasuriya, founder and creative director of the "Recording Entertainment Arts and Literacy (R.E.A.L.) Prep Charter Academy". The Portland Public School Board unanimously approved the development and 2011 opening of a new free arts and career tech high school. R.E.A.L. Prep's target population is 250 high school youth who are looking for news way to connect their own music and media interests, passions and talents to meaningful real-world projects while gaining their high school diplomas, acceptance to college or other post-secondary training, or a job offer with a self-sustaining wage. R.E.A.L. Prep will meet the needs of students who:

- Are underperforming in the traditional classroom;
- Are at-risk for dropping out of school;
- Are currently enrolled in private or alternative educational programs;
- Would be more successful in a small-group individualized learning environment (ELL, SpEd, etc.).

Trained by master storytellers around the world, you are invited to come hear the stories of this amazing journey of social action through collaboration, artistry, and joy.

Erica Jayasuriya has been a Waldorf Educator for 15 years, has been recognized by WECAN as one of the four pioneering founders of the national parent-child movement, served PPS, Cedarwood and Portland Village School in various capacities of teaching and leadership and is the only Waldorf teacher recognized by the National Council of Family Relations as a Certified Family Life Educator. She is a mother, a grandmother and a staunch advocate for the brilliance of today's youth.

MICHAEL THOUGHT

Springing from Powers of the Sun,
 Radiant Spirit-powers, blessing all worlds!
 For Michael's garment of rays
 You are predestined by Thought Divine.
 He, the Christ-messenger, reveals in you-
 Bearing humankind aloft - the sacred Will of Worlds.
 Ye, the radiant Beings of ether-Worlds,
 Bear the Christ-Word to Man.
 Thus shall the Heralds of Christ appear
 to the thirstily waiting souls,
 To whom your Word of Light shines forth
 in cosmic age of Spirit-Man.
 Ye, the disciples of Spirit-Knowledge,
 Take Michael's Wisdom beckoning,
 Take the Word of Love of the Will of Worlds
 Into your soul's aspiring, actively !

~Rudolf Steiner
 The Last Address
 Dornach, Michaelmas Eve, 1924

PORTLAND BRANCH COUNCIL RE-ELECTS ITSELF

By Valerie Hope, Portland, Oregon

The September 14th Annual General Meeting of the Portland Branch of the Anthroposophical Society, whose purpose was election of a Council for the coming year, was attended solely by the Council members themselves. In the absence of reinforcements, even those who were hoping to retire agreed to elect themselves to another term. Continuing Council members for 2010-11 are Chrystal Godleske, Ruth Klein, Tom Klein, Walter Rice, and Valerie Hope. With the retirement of Bob Kellum, we are still one member short, and keeping in mind the tendency of Nature to abhor a vacuum, are optimistic that some cheerful soul will soon be moved to join us. In other business, we discussed plans for the coming year, which include the November visit by the Reverend Sanford Miller; the next Members' meeting featuring Siegwald Elsas speaking about natural and spiritual sciences; the February Birthday Ball celebrating the 150th anniversary of Rudolf Steiner's birth (Contact Chrystal Godleske to get in on the fun : 503-816-2440); the national Annual General Meeting of the Society to be held in Portland next October as a part of the jubilee year celebrating the 150th anniversary (quite an honor for us); and a possible visit by Dennis Klocek. Our meetings are open to all, and even one-time help for any aspect of a project will make a big difference to our community life.

YOU ARE INVITED TO A PORTLAND BRANCH CELEBRATION

Saturday, OCTOBER 16th

How can Anthroposophy become a "Spiritual Science" and what is its relationship to Natural Science?

We will consider these questions with Siegwald Elsas in our next Portland Branch meeting on Saturday, October 16 at 6 PM at Bothmer Hall.

This event is open to members and friends of Anthroposophy.

Siegward Elsas, MD studied medicine at the anthroposophically inspired University of Witten/Herdecke in Germany. He has been an Assistant Professor of Neurology at Oregon Health and Science University where he pursued a phenomenological approach to neuroscience. Siegwald has developed and researched the effectiveness of meditation and emotional balance as a new treatment of epilepsy, which is a condition of temporarily altered consciousness.

He will continue his work at the Ita Wegman Klinik in Arlesheim, Switzerland.

Portland Anthroposophical Society Calendar - October 2010

Ongoing Activities and Study Groups

Anthroposophical Course for Young Doctors Study Group

Once a month on the 1st Wednesday at the Pohala Clinic, 12050 SE Holgate Blvd. 7-8:30 PM. Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalaclinic.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.

Mystery Dramas, with Speech-Formation Exercises

On the second and fourth Wednesdays each month, 7:30 - 9:00 PM, in SW Portland. Currently working on the 2nd *Mystery Drama* by Rudolf Steiner, *The Soul's Probation*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@comcast.net or by phone at (503) 908-0131 for information.

Portland Waldorf School Community Choir

Every Friday morning from 8:45 - 10:15 am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the Orchard room, 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.

Spiritual Psychology 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 Micha-el Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net.

Knowledge of the Higher Worlds

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

At the moment the group is taking a break. Please contact Chrystal Godleske if you are interested in meeting again. socialsculptor@gmail.com

Events

Sunday, OCTOBER 10

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required - Discussion on Lesson 6 at 8:30 AM, class at 9:30 AM sharp. Lesson 7. Please contact Diane Ramage at (503) 908-0131.

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OCTOBER 22 - 24 Sebastopol, California.

Colors of Money

A 3-day immersion into a new view of economic life and money that recognizes that economic life is now the shared responsibility of all human beings, not just the province of bankers, financial planners and experts. Arthur Edwards, Associative Economist, Stroud, England leads the interactive sessions offering a radical yet concrete and in-depth approach to money in our times.

Sophia Hall, Summerfield Waldorf School.

Registration: Susan Gravelle: susan@theaecafe.com

Information: Contact Daniel Osmer by e-mail at daniel@theaecafe.com or by telephone at (707) 292-5281 <http://www.theaecafe.com/index.php?id=8>

Tuesday, NOVEMBER 2

Festival of Remembrance of the Dead

7:00PM at Bothmer Hall - 5919 SE Division St., Portland, OR 97207

Sunday, NOVEMBER 7

Resurrection

American Eurythmy School Troupe will present a matinee performance. The program is called "Resurrection" and explores how the striving individual can rise from their imperfections toward their higher humanity and thus build a truly social future. There will be selections from Rudolf Steiner, T.S. Eliot, Christopher Fry, Tchaikovsky, Beethoven and other artists. The performance is appropriate for ages 12 and up. \$15/ ticket(\$7 for seniors and students). 3PM at Alberta Rose Theatre - 3000 NE Alberta St., Portland, OR. Call Sandra Burch with questions - (503) 353-1818.

Tuesday, NOVEMBER 9

Portland Branch Council Meeting

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Chrystal Godleske, 1304 SE Main Street, Portland, OR 97214. Phone 503-816-2440 All Branch members are welcome to attend.

Sunday, NOVEMBER 14

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required - Discussion on Lesson 7 at 8:30 AM, class at 9:30 AM sharp. Lesson 8. Please contact Diane Ramage at (503) 908-0131

Thursday, NOVEMBER 18

Islam and the Stream of Human Evolution: Perception and Reality: an attempt to get beyond the "clash of civilizations".

The Branch has invited Rev. Sanford Miller to speak on this topic. Sanford Miller has been a student of Rudolf Steiner since 1972. He was ordained as a priest in The Christian Community in 1982. His current congregation is in Sacramento, CA. This event will take place at Bothmer Hall, 5919 SE Division St., Portland, OR 97207, 7:30pm-9:00pm. This event is sponsored by the Portland Branch. A \$5 - \$10 donation is suggested.

Friday, NOVEMBER 19

Mary -Sophia: The Divine Feminine - the apparent male dominance in spiritual world history and the significance of the Divine Feminine. Reverend Sanford Miller, of The Christian Community, will give a talk on this subject. Bothmer Hall, 5919 SE Division St., Portland, OR 97207. A \$5-\$10 donation is suggested.

Sunday, NOVEMBER 21**Christian Community Services**

The Christian Community will hold services at Bothmer Hall - 5919 SE Division St., Portland, OR 97207. 9:15 - Religious Instruction (grades 1-8). 10:00 - Children's Service (grades 1-8). 10:30 - The Act of Consecration of Man (for adults). Sponsored by The Friends of the Movement for Religious Renewal. Contact Sandra Burch at (503) 353-1818 or galenelyn@gmail.com with questions.

Sunday, DECEMBER 12**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 8 at 8:30 AM, class at 9:30 AM sharp. Lesson 9. Please contact Diane Ramage at (503) 908-0131

FEBRUARY 18- 20, 2011**Polarities**

Light and dark, straight and curved, big and small, life and death, our world is filled with polarities. A course exploring polarity and the space between, with Laura Summer, cofounder of the Free Columbia Art Course. www.freecolumbia.org, www.laurasummer.com. Location and details TBA. Contact patriciahomanlynch@gmail.com

FEBRUARY 25-27, 2011**Becoming more effective treating cancer**


2011 Annual conference of Canadian Anthroposophic Medical Association (CAMA), Helping people with cancer, using mistletoe preparations and other modalities from Anthroposophic Medicine Toronto Waldorf School Campus, Thornhill, Ontario, Canada. Mark your calendars and look here in future months for more information. CAMA, 7 - 9100, Hesperus Community, Bathurst Street Suite 2, Thornhill, ON, L4J 8C7.

MAY 13-20, 2011**International Postgraduate Medical Training**

Fourth Annual! At Ions Retreat Center, Petaluma, CA. Sponsored by PAAM. More information, and, in September, online registration on PAAM's website, www.paam.net.

AUGUST 7-12, 2011**Nineteen Lessons of the First Class**

The school for spiritual science would like to invite all members of the school to a conference of the nineteen lessons, to be held at Rudolf Steiner College in Fair Oaks, California. Look for more information in *Evolving News for Members and Friends*.



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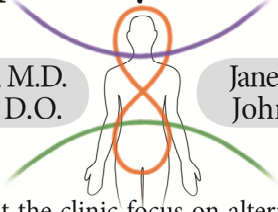


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