



Anthroposophical Society PORTLAND BRANCH

Newsletter

October 2019



Who Am I, Who Are You? Gender matters

By Andrew Wolpert

Conversations with students at the Priests Seminar in Stuttgart some years ago made me aware of a world of courageous, unconventional, exploratory personal experience. That immediately resonated with the already obvious reality that the outer social, political, economic, academic, and professional paradigms and conventional structures we have inherited are not always adequate for life today. It is not the publicly assertive and politicised expressions of gender that concern me here, but rather how increasing numbers of not only young people come to terms with feeling homeless in their bodies and unconventional in their behaviour.

There is a constant stream of new publications in mainstream popular literature and academia in the field of gender studies, and also several books written from an anthroposophical perspective. Teachers in Waldorf schools encounter these realities in the classroom and from parents, priests in the Christian Community today face questions from same-sex partners in connection with the Sacrament of Marriage, and no one interested in biography work, karma and reincarnation, and the creative potential of speech can ignore this topic. Yet some of us are uncomfortable with this subject. It is not the unavoidable high profile of gender issues in the wider world that should challenge us as anthroposophists to be interested in this, but much more the fact that spiritual science has so much to contribute to this topic.

If the picture you have of yourself does not include a reincarnating individuality, then the powerful realities of race, nationality, gender, and sexual orientation easily become your main identity-determining factors. However, there are individuals who are quietly and undemonstratively exploring how their experience of gender, sexuality and orientation belong at the highest spiritual level to the exhortation: "Know Yourself". To know that the most essential human part of us is beyond gender, to recognise the same in another individuality whatever their gender, and then in some cases to realise a mutual longing for physical intimacy together irrespective of gender, are experiences that arise where there is no initial erotic expectation in the encounter. This quality of human communion is of course available to everybody, but it is of particular interest when considering the significance of gender, gender fluidity and gender dysphoria. Such ego-to-ego recognition in which sexual identity, gender consciousness and orientation no longer play traditionally determining roles, affirms the universally human, not just beyond ethnicity, religion and culture, but also beyond gender.



Lucas Cranach the Elder (1472-1553), Adam and Eve

The qualities of feminine and masculine are complementary and harmonising cosmic archetypes. They come to expression in the configuration of our astral and etheric bodies, and also, usually (but by no means always) more or less unambiguously as female or male in our physical bodies. The spirit, the imperishable reincarnating individual, the higher ego, has no gender or sexual characteristics. The everyday ego, the personality, is of course influenced by the bodily female-male reality, by the feminine and masculine astral and etheric realities, by the experience of sexual orientation, and by biographical events, that may be karmic. Our bodies, our particular soul configuration and sexual orientation are mostly pre-birth karmic choices and individually biographical.

It has been "convenient" and also for a time maybe true that femininity aligned with a female body and masculinity aligned with a male body. The unavoidable reality now is that this (still widely perceived and also experienced as) "normal" exclusive

binary alignment is no longer unquestionably universally true or unquestionably universally convenient. Even the notion of a spectrum on which we each have our particular place between these two poles is being replaced by the image of a multi-dimensional landscape where self-defining gender identity is not constant or consistent, and is configured on the basis of different and changing factors. The concepts of fluidity, orientation and dysphoria have now expanded to a wonderful if also slightly bewildering choice of identifying labels, conveniently abbreviated as LGBT+. In an unexpected way this proliferation attests to a kind of individual refusal to conform to already existing categories and the wish to independently describe identity.

The panorama of our unfinished human evolution, that is part of spiritual science, offers a paradigm that helps to make sense of all this. Are gender dysphoria and gender fluidity, non-heterosexual orientations, and non-binary identity early signs of an evolutionary shift? These queer phenomena (queer, like black, has been positively reclaimed with pride) in some cases indicate that there are individuals already now experiencing intimations of a future condition. We are now between an original androgyny and a future meta-sexual creativity connected with speech and the larynx, when sexual reproduction as we now know it will no longer be part of our evolution, and when sexuality and gender will have a different significance. The relationship between sexual procreation and the creative word is central to this.

The honing of our speech, the scope we have in language to overcome selfishness, the striving not just to mean what we say but also to say what we mean, the art of creative speech given by Rudolf Steiner and Marie Steiner are all opportunities that we already now have to practise the creative Logos potential. This striving of my everyday self to be true to my higher self and even also to my true self in how I speak is an aspect of the quest for congruence between who I am and how I behave. It is a Grail vision in which the distinction between form and content will be overcome. In the myriad of the apparent gender chaos around us there glimmers and even shines in some biographies the essence of this same noble striving.

Can we imagine that these cosmic archetypes of masculine and feminine are waiting to be transformed in our striving to become human? All this pain, pleasure, guilt, anguish, pride, shame, joy, doubt, and longing (all experienced by "normal" heterosexual, cis individuals as well) are unavoidable aspects of the struggle to glimpse, discover and maybe eventually achieve our true identity and human potential. Then the earthly realities of female and

male and the cosmic realities of feminine and masculine will have served their tasks and be transformed. If this is so, then our own "little" experiences of gender dysphoria and gender fluidity become something that is not so little at all.

Can we suspend the inclination to judge how people live with the social and personal realities of gender and sexuality? Can we first just observe with the wish to understand these phenomena in the context of spiritual science, even when confronted with what might seem to be nothing more than the pursuit of sexual gratification?

Regrettably, in our anyway obsessively sexualised culture and additionally aggressive politically-correct sexual politics, free expression is not always possible. This whole field been arrogated by mainstream academia, medical practice and fashionable social attitudes based on ideologies and fear. The politicised and dogmatic attitudes are as intimidating and stifling as the reactionary dogma of traditional "heteronormativity", a term itself laden with attitude. The polarising effect of this, particularly in education and on young children, is harmful. How can we prepare children for an unprejudiced understanding of our diverse human and social realities without burdening them with age-inappropriate material?

The honing of our speech, the scope we have in language to overcome selfishness, the striving not just to mean what we say but also to say what we mean, the art of creative speech given by Rudolf Steiner and Marie Steiner are all opportunities that we already now have to practise the creative Logos potential.

This is of particular concern when young children exhibit symptoms of what is understood to be gender dysphoria. If their parents rely on the advice of doctors who might be in thrall to the current gender-political ideology, an irreversible course of pubertal hormone blockers might be prescribed before the true nature of the symptoms have a chance to show themselves. I am well aware that these assertions do not conform to what is politically correct.

This whole field presents awakening challenges, to observe impartially, to listen open-mindedly, to recognise clearly, to understand without prejudice, to be able to describe accurately and courageously without fear of being dissed, and to realise that it is arrogant to presume to approve, disapprove, censure, or endorse.

Andrew Wolpert worked at Emerson College in Britain for many years and at the University in Stuttgart in charge of the English Language Studies. He now travels in Europe, Australia and Asia giving courses, seminars and lectures on Renaissance Art, Parzival, Shakespeare, Gender Issues and Anthroposophical Christology.

Andrew has held lectures and seminars on this theme in Australia, Japan, Italy and Germany, he will be very glad to hear from anyone who has comments and who wishes to engage further on these topics. andrewwolpert@gmail.com

Letters

Dear Editor,

I love your publication - great format and great articles.

I felt compelled to comment on the article about Gender with Lisa Romero [by Sarah Hearn, Sept. 2019 Newsletter]. It mentions body, soul, and spirit and then refers to body as the physical. This can be misleading. Body (soma) means a 3-fold, as does soul and spirit thereby making the human's potential 9-fold. The bodies are physical, etheric, and astral, and sometimes Steiner mentions a 'body' for the Ego. The physical is one gender while the etheric is the other gender. The astral is both. The Ego is neither. In so far as the astral is the base for the soul, the soul is both. But in general, one can say the soul is neither. And, then the spirit is neither.

It is also important to know when the separation of the sexes occurred and when it will end. It began with the withdrawal of the moon during Lemurian Epoch. By bringing back moon rocks, we have begun the reuniting process with the moon that will happen around 8000 AD according to Steiner. The gender issues of today can be seen in the light of a preparation for the return of the moon. Even before the moon returns, sexual procreation will have ended - around 5700 AD. Androgyny will return. Spiritual beings are present with us now to help us prepare for these cosmic future events.

With much warmth to Portland,
Andrew Linnell

Dear Andrew,

Thanks for your interest in this topic and article. I'm glad for the opportunity to offer some context and explanation for the article in question. The article was written with an eye towards accessibility to a wide audience for the summer edition of Lilipoh magazine (June 2019) and re-publishing in the branch newsletter was subsequently requested a couple of months later. The article was specifically written to encourage young people ages 16 and up to attend an event that took place this summer hosted by the Y Project, entitled, What's Freedom Got to Do with It - Exploring Identity, Sexuality, and Gender. For young adults 16-26, the Y Project, carried by a volunteer-run organization working out of anthroposophy (Developing the Self Developing the World - visit www.developingtheself.org for more details) offers mentors, artistic programs, health services, vocational apprenticeships, and events. When speaking to young people and to wider audiences in general, I do my best to use accessible language and when possible and relevant, to use the language that young people themselves are accustomed to using. Defining or mentioning the fourfold (or 9-fold) human being and/or specifically 'the etheric body' by name was not necessary for the purposes or scope of the article and since 99% of the general (even alternative/Waldorf) population isn't familiar with the word or concept, I usually work to avoid language of this kind for such a public readership. It may be of interest to note that the article's mention of the physical body "and its corresponding social conditionings" is a gentle reference to the many social habits and patterns of the human

being, be them religious, cultural, familial, gender, that live in the etheric body.

The words 'soul' and 'spirit' have wider usage and are familiar to a wider population of readers. There is another lesser-known term used in the article "consciousness soul." I included this phrase because it was very pertinent to the essential theme of the article (freedom, and the development of individual capacities) and required only a short definition for the purposes of the article, for those that might be more or less unfamiliar. For such a wide audience there was not a need or use in mentioning past or future epochs as understood from an anthroposophical perspective - although they are, of course, essential to gaining a larger spiritual-scientific understanding of the past and future evolution of the sexes, as well as to provide greater context and insight into the gender issues of our times, as you mentioned. If I or anyone else from our team were asked to write a piece for an exclusively anthroposophical audience then it would be a very different article that would be offered. I've included the most relevant paragraph below from the article for anyone for whom that is useful to revisit.

Thanks again, Andrew, for engaging in these questions and themes.

Sincerely,
Sarah Hearn

Through being born into a predominately male or female body, we ourselves are living with a one-sided human experience and endure social conditioning about how we should act according to prescribed gender roles. The physical body and its corresponding social conditions are a transient part of the human being, whereas the essential part lives beyond conditioning and one-sided biological processes. It is the essential part of the human being that leads us away from materialism and connects us with the truth of who we are. The human being has a body, a soul and a spirit. So while the physical body has a sex, the soul and the spirit are neither male nor female.

The things enacted here on Earth,
Through love, friendship,
and the intimate understanding of one another;
These are the building stones of temples
being erected in the regions of the Spirit.
For those convinced of this truth,
It should be an uplifting feeling to know
That the ties binding soul to soul
Are the basis for Eternal Being.

- Rudolf Steiner

A Fond Memory of Beth Wieting

By Dr. Craig Thom

I first met Beth as a 19 year old student at Reed College. My girlfriend invited me to play at Beth's gathering where students would play piano for each other. Later that year, I played in a student concert and Beth seemed to be the only person in the hall who understood that I had had a profound experience. It was just a glance. Later I became Beth's student. She was such a sensitive piano teacher that I made more progress in two years than I had in the previous ten. She taught me how to listen.

She spoke only once about Anthroposophy until I joined the study group at Mart and Ella Pool's house in 1981 where I had been working on weekends and summers in their biodynamic garden. After that we spent much time together in personal conversations and study groups, and my interest in Anthroposophy grew.

My relationship with Beth continued through my time in Camphill, my early married life (Beth is Godmother to our daughter Olivia) and has woven - sometimes near and sometimes far - through the decades since then. When visiting Beth in the last months of her life I had opportunity to reflect with gratitude on how she enriched my life in so many ways.



Anthroposophic Medicine Club at NUNM
presents

Lisa Romero lecturing on:
**"Healing the Impacts of Technology
and
Supporting the 12-fold Sensory System"**

October 11
8AM - 9:20AM

**at National University of Natural Medicine
Portland OR**

FREE

Contact Jenn at jennifer.mcneal@student.nunm.edu with questions

A Community Request...

In honor of Beth Wieting's deep devotion and leadership in biodynamics, I would like to have a monthly column devoted to biodynamics. It could be a favorite seed, a hint, a recipe, some best practices, etc.

Those of you who practice this art of agriculture in any form please send us something. Photos, drawings, poems, and the like are also encouraged.

Thank you,

Christopher Guilfoil
Editor

The Portland Branch
of the Anthroposophical Society
Invites You to

Save The Dates!

See the attached calendar & fliers
for more information and more events

October 7

'Courage', Art Hall Exhibit celebrating Waldorf 100

October 9

Healing the Impact of Technology with Lisa Romero

October 10

An Evening Workshop with Lisa Romero:
Meditation and Inner Development
Portland Waldorf School

October 11-13

Social Understanding, Gender & Sexuality
with Lisa Romero

November 2

All Souls Observance



Calendar of the Soul

Week 19

Mysteriously in memory to enfold
What was received of late;
This be my striving's further quest.
In growing stronger it shall waken
Forces of my own within
And, evolving, give me to myself.

Week 20

Thus only do I feel my very being
Which, far from world existence,
Would on its own itself extinguish,
And building on its ground alone
Would bring but death upon itself.

Week 21

I feel unwonted power spring to fruit
In gaining strength it grants my Self to me.
The seed I sense maturing,
And premonition, light-filled, weaving
At my selfhood's might within.

Week 22

The light from world-wide spaces
Lives powerfully on within.
It turns to light of soul
And shines into the Spirit depths
The fruits to liberate, which let
The Self of man from Self of worlds
Mature in time's continuing flow.

Calendar translation
by Liselotte and William Mann

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 15th 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:

<http://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. Paper copies are available at the Pohala and Healthbridge Clinics; and the Cedarwood, Michael & Portland Waldorf Schools, and Swallowtail School.

Our current newsletter team: Design, layout, and illustrations Christopher Guilfoil; editing and proofreading Wes Burch; Calendar Jeremy Davis; printing and distribution Jerry Soloway; webmaster Angelica Hess; treasurer Ruth Klein; editor, Valerie Hope

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2019:

Cyndia Ashkar, Christine Badura, Virginia Berg, Sandra Burch, Wes Burch, James Conlon, Jayne Cronlund, Jeremy Davis, Michael Givens, Ali Givens, Mark Hope, Valerie Hope, Anca Hariton, Lauren Johnson, Lisa Jones, Anne Kollender, Ruth Klein, Tom Klein, Robin Lieberman, Judith Levin, Martin Levin, Brian McClure, Cheri Munske, Virginie Novak-Hoover, Robin O'Brien, Padeen Quinn, Jeff Rice, Diane Ramage, Diane Schell-Rowley, Deborah Smith, Jerry Soloway, Rebecca Soloway, Elizabeth Webber

We will gratefully receive your Branch membership dues (\$50 or what you can afford).

Send to: The Portland Branch c/o Ruth Klein
12286 SE 41st Court, Milwaukie, OR 97222

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

WALDORF 100: COURAGE



TRUST WALK Pablo Feliz

Phase I

Upon learning that Cedarwood faculty and staff would be creating chalk pastel dragons as part of their pre-school in-service, we at The Art Hall got in to gear and prepared the work for installation to greet the students on opening day, September 4! (Many thanks, Jeremy!) Two people worked together on each of the sixteen pieces which now fill the space with color and wonder. Please arrange for a tour if interested.

Phase II

This will occur as originally announced and will incorporate the work of many artists, both local and from around the country, who have contributed their pieces and accompanying statements on **COURAGE**. The opening reception will take place at The Art Hall during Portland's First Thursday, October 3, 5:00 – 8:00 PM. Sue Levine, Cedarwood's Head of School, will facilitate a discussion on the theme. All are welcome!

Please come, participate, share your story, enjoy the evening's bounty, meet new folks and perhaps purchase a piece of art. As usual, proceeds will be shared between the artist and The Art Hall, with the gallery's portion going toward future improvements to the space.

Questions? Please contact Robin: robin@robinlieberman.net or 503-222-1192. The exhibit will continue through November.

“Others may be able to accept standards from another, but an artist is a person who decides.”

~ William Stafford

News from Pacific Eurythmy

Pacific Eurythmy is starting another First Year!

We have again a small, but dedicated group who is ready to dive deeply into the world and movements of Eurythmy. Carrie Mass and Jolanda Frischknecht are leading the class through the beginning stages and basic elements of Eurythmy. We will share the fruits of our work at the end of each the term.



Please join us for the open community classes on Monday nights. There is study with Don Marquiss and speech with Daniel Stokes among others. And look for the art classes on Saturday. We will start with painting with Cheri Munski.



There is always room to join us!



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We work with you for a wide range of conditions including musculoskeletal/accident issues, cancer, diabetes and other chronic diseases, and all the typical acute illnesses associated with family medicine.

“The possibility of illness is due to the possibility of becoming human beings...”--Rudolf Steiner, Arnheim,

First Class of the School of Spiritual Science

Sunday, October 13, 9:30am • Lesson XI • (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 • Blue card required. • Lessons are normally held on the second Sunday of each month • Contact Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

Portland Branch Council Meeting

Monday, October 14, 7pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778, valerieannhpx@aol.com

All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you're coming. Meetings are normally held on the second Monday of the month.

Celebrating Waldorf 100: COURAGE, Art Hall opening and exhibit

Thursday, October 3, 5-8pm opening reception • The Art Hall at Cedarwood Waldorf School, 3030 SW 2nd Ave, Portland OR 97201 • Contact Robin Lieberman, 503-222-1192

Opening reception for over 40 artistic renderings of Courage. Come join the community discussion about this timely topic as we collectively celebrate Waldorf 100. Please see flier included.

Spirit-led Community: Healing the Impact of Technology with Lisa Romero

Wednesday, October 9, 7-9pm • Portland Waldorf School Music Room, 2300 SE Harrison St, Milwaukie OR 97222 • Contact Dr. Robert Kellum, healthbridge@integraonline.com

Lisa will introduce us to spiritually healthy guidelines for lessening the negative influence of technology on the inner life. Through providing an understanding of the foundations of inner health laid in childhood as well as the path of inner development that can be consciously engaged with as adults, a way can be shown for how new community life can lead us into a future that maintains and supports the evolving human spirit. \$15 suggested donation.

Meditation And Inner Development: Understanding The Results Of Inner Practice with Lisa Romero

Thursday, October 10, 6:30-9pm • Portland Waldorf School, 2300 SE Harrison St, Milwaukie OR 97222

An Evening Workshop with Lisa Romero. \$25. Questions and to register, innerworkpathusa@gmail.com, 908-227-0004

Social Understanding, Gender, & Sexuality in the Light of Waldorf Education with Lisa Romero, et al.

Friday, October 11 through Sunday, October 13 • Cedarwood Waldorf School, 3030 SW 2nd Ave, Portland OR 97201 • Contact Tom Klein, tgklein@aol.com

This workshop addresses gender differences and similarities that both limit or free us, and the contribution and struggles of the changing social structures around gender and sexuality affecting us all. \$195. Some workstudy available.

Public Lecture, Friday October 11, "GENDER & SEXUALITY IN THE DEVELOPING CHILD" is part of the conference but open to everyone. 7-9pm at Cedarwood School. \$15.

Information/Registration <http://www.portlandanthroposophy.org/gender-and-sexuality-workshop>

Christian Community Portland with Reverend Sanford Miller

Thursday, October 17, through Sunday, October 20

Please see include flyer for details. See our blog additional information and other events: <http://ccoregon.blogspot.com>

Healthy Development and the 12 Senses Fall Intensive

Friday, November 8 through Monday, November 11 • Micha-el School, 13515a Southeast Rusk Rd, Milwaukie, OR 97222 • Contact Laura Elmore, 541-647-8352, laura@micha-elinstitute.com

Please join us for a deeper exploration of healthy child development and how to meet today's children. Speakers will lecture on related topics. This conference will include art and movement experiences as well, for a holistic and experiential approach. \$200 early bird before November 11. \$50 students.

Information/Schedule/Registration <https://www.eventbrite.com/e/2019-fall-intensive-tickets-73625290225>

Scenes from The Guardian of the Threshold with Portland Speech Formation and Mystery Drama Group

Friday, November 15, 7:30p • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Contact Diane Ramage, 971-271-7479, drumage@comcast.net

Portland Speech Formation and Mystery Drama Group will perform Scenes 7 and 8 from Rudolf Steiner's third Mystery Drama, The Guardian of the Threshold! These 2 scenes depict an encounter with the Guardian of the Threshold, and souls in different stages of awareness in Ahriman's dark realm.

Ongoing Local Activities and Study Groups

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

9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required.
Contact Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

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

7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpdx@aol.com

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

School of Spiritual Science Study • Second Thursday of the Month

The First Class of the Michael School and its Christological Foundations by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, rrsoloway1@gmail.com or 516-850-1027

Christianity as Mystical Fact Study Group • First Monday of the Month

7:45-9pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or jrsoloway@hotmail.com
Please join us in lively discussions centered on Rudolf Steiner's *Christianity as Mystical Fact*.

Community Painting Tuesday Mornings

8:45-10:00AM Tuesday morning painting group for adults, at the Portland Waldorf School. Watercolor painting and contemplative drawing exercises, focusing on color studies and seasonal moods. All levels welcome. Contact cherimunske@gmail.com to RSVP.

Adult Eurythmy Class with Jolanda Frischknecht

Tuesdays 6:30-8 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Cost: \$20/session; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 Feel free to drop in, invite friends.

Eurythmy for Waldorf Alumni: Wednesdays

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

Eurythmy, Portland Waldorf School Community: Thursday Mornings

8:45-9:30 am, 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

Festivals Study Group: First and Third Friday Mornings

10:00 am-12:00 pm • 2606 SE 58th Ave, Portland • contact Suzanne Walker, 503-208-2426 zzwalker@mac.com

We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year. All are welcome.

Knowledge of Higher Worlds by Rudolf Steiner • Friday Mornings beginning October 4

9:15 – 11:00 am • contact Patricia Lynch at patriciahomanlynch@gmail.com

Singing Circle at the Portland Waldorf School • Friday Mornings

8:45-10:15 am • 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 - 8:55 pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. New participants accepted. No experience necessary, just enthusiasm and a love of the Word. Working on Scenes 7 and 8 of "The Guardian of the Threshold" by Rudolf Steiner.

Performance this year, 11/15/2019, Friday evening at Bothmer Hall, 7:30 p.m. Diane Ramage 971 271-7479 drumage@comcast.net

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact Jen Davis, 503-449-7387 jennifer@micha-elinstitute.com

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

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The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.

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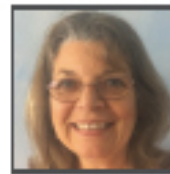


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Pohala Clinic
503-572-4196

7477 SE 52nd Ave. Portland, OR 97206



Benjamin Bell LMT OR Lic 3382

Eugene Scheduling
541-799-6097

1695 Jefferson St. Eugene, OR 97402

In lecture one of the "Study of Man" Rudolf Steiner explains "The task of education conceived in the spiritual sense is to bring the Soul-Spirit into harmony with the Life-Body....The child only begins to breath in the right sense of the word when he has left the mother-body.... As we breath in, we are continually pressing cerebrospinal fluid into the brain: and, as we breath out, we press it back again into the body....We may say that breathing is the most important mediator between the outer physical world and the human being who is entering it."

In my 30 years experience of practicing Advanced CranioSacral Therapy (CST), I have found that most of us need help in resolving imbalances that originate from birth, our entry into the breathing experience. CST is one of the few modalities that I am aware of that has the potential to normalize our breathing by assisting self correction (Perhaps playing a part in a proper "education", assisting the harmonizing of the Soul-Spirit and the Life-Body). ~ Benjamin Bell

If you have a friend or family member interested in CST, bring them along to your first session for a free session. (Please be sure to reserve two consecutive appointment time slots, one for each of you.)



CELEBRATING 100 YEARS OF WALDORF EDUCATION

9.19.19

COURAGE

Opening Reception

First Thursday, Oct. 3, 5:00 pm - 8:00 pm

Enjoy our signature table of bounty and a community discussion about courage led by School Chair Sue Levine.

The Art Hall at
Cedarwood Waldorf School
3030 SW Second Avenue
Portland, OR 97201
thearthall.wordpress.com



theART
HALL
CEDARWOOD
WALDORF SCHOOL

Exhibit open to the public
through November 30.
Please direct all inquiries to
robin@robinlieberman.net
or 503.222.1192



Spirit-led Community: Healing the Impact of Technology

WEDNESDAY, October 9, 2019, 7-9PM

Portland Waldorf School Music Room

2300 SE Harrison St

Milwaukie, OR 97222

(\$15.00 suggested donation):

Lisa Romero



With our outer lives increasingly permeated by technology, we now face the effects that technology brings to our inner lives, as well as its artificial influence on the development of our thinking, feeling, and willing. Technology is forming the future of our communities and extending its pervasive influence into our inner capacities as community members. Discovering how unfree we actually are has always been one of the necessary steps in awakening the inner development path. The foundations of our inner freedom, as well as our inner unfreedom, are greatly influenced during the years of child development. Our patterns of thinking, feeling, and willing are all influenced directly by the community in which we grow up.

“We must be prepared, as a collective humanity, with capacities and inner strengths enabling us to freely choose the form of community life that we determine to be needed for the future of humanity. We need to establish communities that are dedicated to human freedom—communities in which the health of the community, the education of the child, and social life are imbued with impulses supportive of the cultivation of human freedom.”—Lisa Romero

Lisa will introduce spiritually healthy guidelines for lessening negative influences of technology on inner life. Through providing an understanding of the foundations of inner health laid in childhood, as well as the path of inner development that can be consciously engaged with as adults, a path to a new community life can lead us into a future that maintains and supports the evolving human spirit. **ALSO SEE LISA’S RECENT BOOK: SPIRIT-LED COMMUNITY: HEALING THE IMPACT OF TECHNOLOGY**

Inner Work Path

IN THE LIGHT OF ANTHROPOSOPHY

MEDITATION AND INNER DEVELOPMENT *Understanding the results of inner practice*

Thursday, October 10, 2019 6:30-9pm

at Portland Waldorf School

2300 SE Harrison St, Milwaukie, OR 97222

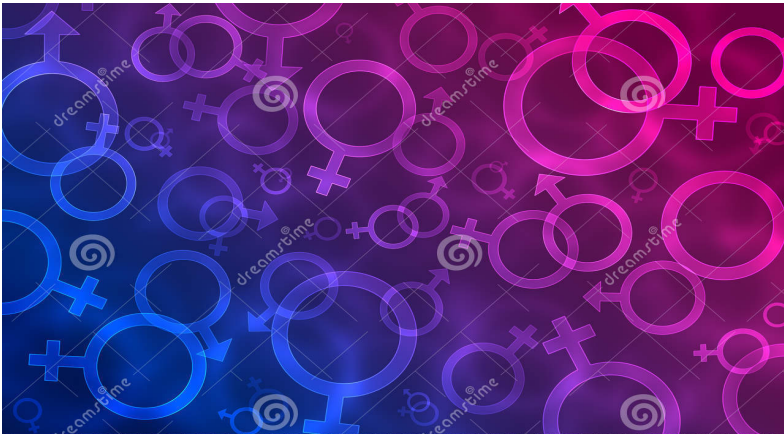
An Evening Workshop with Lisa Romero

Cost: \$25

LISA ROMERO is an author of anthroposophical inner development books and an adult educator who has been delivering education enriched with anthroposophy for over 20 years. Since 2006 the primary focus of her work has been on teaching inner development and anthroposophical meditation. Steinerbooks has published her 5 books including '*The Inner Work Path*' which focuses on meditation practice; '*Developing the Self*' written after years of working with Waldorf teachers to support their inner work and pedagogical understanding of child development; '*Living Inner Development*' which offers an understanding of the inner experiences and of the results of various exercises; '*Sex Education and the Spirit*'; and '*Spirit-led Community*'. InnerWork Books has published her sixth book, '*A Bridge to Spirit – Conscious Inner Development and Consciousness-Altering Substances*.'

With questions and to register, contact:

innerworkpathusa@gmail.com | 908-227-0004 | www.innerworkpath.com



Social Understanding, Gender, & Sexuality in the Light of Waldorf Education

A CONFERENCE OPEN TO EVERYONE

With Lisa Romero and colleagues

October 11-13, 2019 at Cedarwood Waldorf School

3030 SW 2nd Avenue, Portland OR

\$195.00 \$175.00 earlybird/\$150.00 earlybird for sponsors & students (By 9-20-19) workstudy available

This workshop addresses gender differences and similarities that both limit or free us, and the contribution and struggles of the changing social structures around gender and sexuality affecting us all. It helps bring understanding of how to support the child/adolescent in these times, and addresses the questions and challenges that adults experience. We explore the anthroposophic understanding of being more than male and female, how to express evolving pictures of gender and sexuality to students in primary and secondary school, and the common struggles experienced during childhood, adolescence and into adulthood. Supporting this aspect of health and wellbeing of each child's relationship to gender and sexuality results in greater resilience and confidence in their growing relationship to the wider community. If there is sufficient interest, this workshop can set the stage for future weeklong retreats with Lisa In Portland.



LISA ROMERO is an author and adult educator delivering education enriched with anthroposophy for over 20 years. Her 6 books include *'Developing the Self,'* written after years of working with Waldorf teachers to support their inner work and pedagogical understanding of child development, *'Sex Education and the Spirit,'* written to support an understanding of our communal responsibility for the healthy development of gender and sexuality within society, *'Spirit-led Community,'* which introduces healthy guidelines for lessening the negative influence of technology on the inner life. Lisa has been lecturer of Health & Nutrition and Male/Female studies at Sydney Rudolf Steiner College, where she continues to give lectures on inner development. Since 1999 she has presented on gender, sexuality and spiritual life. She works with Waldorf schools as part of their health and wellbeing curriculum, working directly with students, teachers and parents. Lisa has contributed to and is an adviser on the Health and Personal Development for the Australian Steiner Curriculum Framework. She has developed training courses, and facilitates professional development on this subject for teachers and health professionals. **QUESTIONS/REGISTRATION: TGKLEIN@AOL.COM**

For more on Lisa's work, go to: www.developingtheself.com



**Friday night (Oct 11) Public Lecture, "GENDER & SEXUALITY IN THE DEVELOPING CHILD"
(7-9PM @ Cedarwood) is part of the conference but open to everyone (\$15.00)**

PRESENTED BY DEVELOPING THE SELF, NUMM ANTHROMED CLUB, PCCI, PORTLAND BRANCH & SPAN:

SOCIAL UNDERSTANDING, GENDER & SEXUALITY IN THE LIGHT OF WALDORF EDUCATION

Registration Information for Oct 11-13, 2019 Workshop with Lisa Romero

Full Name		Job Title/School-Institution	
Phone	Cell Phone	Email Address	
Address	City	State	Zip

Any special mobility or sensory issues of which we should be aware: _____

Early Bird Registrations must be received by 9/20/19. Register and pay online at www.portlandbranch.org

Conference Fees:

Early Bird:

- Members of sponsoring groups*, students, & Waldorf educators: \$150. Indicate Group _____**
- Early Bird for all others \$175.**
- After September 20 (all registrations) \$195.**
- Total Enclosed with this registration \$ _____**

*Sponsoring Groups include the Portland Branch, Society for Physicians of Anthroposophic Naturopathy (SPAN), Portland Curative Collective Inc. (PCCI), the NUNM Anthroposophic Medicine Club, and Cedarwood Waldorf School.

Register online at www.portlandbranch.org , or pay by check made out to **Portland Branch**

Mail registration form and payment to:

Portland Branch of the Anthroposophical Society
12286 SE 41st Court
Milwaukie, OR 97222, Attn: Tom Klein.

For work study opportunities contact Tom Klein, tgklein@aol.com

Only written cancellation requests will be honored – by snail or email. They must follow up any telephone discussions and include attendee’s name and the amount tendered. **Received prior to September 30, 2019**, full refund less \$50 admin fee. **After September 30**, not eligible for a refund, but you may send an alternate without additional charge. Contact Tom Klein, tgkein@aol.com, 503-305-8270

The workshop will run from Friday night until 1PM on Sunday. Participants will be on their own for lunch, but mid-Morning and mid-afternoon snacks will be provided

The Christian Community – Portland

Movement for Religious Renewal

Rev. Sanford Miller Visits Oct. 17 to 20

All events at Bothmer Hall
unless otherwise noted
5919 SE Division St. Portland

for questions contact Christine Badura:
707-494-6741, badura88@hotmail.com

Donation: \$10/talk or what you can offer

THURSDAY Oct. 17

7:30PM

Signs of the Times- A Conversation

At Christine Badura's house:

Call for directions: 707-494-6741

FRIDAY Oct. 18

7:30PM

The Mission of Judaism and the Christ Impulse:

The Untold History and Mission of Judaism - Origin, Purpose and Task

A talk by Sanford Miller at Bothmer Hall

SATURDAY Oct. 19

9:00AM

The Act of Consecration of Man

- Open communion for adults

10:30AM

New Testament Study and Conversation on Revelations 12:1-17

SUNDAY MORNING Oct. 20

in Bothmer Hall

9:15: Religious Instruction (grades 1-8)

10:00: Children's Service (grades 1-8)

10:30: The Act of Consecration of Man

- Open communion for adults
(Child care must be pre-arranged, call Christine in advance)

Potluck immediately following (bring own utensils)

The Christian Community is totally supported by free will gifts and donations

See our website for more details and other events: ccoregon.blogspot.com

THE CHRISTIAN COMMUNITY

was founded in 1922 with the help of Rudolf Steiner, Austrian educator and esotericist. The Christian Community recognizes Christ's deed of life and death as the pivotal renewal in humanity's history. The church is centered around the seven sacraments in their renewed form.

There is no formal written dogma. Members are encouraged to form independent judgements in religious matters. Each priest has the freedom to teach anything which does not contradict the content of the sacraments. As a result, the teachings are rich, varied and evolving and can incorporate such ideas as reincarnation and karma, a truly cosmic conception of Christ, and the role of spiritual beings at all levels of existence.

www.thechristiancommunity.org

REVEREND SANFORD MILLER

of The Christian Community in Sacramento, 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 also been a student of the work of Rudolf Steiner since 1972. He has lived and worked in the Camphill movement in Scotland with mentally handicapped adults for six years before training for the priesthood in The Christian Community. He was ordained in 1982 and has worked in Pforzheim, Germany, Boston and for more than a decade now in Sacramento, CA.

Contact Information

For more information, to inquire about baptisms or confirmations, membership conversations or sacramental consultation please contact: **Christine Badura:**
707-494-6741
badura88@hotmail.com