

Portland Anthroposophic Times

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

www.PortlandAnthroposophy.org

Volume 7.9 September 2011

BUILDING A BRIDGE ACROSS THE THRESHOLD

By Marianne Dietzel, Minneapolis-St. Paul, MN

Rudolf Steiner gave many lectures on the importance of the connection between the living and the dead, and indications for developing this connection through reading for the dead and other practices. Yet many people - both as individuals and as groups - feel helpless in taking the steps to actually put this into practice. The "taboo" of speaking about death and dying in our culture is a mighty obstacle to overcome, even for those of us on a spiritual path. Our own feelings about death are tied up with what has been modeled for us in our families of origin around handling, talking about, and coping with experiences of death.

RUDOLF STEINER'S VISION:

How can we create a future worthy of the human being?

National Conference Celebrating the
**150th Anniversary of
Rudolf Steiner's Birth**

**October 14-16, 2011
Portland Waldorf School**

This 2011 annual conference and meeting of the Anthroposophical Society in America is hosted by the Portland Branch.

Register at www.anthroposophy.org

THOMAS MEYER PRESENTS IN PORTLAND!

**Karma, Reincarnation and Biography and
Rudolf Steiner's Core Mission – Parts I and II**

**Friday and Saturday, SEPTEMBER 23-24
5919 SE Division St., Portland, OR 97207 -
Bothmer Hall, 7:30 PM – 9:30 PM**

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The cost of individual lectures is \$20. Pay online at www.PortlandAnthroposophy.org.

Refreshments will be served after the lecture. Contact Valerie Hope by e-mail at the following address: valerieannhpx@aol.com.

**Discussion of current events in the light of
Anthroposophy**

**Sunday, SEPTEMBER 25
5919 SE Division St., Portland, OR 97207
Bothmer Hall, 3:00 PM**

On Sunday, Thomas Meyer will bring his perspective on current events in the light of Anthroposophy – a direction that we are excited to initiate in our community. Donations accepted for the Sunday lecture. Contact Valerie Hope at by e-mail at valerieannhpx@aol.com for more information and to reserve your place.

My own experience of the death of my father as a teenager, and of several peers as a young adult, were preparation, I can now see, for the most challenging death – that of my 18-year-old first-born child when I was in my 40’s. Being a student of anthroposophy was also preparation for facing this loss.

The tumultuous time surrounding my daughter, Nina, and her best friend, Kirsten’s deaths, and my mother’s death three years later, marked the years of the Mars cycle (42-49) of my biography. Outwardly, my husband (Dennis Dietzel), two sons and I found much consolation and healing through family, compassionate friends, community support, music and singing, and ritual. Inwardly, Dennis and I were spiritually very active, our wills spurred on by the energy available from souls who have left the earth early in life.

Then, the expansion of my professional life to embrace death in new ways became the theme of the Jupiter cycle

(49-56). I learned to play the lyre, which led to studying with the Music for Healing and Transition Program and becoming a Certified Music Practitioner, then also a hospice volunteer coordinator, and eventually a hospice bereavement coordinator.

Now, in my Saturn cycle (56-63), working with those who have gone through the gateway of death continues to be the focus of my ongoing spiritual research.

In the weaving of destiny, my experience has been closely intertwined with that of fellow-anthroposophist, Linda Bergh. Before and after the car accident in 1996 that severely injured Linda and killed our two teenage daughters, we navigated the deaths of Linda’s first and second husbands. For each of these three crossings we courageously implemented our ideals in holding a three-day home vigil to accompany the souls of our beloved in their transition to the spiritual world. We also began a “reading for the dead” group a few months after our daughters died, and continued this on a weekly basis for five years. Linda, my husband, and I were joined by others, so that the focus expanded to include not only the girls, but a wide circle of souls who had died.

Because of our experience, Linda and I began to be asked by other groups to share our stories, thereby helping them to prepare to be a resource for their communities in times of loss. Over five years we developed a process-oriented workshop, *Beholding the Threshold*, to empower people to overcome fear in thinking about their own and others’ deaths, to make informed choices at the time of death, and to embrace the grief process and the possibilities for staying connected with loved ones after death.

During the last few years, I have also edited and self-published a book that I originally wrote as part of my grief process three years after my daughter died. Promoting my book, *Laughing in a Waterfall: A Mother’s Memoir*, has been a way for me to reach a broader audience in sharing my experience. For more information on the book and to read an excerpt or listen to an interview, go to www.mariannedietzel.com.

I find, in conversations about death and dying that arise during workshops and author talks, that people are very open to a new way of thinking about death and the idea of staying connected, and eager to learn of ways to facilitate the process. We, as anthroposophists, have much to offer the world! In fact, the idea of “staying connected” is now a trend in the mainstream bereavement field. A statement in a current textbook on

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 2011!

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Diane Rumage	Cheri Munske	Joan Takacs
John Takacs	Valerie Hope	

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, Swallowtail School, Pohala Clinic, and Healthbridge. The newsletter and calendar are 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.

Editor:	James Lee
Calendar:	Jannebeth Röell and Diane Rumage
Editorial Support:	Jannebeth Röell and Diane Rumage
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Please submit your Donations to the Portland Branch c/o Ruth Klein at 3609 SE Center, Portland, OR 97202

thanatology (the study of death, dying, and bereavement), states that there is a ".....shift in the theoretical framework from understanding grief as a process oriented towards disconnecting from the deceased to one that recognizes the importance of continuing bonds with the deceased." (*Handbook of Thanatology*; David Balk, Editor-in-Chief; Association for Death Education and Counseling, The Thanatology Association; 2007; pp. 372-373)

In my understanding, building a bridge between the world of the living and the world of the dead is a central task of anthroposophy. The dead turn to the living for their nourishment. They cannot "find" or feel a connection to loved ones on the earth if those loved ones are enmeshed in materialism, without thoughts of a spiritual nature. In a metaphor from Steiner, our thoughts are the "fields of grain" from which the dead gather the harvest that is their sustenance.

Also, our memories of those who have died are like works of art that enrich their world, just as paintings or sculpture enhance our experience of the natural world and our surroundings.

As a bereaved parent, I latched onto these ideas as something that I could do for my child, a way to continue caring for her in her journey in the spiritual world. It has helped me, gradually, to relate to her as a spiritual being, and not just as the daughter that I lost.

In my continuing work in connecting with those across the threshold, and the challenge of sharing this with others, I continue to learn and grow. It is not a matter of learning a technique once, but of continually striving, refining my practice, and being open to change and new ideas. What is not possible to comprehend or put into practice at one time may become the impetus for renewed efforts at a later time. The fruits of this labor become a tender reward for patience, persistence, and attention.

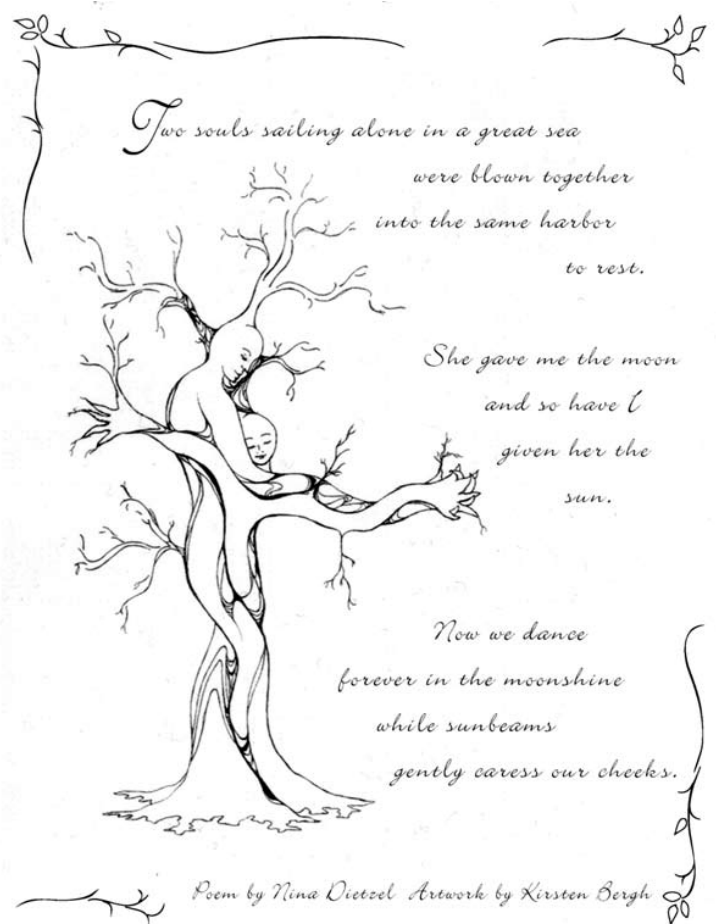
I welcome anyone interested to come to my workshop, *A Bridge Across the Threshold: Creating a Living Connection*, at the annual conference in Portland, whether you have a wish to begin such work or to refine or validate the work you have already begun. I offer it, not as an expert, but as a fellow student.

In this workshop, we will experience an exercise in creating a medium through which we can connect with those across the threshold with whom we had a relationship on earth. We will be using a condensed

version of an exercise developed by Dennis Klocek, working with the moods of nature and using gesture painting.

I also invite everyone to join Dennis and me for an artistic evening of readings from my book, saxophone and piano music, and conversation. It will take place after the national conference, on Monday, October 17, 7:30 pm., in Bothmer Hall at the Takacs Clinic in Portland. It is free and open to the public. Books will be available for purchase and signing.

The story of my daughter's life and death and the destiny connection of Nina and Kirsten continues to inspire from across the threshold.



An Evening with the Author
Monday, October 17, 2011
7:30pm
Bothmer Hall, Takacs Clinic
5909 SE Division Street
Portland, OR 97206



Rudolf Steiner's Vision: How can we create a future worthy of the human being?

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October 14-16, 2011

Portland Waldorf School

This 2011 annual conference and members' meeting of the Anthroposophical Society in America is being presented in collaboration with the Portland Branch and the Western Regional Council.

Register now! The brochure describing the very special line-up of events has been sent out. If you haven't received one you can register at the Anthroposophical Society in America website, www.anthroposophy.org. See details below.

The Portland Branch is happy to be hosting this significant national celebration and reflection on Rudolf Steiner's vision and influence. Together we will seek to understand how what Rudolf Steiner brought to the world is crucial if we are to create a future worth living; and how we can ensure that this vision will remain living and continue to evolve.

We will explore the contribution that each of us can make toward fulfilling such a vision. Our explorations will proceed thoughtfully, artistically, and out of our own life experiences. A goal of our time together is to gain inspiration for bringing something new into our lives, and into the future. Our task is to evolve, to become more fully human. Anthroposophy supports this evolutionary path.

We will begin on Friday evening with registration and a light supper/reception for all attendees. This will be followed by ***An Evening with Rudolf Steiner:*** readings, music and eurythmy intended to bring him into the room and into our hearts.

Saturday morning will begin with ***The Foundation Stone Meditation*** in Eurythmy presented by Lemniscate Arts, which will be repeated at the end of the afternoon and on Sunday morning. Virginia Sease will be coming all the way from the Goetheanum to present ***Rudolf Steiner's Vision for the Human Being: Love Manifested through Spiritual Activity***. This will be followed by conversation groups, allowing us to begin digesting and expanding on what we have heard. We will end the morning by building on our experience of the ***Foundation Stone Meditation*** through speech with Kim Snyder-Vine.

After lunch Diane Rowley will lead us into our workshops with group singing. There are ten tantalizing workshop choices:

- ◆ ***The Human Terrain: Exploring the Influence of the Four Ethers in Health and Illness*** with Dr. Paul Kalnins
- ◆ ***Working with Christian Rosenkreutz and Master Jesus*** with Marijo Rogers and Linda Connell
- ◆ ***The Future of Waldorf Education*** with Torin Finser
- ◆ ***Eurythmy Forms*** with Anna Marie Baeschlin
- ◆ ***Holding the Vision for the Cultural/Spiritual Sphere*** with members of the Section for the Social Sciences
- ◆ ***Biodynamics and the Promise of the Food Movement*** with Robert Karp
- ◆ ***At the Intersection of Money and Spirit*** with John Bloom
- ◆ ***A Bridge Across the Threshold: Creating a Living Connection (with those who have died)*** with Marianne Dietzel
- ◆ ***What Are The New Mysteries?*** with Matt “Matre” Saway and Kathleen Morse
- ◆ ***Working with Questions*** with Lesley Loy, Luc Schloss and Members of the Youth Section

Rudolf Steiner’s “Birthday Bash” on Saturday evening will have a little something for everyone – from drama to waltzing to conscious hip-hop (brought to us courtesy of the youth section). The Portland Mystery Drama Group will offer a scene which mirrors Friday evening’s eurythmy performance. Sunday morning may find us tired but happy, at the Annual General Meeting, where we will complete our experience with ***The Foundation Stone***.

Not to be missed: Elizabeth Kenamer is curating an art exhibit. Contact her at bethkenamer@yahoo.com.

For more information, to volunteer help, and for work study opportunities, contact Valerie Hope, 503-775-0778. valerieannhpdx@aol.com.

Portland Anthroposophical Society Calendar - September 2011

Ongoing Activities and Study Groups

Anthroposophical Course for Young Doctors, Study Group

1st Tuesday of the month 7-8:30 PM

Pohala Clinic, 12050 SE Holgate Blvd.

Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalacclinic.com.

Karma Exercises and Study

1st and 3rd Thursdays at 7:00 PM

NE Portland

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. Call James Lee for information 503 249-3804 or send an e-mail to him at anthroposophy@earthlink.net.

Knowledge of the Higher Worlds

1st and 3rd Tuesdays 7:30 - 9:00 PM

3046 NE 33rd Avenue, Portland, OR 97212

Contact Donna Patterson and Bob Kellum at 503-331-7393.

Mystery Dramas, with Speech-Formation Exercises

2nd and 4th Wednesdays

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

Friday morning from 8:45 - 10:15 am

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.

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.

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.

Events

First Class of the School of Spiritual Science

Sunday, SEPTEMBER 11

5919 SE Division St., Portland, OR 97207. Bothmer Hall

Blue card required 9:30 AM sharp. Lesson 17. Please contact Diane Ramage at (503) 908-0131 or Cheri Munske at (503) 772-2632

Portland Branch Council Meeting

Monday SEPTEMBER 12

1304 SE Main Street, Portland, OR 97214.

7 PM – 9PM at the home of Chrystal Godleske. Phone 503-816-2440
All Branch members are welcome to attend.

Karma, Reincarnation and Biography and Rudolf Steiner's Core Mission – Parts I and II

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Sunday, OCTOBER 9

5919 SE Division St., Portland, OR 97207. Bothmer Hall

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Portland Branch Council Meeting

Monday OCTOBER 10

1304 SE Main Street, Portland, OR 97214.

7 PM – 9PM at the home of Chrystal Godleske. Phone 503-816-2440
All Branch members are welcome to attend.

Laughing in a Waterfall: An Evening with Marianne and Dennis Dietzel

Monday, OCTOBER 17

5919 SE Division St., Portland, OR 97207 Bothmer Hall

7:30 PM See the event notice on page 7 of the newsletter.

How can we create a future worthy of the human being?

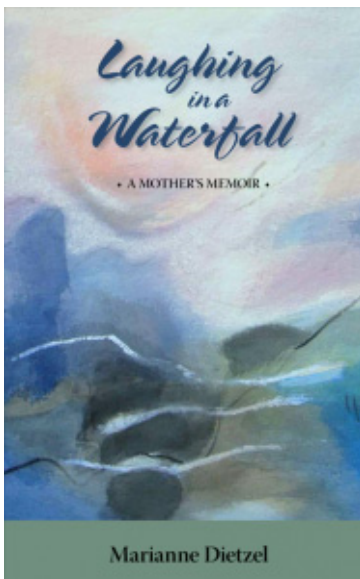
OCTOBER 14-16 – See Pages 4 & 5 of this newsletter for details, or go online to www.PortlandAnthroposophy.org.

Laughing in a Waterfall
A Mother's Memoir
An Evening with the Author, Marianne Dietzel

A poignant memoir offering insights into how to create a new culture around the sacred threshold of death and keep a living connection to those on the other side.

“The simple and lovely style with which you evoke the mood of such a profound journey reminds me that there is nothing more important than to remember we are always in the presence of the spiritual world, if we would only see.”

Kim Chotzen, Viroqua, WI



“Marianne Dietzel opens her heart in this genuine accounting of her profound grief following her daughter’s death. Marianne’s decision to share her thoughtful process through her writing is a gift to us all. Indeed, it appears her daughter Nina lives on in these pages, bringing insight into the mystery of life, death, and the power of transformative grief.”

Shawn Johnson, Ph.D., Marriage and Family Therapist, Okemos, MI


“Marianne’s story weaves together the impermanent nature of life, with its worldly joys and sorrows, with that which is beyond and transcendental. It ultimately challenges the reader to feel and experience life more deeply, to be open to its tears, losses, revelations and laughter!” **Pat Hogan, Author of *Allison’s Gift*, *The Song of a Thousand Hearts Opening***

Radio Interview with
Marianne Dietzel
From Fairfield, IA

<http://www.kruufm.com/station/archives/61>

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For more information, see www.mariannedietzel.com



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Join one of our 2011 Incredible Journeys

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October: Iyengar Yoga Group to Northern India
November: Africa-Namibia, Bostwana, Victoria Falls, Zambia

We offer experienced expert travel planning for private travel, tours, cruises and customized groups. No matter how exotic or offbeat, we have probably been there!



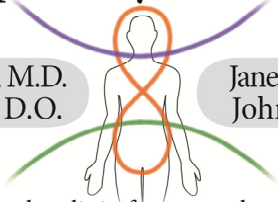
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Robin Lieberman
MSW, LCSW

503.222.1192 robinlieberman.net


Multi-Specialty Health Clinic

Debra Glasser, M.D.
Joan Takacs, D.O.



Janel Guyette, M.D.
John Takacs, D.O.


The Physicians at the clinic focus on alternatively extended medicine including Comprehensive Family Practice, Internal Medicine, and Physical Medicine and Rehabilitation. They utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury.



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Jannebeth Röell

jannebeth@mindspring.com
(503) 249-3807

www.jannebeth.com

Embryo In Motion: Understanding Ourselves as Embryo
4-DVD Set Now Available With Jaap van der Wal, PhD, MD

This beautiful 4-DVD set that was professionally recorded live in Portland, OR, June 3–6, 2010.

To learn more about the 4-DVD set and for instructions on how to order it, go to the “shop” portal on the Portland Branch website at www.PortlandAnthroposophy.org.