



Anthroposophical Society PORTLAND BRANCH

Newsletter

September 2019

The Eye of the Dragon

By Christopher Guilfoil

A key image at the heart of contemporary questions around diversity and inclusion is the seeming polarity of I and thou, or oneself and the Other. All too often perceptions and concepts that fall into dialectics with respect to diversity decay into intellectual polemics. The inward struggle for self-knowledge in relationship to the Other is superseded with hypotheses and theories of social injustice. The capacity to overcome dialecticism and enter into living thinking¹ is what predicates human freedom, and free deeds of human love.

In considering the Other, the height of contemplation and meditation leads to the infinite diversity of Divine Will. This is the basis of all true artistic creativity, and culminates in spiritual scientific methodology with creation out of nothing. Today the Other is even considered to be where the real action and meaning of art takes place. In the Other's percepts and concepts of the work of art the artwork reaches its zenith and social meaning.

In the *Lord's Prayer*, as individuals within our "I organization" we find our 'Name.' Within the Kingdom to come from whence derives the Name, we find the possibility for a new community, founded in freedom and love, where diversity and inclusion find being and meaning.²

Michaelmas is that essentially human festival of infinite diversity. Here the author uses festival to indicate a stepping out of the destructive stream of time, to pause in the eternal rhythmic qualities that each festival offers for individual and communal development. The major contributors to this destruction, or hinderance, are the forces of deterrence fundamental in the study of spiritual science. At Michaelmas, the imagination of the Dragon³ brings pictorial qualities to this battle for the soul.

Rudolf Steiner, in his spiritual scientific research, created artistic renditions of this dragon. He felt it was important that we look upon these images often, as reminders of what lurks in our forgetfulness. For the purpose of brevity we will look at one aspect of the dragon image found at the base of the Red Window in the Goetheanum⁴ – his enormous eye.

The size of the dragon's eye is mighty in contrast with the proportions of Micha-el, seen in winged form to the left. Why a dragon with such an eye? Spiritual science teaches about the doppelgänger of each human being as well as polar deterring



Red Window Detail The Goetheanum Design by Rudolf Steiner

doppelgänger for each human sense organ. This in its wholeness is a vital study for our time. In focusing on the sense of sight, the human eye rests in a middle point between an "eye" in front of the physical eye, and a "eye" about a centimeter behind the optic structure. This rear "eye," as doppelgänger, belongs to the Dragon. The balanced relationship to sight is central to imagination and the proper perception of the Other. The dragon's eye is activated

today in large degree by viewing electronic screens.

When the physical eye (along with its etheric activity) is active in viewing reality⁵ vs. virtual reality (screens), the spiritual hierarchies are sharing in this observation. This sharing in observation, which can become at once sensible/super-sensible, is essential to Micha-el's current involvement with humanity. Goethe reminded us that the eye was created by the Sun for the Light. Micha-el's domain is the Sun Sphere, as the Countenance of the Etheric Christ.

Note that in the Red Window Micha-el does not look at the dragon's "eye," but glances over and beyond it. This offers hints. At the turn of the century, Rudolf Steiner in describing the effect of screens, in particular the cinema of that time, called the quality induced by the Dragon's eye, "goggle eyed,"⁶ like the eye of a seal.⁷ He offered artists and therapists the means to counter this deterrence.⁸ Much of this has to do with the "sub-nature" of the

virtual electronic world. This includes the Internet, artificial light, LED displays, computer monitors and cell phones.⁹ Just as the sun formed the human eye, the Dragon will continue to create, in conjunction with screen addiction (the “eye” in front of the human eye), the need for his goggle eye. The healing gift in the sense of sight, and its spiritual realities, lie in the qualities of light, darkness and color.

Any discussion of diversity and inclusion will in the future benefit from the insight of spiritual science in confronting this beast with a means that does not treat only its symptoms, but works to heal the radical root of its cause. The human eye (and all 12 senses) will need strengthening to once again find its proper place in holding the balance of the Middle.¹⁰ As we seek one another, we need to see one another, face-to-face. Of course this also pertains to hearing, and much research is needed there as well. Even seeing each other’s handwriting is beneficial in this regard.

The cardinal festivals of the year play a vital role in this healing. Michaelmas may one day bring us into the proper relationship to this Dragon’s eye. Being so goggle eyed as we are today, Michaelmas has the possibility to develop communally the courage for the truth that precedes the cosmopolitan insight Micha-el can bring us when we turn to him in freedom with questions regarding diversity and inclusion. Yes, may human beings hear it¹¹...but in its requisite manner, see it as well.

¹See *The Philosophy of Freedom*, by Rudolf Steiner

²See *The Structure of the Lord’s Prayer*, Rudolf Steiner, GA 97

³One distinguishes between Western and Eastern images of the dragon. They are not the same. In Eastern pictorial imagination the dragon is often a beneficent Being and in certain contexts an image of Micha-el. There is great variation here.

⁴At the west side of the Goetheanum, Dornach, Switzerland.

⁵The author uses reality in terms of Rudolf Steiner’s *Philosophy of Freedom*, in the interaction of percepts and concepts.

⁶See *Cosmic and Human Metamorphosis*, Vol. 4, Rudolf Steiner

⁷Seals have large eyes to allow them better vision underwater. On land their vision is greatly reduced. Their lenses are enlarged and almost round, adapted for focusing on light that is refracted upon entering the water.

⁸See *On the New Light-Play-Art*, by David Adams in the Art Section in North America Newsletter, Issue 22, Spring/Summer 2004

⁹See *From Ghondhishapur to Silicon Valley*, Paul Emberson, Etheric Dimensions Press, 2005

¹⁰See *Demons and Healing: The Reality of the Demonic Threat and the Doppelgänger in the Light of Anthroposophy*, Are Thoresen, Temple Lodge, 2018

¹¹See *The Foundation Stone Meditation*, by Rudolf Steiner

En-theosed

Springing from life,
When autumn fire in ash is doused
We tread,
In flooding, in sinking, in salt of stones
That fall:
Crashing in darkening tempest flash
We doubt,

In water and rain,
When swimming alone in seas of stones
We pray,
In asking, in singing, in silver of life
To solve:
Our drowning in weight, you are so far
Away,

On sun shining wings,
When darkness prevails in surging waves
We hear,
In burning, erupting, in golden yellow rays
You speak:
Springing from love of weight will lift you
Free;

En-theosed, en-nobled,
When sparking with courage we merge
again
And live.

From:

Children of Sophia:

Meditative Poems for the Festivals of the Year

Micha-el:

Michaelmas Festival

By Michael Givens

What's Freedom Got to Do with It? Exploring Gender, Sexuality and Identity

The Developing the Self Team WITH LISA ROMERO

edited by Sarah Hearn

When we consider how we work with young people in the area of gender and sexuality, we must first ponder what the future community of humanity may be. We are now well within an age which could be characterized by the need for human beings to develop their individuality in community with others.

Rudolf Steiner described this as the "Consciousness Soul Age", and as part of this evolution new generations are posing questions that oppose the old ways of individualizing and relating to one another. The first way to support this progressive way of being is through developing the quality of reverence for each human being's individual capacities.

"The first prerequisite of the Waldorf teacher is to have reverence for the soul-spiritual potential that the individual child is bringing with them into the world"

~Rudolf Steiner, *The Kingdom of Childhood*

With this in mind, the task of guiding young people through developmental milestones and into adulthood requires us to address their individuality and to communicate consciously in each given moment as opposed to reacting out of conditioned and habitual thinking. Working in this way we work with the Consciousness Soul age, supporting its progression. If we are to work with the future pictures of community, when speaking with young people, it is important to strive to hold in our awareness that the community structure is moving and changing like never before.

During the Consciousness Soul age individuality will become a focus for humanity, we will for example, see more and more children and young adults begin to choose friendships based on individual capacities rather than upon their outer characteristics such as social standing, race, sex, gender, religion or culture. Mature relationships between individuals are also changing and in our working with young people it is important to strive to hold an awareness of this if we are to support the evolving of human beings.

Through being born into a predominantly 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 soul-spiritual potential an individual brings into the world, is genderless. By approaching young people with the understanding that their inner world should be left free of our opinions on gender roles, we remain open to the individual capacities they carry as gifts for the world.

When Lisa Romero was with us here in Portland to speak on gender & sexuality in November, 2019, we had upwards of 150 people packed into Cedarwood to hear her, and many requested that she come back to do something in more depth. Please join us this October 11-13, 2019, for an opportunity to share your own life experiences and learn from others in a safe community environment. Together we can grow and develop the skills we need to help our children and ourselves achieve greater freedom and opportunity for each of us to express our own unique individuality at home, in community, at work, and in school.

"Of course a materialistic view of the world of the human being which recognizes only what can be touched and seen, naturally sees in man and woman only the physiological difference and anyone who remains in this materialistic view will simply miss, will simply overlook something that is far greater and more decisive than sexual differences, they will overlook the individuality

which goes beyond gender and is independent of it".

~Rudolf Steiner, *Lecture: Women and Society*

Humanity is in an evolving process with social structures that change according to shifts in consciousness. In the Consciousness Soul age, Steiner suggests we look upon our bodies as an instrument, not to diminish the vehicle of the body but rather to recognize the true and essential being that utilizes the instrument.

Over the past couple of years a team of colleagues in Australia and New York have been working together developing an initiative that supports young people out of these understandings, called the Y Project. For young adults 16-26, the Y Project offers mentors, artistic programs, health services, vocational apprenticeships, and events. These offerings are fully or partially funded by proceeds from EduCareDo (www.educaredo.org), Developing the Self events (www.developingtheself.org), and individual donations. Y Project mentor support takes the form of individual sessions. These sessions are individually designed to meet young people's questions, interests and passions. Previous participants have used this program for support in the performing arts and for exploring vocational questions. The Y Project also offers workshops, gatherings and retreats.

In July 2019, there was a 5-day Y Project residential retreat in upstate New York, entitled "What's Freedom Got to Do with It?," in which we explored identity, sexuality, gender and social understanding through conversations, presentations, artistic

experience, social time and quiet time. We shared our questions and experiences and learned from one another. We explored the limits and liberties of gender, the complexity of attraction, and working with the masculine and feminine forces in each of us towards greater inner freedom. Here are some reflections from young people who have attended these past Y Project retreats:

"It was lovely to connect with other young people and create a space in which we were able to discuss the changes in our culture related to sexuality gender and identity. We reflected on our social landscape and past experiences, where we were coming from, which we drew from in our discussions on the themes. It was refreshing to listen to other people talk about their experiences, the challenges they faced and the times they felt boxed in by our societal pressures. These are things that occur which are rarely given a space to speak about."

~Y Project Weekend Event Attendee

"It was a question that I had indeed been living with, though it wasn't so thoroughly formed for me in such clear definitive words. However, after attending the 'Will We Wake?' retreat, I must say that my experience there expanded this question and brought it into clear focus for me as something to live with and work towards, indefinitely and into the future. My experience there opened up my mind to limitless new horizons and possibilities. It got me out of a mental rut that was hindering my ability to be free. It took the mental restrictions off of my mind, if you will. I met a whole host of amazing new people from around the world, connections that I still have today. For me personally, it ignited a flame that I am still carrying now, and will continue to carry into the future. It was an important stepping stone that really launched me into a new positive direction along the path in my life."

~Y Project 5-day Retreat Attendee

The Developing the Self Team (www.developingtheself.org) was founded by a community of individuals committed to working with inner development for world development, and striving to build healthy community life in the light of anthroposophy. As an organization, "Developing the Self – Developing the World" also connects individuals and communities with artists, health practitioners, farmers, and educators who offer peer support, workshops, and programs for school faculties, students, and parents. For more information about the Y Project and other Developing the Self offerings that you might like to bring to your community, visit www.developingtheself.org or email contact@developingtheself.org.

Sarah Hearn is a complementary health practitioner and educator working out of anthroposophy with Lisa Romero and colleagues. She sees both children and adult clients in her practice, including participants in the Y Project, and other workshops and adult education, as part of Developing the Self's programs, including also the Gender and Sexuality in-school curriculum for grades 5-12.

For further information and to register for the
October 11-13, 2019 Workshop with Lisa,
Contact Tom: tgklein@aol.com

A Call to Artists Updated Dates!!

The Art Hall at Cedarwood Waldorf School is pleased to announce a collaboration to celebrate Waldorf 100. The exhibit will be installed by September 19, on the 100 year anniversary, followed by an opening reception, First Thursday, October 3. Submissions by artists working out of the spiritual impulse of Anthroposophy reflecting the theme of the season, COURAGE, will be accepted and curated by email jpg through August 31 to robin@robinlieberman.net. Notification of acceptance and mailing/shipping guidelines will be go out by Sept. 5. We plan to install "salon" style to accommodate as many two dimensional works as possible. As has been the policy of The Art Hall, we ask the artist to donate 50% of their sales as a pay it forward for the future of the arts. Questions? email above or 503-222-1192

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 11-13

Social Understanding, Gender & Sexuality
with Lisa Romero

November 2

All Souls Observance



Calendar of the Soul

Week 15

I feel, as if enchanted
In glory of the world, the spirit's weaving;
It has my selfhood's being
In senses' dullness shrouded,
To bestow on me the strength
Which my own I within its bounds
Is powerless itself to give.

Week 16

To harbour Spirit-gift within,
Is my divining's stern behest -
That, ripening, the bounty of the Gods
In the soul's deep ground maturing,
Yield fruit unto my Selfhood.

Week 17

Thus speaks the Word of Worlds
Now granted me through senses' gates
To lead into my inmost soul:
'Imbue your spirits' depths
With my wide-World-horizons
To find in future time My Self in you.'

Week 18

Can I open wide my soul
That she unite with burgeoning
Word of Worlds conceived?
I sense that I must find the strength
To give my soul a worthy form,
A garment of the spirit to become.

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 Valerie Hope, valerieannhpx@aol.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 Lauren Johnson; 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, Sandra Burch, Wes Burch, James Conlon, Jayne Cronlund, Jeremy Davis, Michael Givens, Ali Givens, Mark Hope, Valerie Hope, 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, 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

Sharing A Memory

By Ruth P. Klein

Beth Wieting, age 77, an anthroposophist passed away on or about July 16, 2019. Beth's commitment to anthroposophy is remarkable, outstanding and worth noting. Her love and commitment to Rudolf Steiner was evidenced by everyone around her. Beth's family donated all of her many books on

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

Anthroposophical Prison Outreach
is holding its 7th annual
walk and bike-a-thon

WALK A MILE IN MY SHOES
September 20-22, 2019

Volunteer as a walker or cyclist and ask your friends and relatives to support your cause! [Follow this link for more info](#) and to create a personalized fundraising page to share with friends and relatives via email and social media. Or call us at (734) 662-9355 or send an email to Kathy (kathys@anthroposophy.org) to let us know you'd like to be a walker or cyclist, and [click here](#) for a printable PDF Pledge Form.

anthroposophy to the Portland Branch. Witnessing her behavior, I think she read with clarity all of the books donated.

Upon or around Beth's passing, I felt compelled to re-read a Lecture given by Rudolf Steiner in Zurich, October 16, 1918, How Do I Find The Christ. I found the lecture and then heard of Beth's passing. Then, I remember where and when I had first come upon the lecture. Beth had brought it to a study group I was attending.

Here is a quote from Rudolf Steiner worth mentioning:
"Once one has passed through powerlessness and refinds oneself, one also finds Christ. Before we can gain access to the Christ Impulse we must plumb the depths of our own feelings of insignificance, and this can only happen when we view our strengths and capacities without any pride."

I read this lecture to Beth. I wanted to show my gratitude, my love for her service, kindness, knowledge, wisdom and the mission to bring understanding of anthroposophy into the world.

The first study group in Portland started at Beth Wieting's home in SE Portland in the early 1980's. This study group then migrated to the west side of Portland. The group then evolved and became the Michael Group and then eventually the Portland Branch. The group that started the first Waldorf School in Portland was part of that first study group.

I remember attending study groups with Beth. She was so well read and could quote Rudolf Steiner at random with the source and some times even the page number of the source. She had a beautiful smile, very serious but sometimes not very often, I could even make her laugh.

Beth is a retired high school teacher, a long time member of the Anthroposophical Society and was a member of the Anthroposophical Society's Western Regional Council for 14 years.

To get a sense of who Beth is, you can read two articles she wrote for the Branch Newsletter (see archives on the Branch website):
The Festivals (January, 2006)
Thoughts Arising from the Holy Nights (February, 2006)

Beth Wieting, thank you for giving me a glimpse of who you are!

We were united with you,
So remain united in us.
Together we shall speak
The speech of eternal being.
Together we shall act
Where the results of the deeds
are at work.
Together we shall weave in spirit,
Where human thought is woven,
In the Word of eternal thought.

~Rudolf Steiner
(*Truth Wrought-Words*)

First Class of the School of Spiritual Science

Sunday, September 8, 9:30am • Lesson X • (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 • Note the date, the September meeting has been cancelled due to schedule conflicts • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778, valerieannhpdx@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.

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.

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 • Questions 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. It helps bring understanding of how to support the child/adolescent in these times, and addresses 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.

\$195.00/\$175.00 earlybird. \$155.00 earlybird for sponsors & students. (before 8-31-19) Some workstudy available.

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

Christian Community Portland with Reverend Sanford Miller

Thursday, October 17, through Sunday, October 20

More details to come.

See our blog for more details and other events: <http://ccoregon.blogspot.com>

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 *An Outline of Esoteric Science*.

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 • Takes place in Cedarwood Waldorf School, 3030 SW 2nd Ave. Portland 97201 • 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: Wednesday Mornings

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact: Carrie Mass, Carrie.Mass@portlandwaldorf.org, 415-686-3791

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.

Developing the Self Through the Inner Work Path in Light of Anthroposophy by Lisa Romero • Friday Mornings beginning January 4

9:15 – 11:00 am • contact Patricia Lynch at patriciahomanlynch@gmail.com
A short painting exercise and reading. All are welcome!

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 Rumage 971 271-7479 drumage@comcast.net

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact John Miles, 503-774-4946 johncmiles@usa.net

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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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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.)



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, NUNM ANTHROMED CLUB, PCCI, PORTLAND BRANCH & SPAN:



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](#)

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