

## THE ROSE CROSS MEDITATION

By Eileen Bristol, Ann Arbor, Michigan

This meditation, practiced by many on an anthroposophical path, is described in detail in Chapter V of Rudolf Steiner's *Outline of Esoteric Science*. Steiner offers this meditation as an archetype of a way of working with symbols in meditation. In *Microcosm and Macrocosm*, lecture VIII, as well as in *Outline of Esoteric Science*, he gives additional suggestions for meditative content along these lines. An excellent description is also found in Jörger Smit's *Meditation: Bringing Change into Your Life*. In my own work with this meditation I have referred to both of these excellent books and I recommend you also refer to these descriptions for a fuller elaboration of what is provided here.

As Mr. Smit emphasizes, this meditation has 4 distinct stages. As a prelude to the meditation, it is also important to create a quiet inner soul mood in which to place your spiritual striving. Once you have awakened this inner calm, begin with these thoughts and pictures:

Stage I Picture a plant in your mind, think of it growing in its natural environment, perhaps a firmly rooted grass or a juniper tree, some plant with which you are personally familiar. Remember to include the entire plant in your picturing, the leaves, stem, root, etc. Reflect on the fact that it stays in one place its whole life, unless moved by outside forces. It does not oppose its environment and remains at rest in its place in stormy weather or blazing sun.

Now think of a human being. Imagine someone walking around, perhaps beginning to do something and then changing their mind and going in a different direction, or creating a work of art or solving an engineering problem. Consider how much more potential the human has. Next think of the "other side" of human nature, the destructive aspects that can enter into our passions. Picture someone who is expressing rage or jealousy, or experiencing deep fear, lying, or striking someone.

This additional difference between humans and plants is also expressed in the green sap of the plant and the red blood of the human. Dedicate some time during your meditation to experience both qualities and the contrasting moods that arise: a mood of quiet harmony with the plant and one of soberness as you contemplate the potential for free activity as well as the capacity for destruction in the human.

Now recognize the capacity to make decisions that we have as humans. Hold the mood of "decision" in your soul that arises to some extent even when weighing "small" choices in daily life. Consider how we can also begin to work on our drives

and passions out of a free choice to transform them and cleanse them of destructive qualities. Think of how the nature of the blood can change to become the expression of a purified soul life.

Once you have built up this consideration, turn again to the world of the plants and picture a rose. The red petals of the rose are as pure as the green leaves. Therefore we can let the rose symbolize for us the blood in a purified state after all destructive aspects of our passions have died away.

How can we represent this dying away? Rudolf Steiner suggests a black wooden cross. The black wood that is left behind when the plant dies and is lignified symbolizes the vanquished lower nature.

Now allow seven red roses, symbolizing our purified, transformed blood, to spring forth in a circle, a wreath around the intersection point of the wooden cross. An uplifting mood can arise as the roses shine forth, the now complete image of the rose cross representing the victory of the higher, purified nature over the lower.

At every step of building up this image the feelings that accompany the thoughts and images are of primary importance. If you develop the image in a dry, detached way it will not have the same effect as when you live into it strongly with your feelings.

Stage II Now you devote some time to a total immersion in the image you have built up. If you feel yourself tensing your body as you concentrate, let the tension dissolve and relax. Thoughts fall away and you live totally in the picture. If your picture is dim and colorless, nevertheless, let the "idea" of what is represented resound in your soul in a "wordless" way. The image may appear close or far away, it may move or shift. The inner effort is what matters. Eventually you will be able to feel at one with it.

Stage III Now let the image dissolve and focus all your attention on the powers that created the image. This is not easy, but if you regularly put strong effort into stages I and II, you will eventually experience some moments of awareness of these inner powers. You may experience them as inner movements.

Stage IV The final stage is to extinguish also this awareness of the image creating powers and focus on the spiritual entity that gave rise to those powers. Ask yourself, "Who is doing it?" In this way you can draw close to the innermost core of your being.

While Steiner does not include these last two stages specifically when he describes the meditation in *Outline of Esoteric Science*, in *Seeing with the Soul* (April 8, 1911) he offers the following: "By sharply concentrating on the soul life which arises in him through the use of symbols, the spiritual investigator must be able to completely remove the *content* of the symbols from his consciousness. What he must then grasp within his consciousness is the process to which his

soul life was subject while he devoted himself to the symbols. In a kind of real abstraction, the content of the symbol-imagining must be cast off, and only the *form of one's experience* with the symbols must remain in one's consciousness. In this way the unreal, symbolic character of mental-imagining (significant only for a transitional stage of soul development) is removed, and the consciousness makes the inner weaving of the soul content into an object of meditation. The weaving in the soul content achieved this way may be called real self-observation. In doing this, our human inner life learns to know itself not merely by reflection about itself as the carrier of sense impressions and as the intellectual elaborator of the same. The self learns to know itself as it is, without reference to a sense-perceptible content. It experiences itself in itself as a suppressible reality. This experience is not like the one the "I" has when, in ordinary self-observation, attention is withdrawn from what it is knowing about the things of the environment and reflects on its own knowing self. In this case the content of consciousness shrinks, as it were, ever more into the point of the "I." In real self-perception by the spiritual investigator, this is not the case. In it, the soul content becomes ever richer in the course of the exercises. The soul content consists of a life in lawful connections, and the self does not feel (as it does with the laws of nature that are abstracted from phenomena of the environment) that it is *outside* the web of laws, but that it is *within* this web; it experiences itself to be *one* with this web."

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

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**Final thoughts:** This meditation is one you can work with for many years. It is important to fully develop each of the first two stages as a strong foundation before you move to stages III and IV. If you rush forward to create the complete image without living into the building up of it, the meditation will not have the same effect. Regular, repeated, rhythmic work with this meditation is strongly recommended to allow the reserves of strength needed for the additional steps to build up. Success also depends largely on the degree to which you can attain calmness of soul and isolation of your soul life with the symbols. You will begin to be able to withdraw into a region of inner existence that was a void, or imperceptible, before you undertook a path of meditation. In this way you can develop an awareness of your higher self.

Work with this meditation should be accompanied by other spiritual practices to balance your esoteric training, such as the protective exercises from *Outline of Esoteric Science*, biographical reflection, development of inner soul qualities as described in *How to Know Higher Worlds*, and the arts.

(*Seeing with the Soul: The Foundation and Scientific Validity of Anthroposophy* is available from Mercury Press; the other titles mentioned are available from Steiner Books and the APO Library.)

This article on the Rose Cross Meditation was originally published in the *Anthroposophical Prison Outreach Newsletter*, Spring 2006, No. 7. For more information, contact them at 1923 Geddes Avenue, Ann Arbor, MI 48104

## BIOGRAPHY OF VALERIE HOPE – PART II

By Diane Ramage, Vancouver, Washington

In our previous installment we left Valerie in the Wallowa Mountains, resolved to return to Portland to do ....something. Something to help bring through the impulses that were bubbling all through the culture: farm workers' unions were forming; co-ops were established to provide healthy, whole, organic foods and medicinal herbs; organizations worked to solve environmental problems, promote recycling, re-use, and save energy; a whole myriad of alternative health care modalities were brought forward; consumer interests were being defined and legislated; and historic land use planning efforts were attempting to preserve the quality of life as Portland grew. Where could she put her oar in the water?

A notice in the Portland State newspaper, the Vanguard, asked for students to interview for Nader's Raiders, to serve in Ralph Nader's consumer advocacy group, and Valerie made an appointment – she and a whole roomful of people! It turned out to be a pitch for Ralph's latest idea – to have students, who were transient, donate part of their student fees to support professionals who would work on consumer and environmental issues on their behalf, on an ongoing basis. Valerie got involved and traveled the state in her orange VW Bug, networking with students at the other colleges and universities, and developing organizational skills. After petition drives across the state and lengthy conversations with administrators (during which Valerie helped to connect the concept to educational goals by structuring opportunities for student projects and internships), student leaders petitioned the State Board of Higher Education, and the Oregon Student Public Interest Research Group (OSPIRG) was born. Other PIRGS were soon established all over the country.

Valerie kept busy with a variety of activities. She worked with a friend to produce an OPB documentary about the changes and challenges in Portland's Downtown and close-in neighborhoods, and interviewed a variety of politicians and agency administrators for the tv special. She helped to organize an Earth Day event, toured polluters all over Portland, and volunteered to do the advertising and promotional materials for a Simple Living Fair. She learned about the uses for herbs and about natural foods, nutrition, and how to cook in a whole new way – and over time began to be repulsed by meat and seafood. A case of the Hong Kong flu left her with chronic fatigue for a couple of years, which led her to explore "alternative" medical practitioners. One had her back to her old self in two weeks! At a yoga retreat she encountered the concept of reincarnation for the first time, and suddenly life made a lot more sense!

A friend suggested that she apply for a staff position with a Citizens' Advisory Committee that had been appointed by the Mayor to work on the Downtown Planning effort, and she got the job! It was an enlightening experience, as she served the

Committee and seven task forces, became immersed in the planning process, and helped to facilitate the involvement of Portlanders in shaping the future of Portland's Downtown. She also served on the DEQ clean air citizens' advisory committee. She experienced the world of Oregon politics and was inspired by the dedication of citizens who worked long hours to create something good for their city.



However, the long hours and meetings at nearly every meal wore her down, and by the time the project ended – she thinks it lasted about 3 years – she had burned herself out. She took a break for about 6 months to recover herself. At that point a friend called and asked her to apply for a job at the Department of Environmental Quality. She worked there, first on the Recycling Switchboard, and then under a Resource Conservation and Recovery Act grant which required public participation and public education. However, once the Feds made clear to her that public participation wouldn't actually change any of their regulations, she focused on public education. Recycling and reducing the amount of waste they generated is something individuals can do something about – something they have power over. At that time curbside collection of recycling was only a twinkle in environmentalists' eyes. People who wanted to recycle had to bring their materials to recycling centers. Those in Portland had been started as an offshoot of an OSPIRG project in cooperation with Portland Student Services. The recycling projects were run by idealists who made little money and had



few resources. Valerie's concept was to produce educational materials that they could use and easily reproduce to promote recycling in their communities – the mantra was, “Reduce, Reuse, Recycle”. She hired Diane Schatz, the artist who had produced some wonderful energy posters, and gathered people to brainstorm concepts for a series of clever posters that could be used for an educational display that would travel around Oregon. Those graphics were used in a series of informational brochures, and a slideshow and public service spot were developed. Valerie had the Governor declare a statewide “Garbage Day”, which provided a focus for recyclers promoting their projects in their local communities. These early pioneering efforts eventually led to the curbside collection of recyclables which we may take for granted today. Valerie also sat on the City of Portland Committee which worked with recyclers and garbage haulers to make curbside collection a reality.

At DEQ she met Mark Hope, a fine and handsome young man. She met his college friends, Paul and Marsha Johnson, who seemed to find her a bit unusual. Mark and Valerie's secret office romance eventually blossomed into marriage, and two fine young sons, Nicholas and Anthony. Mark went to work for a tire recycling company, and in his travels in the US and Canada sometimes saw the posters Valerie had helped to produce hanging in the offices he visited. Valerie dedicated herself to child raising, taking up yet another steep learning curve. Before Nick was born she started “Cozy Windows”

with a friend – they made insulating window shades – but quit once she had her baby. At a neighborhood fair, in an area all together, she saw the DEQ recycling display, OSPIRG, Cozy Windows, and Downtown Planning, and this experience perfectly capped for her a period of her life.

While walking Nicholas in his stroller at Laurelhurst Park one day, Mark and Valerie happened upon the Waldorf School Mayfaire. Valerie, always interested in and dissatisfied with, education, was taken with the brochure, and remembered the school two years later when Nicholas seemed ready for something outside the home after Tony was born. Upon setting foot into what turned out to be a mice-infested building, Valerie felt she was in the right place. Nicholas attended pre-k in Frau Slaussen's Blossom House, and Valerie was asked by Diane Rowley to join her as parent helper and representative to the newly formed parent council. Valerie became chairperson of this first parent council, engaged in many community building activities, and joined the site committee which eventually found and prepared the Couch St. site for the school. She spent 6 years as the Outreach and Enrollment staff person for the school, and worked for 10 years with the Lemnis Group to put on regional conferences for Waldorf school boards, parents and teachers. She left to attend Marylhurst University for a degree in communication which focused on group development, conflict resolution, adult training and mediation. She directed a mediation project in a Vancouver Middle School for 2 ½ years, and experienced the truly heartbreaking circumstances of many of the children there. She also served as a volunteer for the Vancouver Victim/Offender program, and on the Oregon Mediation Association conference committee. She worked as a private mediator and consultant in group development, and conducted workshops for City of Vancouver employees, Americorps Volunteers, and Waldorf schools.

As a result of an article by Cornelius Pietzner she became interested in the being, Anthroposophia, and started a study group – ultimately working with a group to organize a first-ever Anthroposophia Conference in LA in July. She also helped with the formation of the Portland Branch. Since Spring of 2005 she has been working at Steiner Storehouse, an Anthroposophically inspired store, helping to provide supportive resources to Waldorf Parents and the Anthroposophical community, and to provide a place where others can meet Anthroposophy and healthy concepts of child development.

She is at a stage of life where she is extremely grateful for all her experiences, and each and every person she meets for their contributions to her development – and especially to her husband, Mark, and sons, Nicholas and Anthony. Her focus is shifting from community development to self-development, as her studies help her realize what is necessary to cross over into the spiritual world with consciousness. She has recently read Rudolf Steiner's autobiography, which demonstrates how to be human together in spite of differences, and to





roughly quote Steiner, "How to be deeply interested in what's important to others, even though they aren't the slightest interested in what's important to me." She is experiencing her 2<sup>nd</sup> Saturn return now, and it is appropriate that we can be interested in someone's destiny that has so strongly been intertwined with what Oregonians and Anthroposophists hold dear to their hearts.

## SPIRIT IN ACTION

### THE TRAVELING SPEAKERS PROGRAM

By Margaret Shipman, Los Angeles, CA

In the light of "Spirit in Practice", the theme of the recent annual general meeting in Kimberton, Pennsylvania we want members to know about a year-old initiative called the Traveling Speakers Program. The aim of this program is to bring anthroposophical work to those who have carried study groups or smaller branches with quiet dedication for years without the benefit of a larger anthroposophical community to support the effort.

The idea for the speakers program came through the Membership Enrichment Committee of the national General Council (James Lee, Marian Leon and MariJo Rogers) with Margaret Shipman chairing the program. In the pilot year we connected a speaker with a group of people in each Anthroposophical Society region of the United States: Eastern, Mid-Western and Western. Bernie Wolf went to Atlanta, Georgia with the topic *The Urgency of Our Times: the Need for Anthroposophy and the Michael Impulse*. A flyer was sent to members and friends within a 200 mile driving radius three months before the event; more than 40 people attended the weekend from the Atlanta region. Anthroposophists around Atlanta are now working toward forming a branch. It is the wish and written vision of the speakers program that strengthened community life will result from every event it supports. What a nice start!

On the same weekend as the Atlanta workshop, August 25<sup>th</sup> to 27<sup>th</sup>, Margaret went to Sandpoint, Idaho where a small group has studied together for years. Twenty-eight people gathered

there to discuss the topic of their choice: *Individual Life and the Life of Community*. Margaret brought ways to strengthen inner and outer work as foundations for successful community life.

The first weekend in October brought Timothy Hoffmann's visit to St. Cloud, Minnesota where the group wished to deepen their understanding of *The Essential Human Being*, with an emphasis on childhood. Timothy shared his experiences on this theme, while the angels arranged meetings between the 37 people who participated.

Good news for the future. In the coming year, six weekends of activity will take place. If you wish to know more about how this new initiative works you could contact Margaret at (323) 462-7703 or Marian Leon at (734) 662-9355.

The speakers program connects the work of the national General Council with individual members and will create building blocks for spirit in action for years to come. It is appropriate, too, to say that all members are encouraged to attend at least a few national annual general meetings in their lives. At the October 15<sup>th</sup> meeting, an 89 year old woman came to her first AGM, having first studied anthroposophy for 50 years. She was glad to have come. One person who has been a member for only two years came to the AGM from Portland, Oregon. A biodynamic farmer came by bus from Tulsa, Oklahoma. Representative of many at the event, they found our warmth and shared theirs. It was a forward looking and positive answer to "feeling alone" in the anthroposophical work. So feel free to ask for a traveling speaker weekend and plan to come and share the annual general meeting with your friends next October in Austin, Texas.

### CORRECTION

The last two paragraphs of the article by Nick Hope, entitled *A New Perspective on the AGM* and published in the November edition of this newsletter, contains errors. The paragraphs in question are reproduced here in their correct form.

"And then there was Cornelius Pietzner addressing head on, in a very subtle way I might add, the very serious urgent situations that exist and really need immediate tending to. Among other things he mentioned four conditions that Steiner mentioned for a member of the Anthroposophical Society:

- 1) Become aware. Develop a clear conception of the present spiritual and world situation in which we are in.
- 2) Be aware of Anthroposophia and her task.
- 3) Be willing to work with others.
- 4) Do not remain indifferent to the enemies of Anthroposophy.

Along with these four courageous conditions he mentioned that in 1911 Rudolf Steiner brought people together in an attempt to seed a future impulse. It did not succeed after six months. This attempt was a second call to human beings. There has been a third call, and if it is not heard these beings will leave."

# Portland Anthroposophical Society Calendar - December 2006

## Ongoing Events and Study Groups

### **African Drumming Classes for Adults and Teens (6<sup>th</sup> grade & up)**

Every Wednesday evening (whenever school is in session) from 7:00 - 9:30 pm at Cedarwood School (3030 SE 2nd Ave. Portland) in the Red Cedar kindergarten room downstairs. \$12 per class or \$60 for 6 classes. Drums provided. More information: Marion Van Namen (503)956-4046.

### **Anthroposophical Medicine Study Group**

Once a month Monday 7-8:30 PM at the clinic, please contact John Takacs by e-mail at [docstakacs@comcast.net](mailto:docstakacs@comcast.net) or Kevin Kane at [drkev@involved.com](mailto:drkev@involved.com).

### **Anthroposophical Understanding of Memory Group**

Preparation for medical/pedagogical conference July 11-14  
Meets once a month on the evening of the 4th Tuesday, at Bothmer Hall. For information contact Betty Baldwin: [bettybaldwin1@yahoo.com](mailto:bettybaldwin1@yahoo.com)

### **Biodynamic Agriculture Reading Group**

The biodynamic reading will start reading Steiner's Agriculture Book beginning Sunday, November 19th. Our group meets the 1st and 3rd Sundays at the Parker's, 5720 SE Harney Dr in Portland. We begin with a potluck at 5:30 and start reading at 6. Please call Sharon Parker with questions (503) 777-9086 or [sharon.parker@providence.org](mailto:sharon.parker@providence.org).

### **Eurythmy**

Training offered by Portland Eurythmy on weekends and evenings. Please contact Natasha Moss at 503 233-0663.

### **Karmic Relationships**

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Call James Lee for information 503 249-3804.

### **Life Beyond Death**

Reading the collection of Steiner's lectures. Call Angela Sparks 503-772-5202.

### **Mystery Dramas, with Warm-Up Speech-Formation Exercises**

Two Wednesdays a month, 7:30 - 9:00 PM in NE Portland. Currently working on scenes 6 & 8 of Rudolf Steiner's *Portal of Initiation*. No acting experience necessary, just a love of the Word. Call Diane Rumage at 360 241-7854 for information.

### **Portland Waldorf School Community Choir**

Every Friday morning from 8:45 - 10:00 am (2300 SE Harrison Street, Milwaukie) for anyone in- and outside the PWS community who enjoys singing songs through the seasons, the centuries and around the world. This event is free and a community builder. More information: Marion Van Namen (503) 956-4046.

### **Waldorf Education and Teacher Training**

Lectures and courses conducted throughout the year by the Micha-el Institute. Contact John Miles at 503 774-4946 or by e-mail at [johncmiles@usa.net](mailto:johncmiles@usa.net)

### **Occult Physiology**

A weekly study group meets Tuesdays, 7:30-9:00 PM. A series of eight lectures given in Prague between 20 and 28 March, 1911. In *An Occult Physiology*, Rudolf Steiner represents the human organism as much more than conventional medical science would even consider. He describes it in form and function, and in its very evolution, as the

expression of activities of soul and spirit, both human and super-human. Contact Diane Rumage at 360 241-7854 for information.

### **Deepening Our Experience with the Six Basic Exercises**

Saturday 9:00-10:00 AM

December 9, 2006 January 13, and February 10, 2007 at 3135 NE 17<sup>th</sup> Avenue; Contact Jannebeth Röell at 503-249-3807. Please call to confirm the activity close to the date.

## Upcoming Events

### **Friday, DECEMBER 15**

#### **Christmas Mystery Plays**

Christmas Mystery Plays by the Micha-el Institute in the Music Room, Portland Waldorf School, 2300 SE Harrison, Milwaukie. 7pm The Paradise Play - suitable for over 8s; 7.30pm. The Nativity and Shepherds' Play - suitable for all. Contact John Miles at 503 774-4946 or email [johncmiles@usa.net](mailto:johncmiles@usa.net).

### **DECEMBER 26, 2006 – JANUARY 6, 2007**

#### **Holy Nights Readings**

All readings will begin at 7:30 PM. It is always a good idea to check that the schedule has not changed before leaving to go to the reading. Several Holy Nights remain open and are available for hosting. If you are able to host one of these evenings, then please call Tom Klein at 503-777-3176. Look at our website calendar for updated locations ([www.portlandbranch.com](http://www.portlandbranch.com))

**Tuesday, Dec. 26<sup>th</sup>:** John & Joan Takacs, 3628 SE Tenino Street, Portland 503- 775-5004

**Wednesday, Dec. 27<sup>th</sup>:** James Lee & Jannebeth Röell, 3135 NE 17th Avenue, Portland 503-249-3804

**Thursday, Dec. 28<sup>th</sup>:** Mary Jo AbiNader, 3128 SE Salmon Street, Portland 503-239-7078

**Friday, Dec. 29<sup>th</sup>:** Peter Bennett and Anne Kollender 3813 SE Roswell St, Portland, 503-786-6995

**Saturday, Dec. 30<sup>th</sup>:** Cheri & Martin Munske, 7652 SE Lincoln Street, Portland 503-772-2632

**Sunday, Dec. 31<sup>st</sup>:** Valerie & Mark Hope, 2606 SE 58th Avenue, Portland 503-775-0778

Stay and celebrate the New Year including the dropping of lead

**Monday, Jan. 1<sup>st</sup>:** Open for Hosting, Location TBD

**Tuesday, Jan. 2<sup>nd</sup>:** Diane Rumage, 708 Winchell Avenue, Vancouver, WA 98661. 360 241-7854

**Wednesday, Jan. 3<sup>rd</sup>:** Open for Hosting, Location TBD

**Thursday, Jan. 4<sup>th</sup>:** Open for Hosting, Location TBD

**Friday, Jan. 5<sup>th</sup>:** Open for Hosting, Location TBD

**Saturday, Jan. 6<sup>th</sup>:** Tom & Ruth Klein, 3609 SE Center Street, Portland, 503-777-3176

### **Sunday, JANUARY 14, 2007**

#### **First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

### **JANUARY 17 – 25, 2007**

#### **Micha-el Institute**

1/17 The Social Evolution of the World; 1/18 The Threefold Social Order for Today and its future development; 1/24 The Waldorf School as an expression of the Threefold Social Order; 1/25 The Tasks for humanity at the Present Time. Contact John Miles at 503 774-4946 or email [johncmiles@usa.net](mailto:johncmiles@usa.net).



**Wednesdays, JANUARY 17-MARCH 21, 2007****Ten painting classes**

Ten painting classes will be given on Wednesday mornings from 9 AM-10 AM at 3135 NE 17<sup>th</sup> Avenue. The theme will be "The Frog Prince" a fairy tale by Grimm. Please call Jannebeth Röell to reserve a place: 503-249-3807

**JANUARY 29 - FEBRUARY 2 2007****Rudolf Steiner's Economics Course**

At Kellogg West Conference Center, Pomona CA. See the flier on the Branch website at [www.portlandbranch.com](http://www.portlandbranch.com).

**Tuesdays JANUARY 30 - MARCH 6, 2007****Puppetry for Parents**

Share in the wonder and magic of puppetry in this 6 week class in puppetry for young children. We will make a variety of puppets and focus on movement, gesture and storytelling. Tuesdays, 10:00 - 11:30, beginning January 30 at 7652 SE Lincoln St., Portland. Contact Cheri Munske to sign up at 503 772-2632 or [woolhorse@mindspring.com](mailto:woolhorse@mindspring.com).

**FEBRUARY 1 – 22, 2007****Micha-el Institute – Introduction to Eurythmy**

2/1 Eurythmy for Kindergarten to Grade 5; 2/8 Middle and High School Eurythmy; 2/15 Therapeutic Eurythmy and Movement; 2/22 Eurythmy as a Performing Art. Contact 503 774-4946 or email [johncmiles@usa.net](mailto:johncmiles@usa.net).

**Friday, FEBRUARY 2, 2007****Enlarging the Heart through Moral Imagination: A Retelling of Parzival.**

7:15 PM - 9:15 PM at Bothmer Hall

Various themes from Parzival will be explored in this lecture, especially from Book XIV. Philip Thatcher is the General Secretary of the Anthroposophical Society in Canada. More information on this activity will appear in coming editions.

**Saturday, FEBRUARY 3, 2007****Philip Thatcher Workshop on Exploring Moral Imagination.** An interactive presentation following upon the Friday evening lecture.

9:30 AM - 12:30 PM at Bothmer Hall. Philip Thatcher will develop the workshop theme by speaking about the question "What do we mean by Moral Imagination." Then conversation groups will form to discuss the following topics:

- 1) Implications for the work of the Grade School years.
- 2) Implications for working with our biographies.
- 3) Implications for renewing the festivals.

**Sunday FEBRUARY 4, 2007****Philip Thatcher on Spiritual Research for School of Spiritual Science Members**

9:30 AM – Noon at Bothmer Hall, Blue card required

Philip Thatcher will host a conversation with members of the First Class of the School for Spiritual Science on the topic of spiritual research. Imagination, Spiritual Research and Working with the Class Lessons, including the questions

- + How do we understand the pictures in the mantras?
- + How do we become organs of perception?

Look at the calendar in coming months for details, or contact Jannebeth Röell by telephone at 503 249-3807 or by e-mail at [jannebeth@mindspring.com](mailto:jannebeth@mindspring.com).

**Wednesday, FEBRUARY 7, 2007****Council meeting of the Portland Branch**

Generally the meetings will be held on the first Wednesday of the month at the home of Tom and Ruth Klein. Call Tom or Ruth at (503) 777-3176 for date and time confirmations.

**Sunday, FEBRUARY 11, 2007****First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

**FEBRUARY 19-22, 2007****Multi-Modality Anthroposophic Workshop for Adults**

9 AM to 3 PM at Shining Star School NE Emerson Street, Portland, Oregon, and 97218. The workshop includes Lecture, Discussion, Interactive Movement, Art Explorations, Games, and Social Gestures, including Speech, Music, and Practical Approaches. Required reading: *Difficult Children, There Is No Such Thing, Henning Kohler*, ISBN: 1888365447. Please call the conference leader Marsha Johnson at 503 753 4459 to save a place. Conference Fee: \$50 for the four days, including snack.

**Saturday, MARCH 3 9:00-12:30****The Art of the Speaking Word** a workshop with Helen Lubin  
**Speech in Education, Speech in Our Lives**

Cedarwood Waldorf School, 3030 SW 2nd Ave., Portland OR  
The vitality of the spoken word can form, confirm and free the growing human being. Exploring formative and individualizing forces in the spoken word, in support of the speech component of Waldorf education. \$42 **Pre-registration by January 31 is essential:** Contact Helen Lubin by e-mail at [HelenLubin@aol.com](mailto:HelenLubin@aol.com) or phone (916) 966 5749. Speech artist Helen Lubin (Fair Oaks, CA) received her diploma from the *School for Pedagogic and Therapeutic Speech Arts* (Germany) in 1985. Her main focus is *Speech and Drama in Waldorf Schools in North America*, now in its 12th year. Helen also works in private practice and Waldorf teacher education programs; role of *Maria* in Rudolf Steiner's four Mystery Dramas, co-founder of *The Speech School of North America*.

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**JULY 8-15****Nineteen Lessons of the School for Spiritual Science**

In Ann Arbor, Michigan. Members of the North American Collegium of the School for Spiritual Science, including its representatives from the Class Holders Circle, in collaboration with the Executive Council and Collegium of the School for Spiritual Science at the Goetheanum, Dornach, Switzerland and the General Council of the Anthroposophical Society in North America is planning to hold all of the nineteen lessons of the School for Spiritual Science in Ann Arbor, Michigan during the week of July 8 to 15, 2007, as an activity of the North American Collegium of the School in conjunction with the Anthroposophical Society. More information will be posted when made available. This conference is open to members of the School for Spiritual Science.

**JULY 18-22****Attention, Imagination and Memory in The Child**

For physicians, health professionals, teachers, and others sharing anthroposophic medical, therapeutic & pedagogic arts. Sponsored by AAMTA (Association for Anthroposophic Medicine and Therapies in America). At a location to be announced in Portland, OR. Keynote Speakers include Christof Wiechert and Susan Johnson MD. Save the dates! See [www.portlandbranch.com](http://www.portlandbranch.com) for more information.



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