

Portland Anthroposophic Times

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

www.portlandbranch.com

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FRIENDLY HAVEN RISE FARM

By Jacqueline Freeman, Verersborg, WA

We are Jacqueline & Joseph Freeman and we have a biodynamic farm in Venersborg, WA, just east of Battle Ground and about a half hour north of PDX at the foot of the Cascades.



Misty Gazebo

We bought our hundred year old farm seven years ago and it has always been organic. We shifted from organic to biodynamic three years ago and are delightfully immersed in all the learning that goes with that. We enjoy working with the nature spirits on the land and were surprised when we learned about biodynamic farming and how it embraces this. We began reading everything we could get our hands on, joined online groups, attended local workshops and invite biodynamic farmers to visit and hold workshops here.

Our intention is to create as much personal sustainability as we can and to educate folks who visit with what we've learned so far, sharing our mistakes and our successes.

We own ten acres and lease another eight acres nearly next door where we grow hay and graze our dairy and beef cows. We also raise chickens, seasonal turkeys, bees, apples, grapes, berries and garden vegetables.

Nothing is on a commercial scale here, more we have "some of this and some of that" and keep good variety going.

On December 1st we strolled the garden as we grazed our dairy cow on a lead line and noticed that right now we still have 30 vegetables, fruits and herbs growing. It isn't at its lushest, but it is December and salad's still on the menu every day. We love northwest weather.

COWS

Our Jersey-Swiss cow, Miss Amelia, calved in January presenting us with an adorable half-Angus boy, Possum. Our Simmenthal beef cow, Delilah, had her calf, Marcus, in September and right now we're caring for a friend's dairy cow, Venus and her calf Shari, for the winter. With their delicious creamy milk we make cheese, butter and ice cream.



Amelia and Jacqueline

In truth we never thought of getting a cow but if you're a biodynamic farm, you pretty much need them. So when the farm asked us for a cow, we got one. We have since learned why Rudolf Steiner was so in love with cows! They add an element to the farm that rounds everything out. The other night we spent a half hour after our chores were done just standing in the barn watching them eating hay and settling in for the evening. Contented cows make you feel all's right in the world.

HENS

Our chickens had the entire farm to range on last year but this spring they were blossom-devouring monsters in the flower gardens so we caged them into four big half-acre pens that we rotate through the summer. Now

they're free-ranging in the fields again and the summer chicks are nearly grown. Winter's not the best time for egg-laying but they give enough for our needs.

BEEES

Rudolf Steiner was so fond of bees and has written marvelous information about how to treat bees with respect and love. We don't harvest much honey, mostly we have the bees for pollination and because we enjoy their sweet presence on the land. I teach bee classes for beekeepers and bee stewards who provide encouragement for bees to visit their yards.

Bees use flowers and herbs as their medicine. If you want to do just one thing for the bees, plant flowering herbs in your yard. Bees will find them. Also put a dish of water out for them but remember to put in perches over any open water so they don't fall in. I put a handful of moss or small pile of seaweed and they love that.

TURKEYS

Last year we again raised a dozen heirloom turkeys, which shows we're no smarter than the turkeys. They're a handful and we decided after two years in a row with them that we'd raise them every OTHER year. Sweet as they are personality wise, they're really not that bright. One out of three evenings they'd forget where the coop was. If we weren't home at dusk we'd have to climb trees to get them down in the dark. Or, since it was fall and the start of our rainy season, we climbed trees in the dark and in the rain. Now really, how dumb are we?

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

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Editor:James Lee
 Calendar:.....Jannebeth Röell and Diane Rumage
 Editorial Support:Jannebeth Röell and Diane Rumage
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 Communications:.....Diane Rumage and Jannebeth Röell
 Logistics..... Community Volunteers Like You
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Joseph would hold the ladder steady while I climbed up into the tree with a flashlight to shake a turkey down, then Joseph would run to catch the 20 lb. pile of wet fluff and feather that fell out of the branches and carry him around the corner of the building and put him in the coop. I'm not kidding. Around the corner.

When we'd see them lost as dusk neared, we'd go down to help them find the coop. First you should know, a turkey will follow you anywhere. It must be a feature in their little brains that says if nobody else can figure out how to lead, then follow the one that does. That would be us.

So we'd go inside their pen in the apple orchard and call them. Our turkeys had a two word vocabulary. When something good happens they trill three ascending notes,

beep-beep-beep. If we beeped, they followed. When they feel lost or confused (I can't tell you how many times a day THAT happens), they'd chirp three descending notes, boop-boop-boop. Try whining that as sadly as you possibly can. Like on the verge of tears. Even in the house we could hear that mournful little boop-boop-boop and we'd go out to see. What we found was always sad.

To protect our small orchard trees from deer and bunnies in winter, we put a circle of wire fencing around the trees about two feet out from the trunk. Since it wasn't winter and the trees weren't in danger, we had opened the wire cages so we could prune or apply compost.

More than once we'd hear the sad boop and go down to their pen and see that one or more of the turkeys had managed to get inside the OPEN cage near the tree and couldn't figure out how to get out. They kept walking forward and bumping into the wire trying to rejoin the flock. Stuck. Could not figure out that all they had to do to escape was turn around and walk out the open side of the fence.

I tried to explain this to the turkeys forty times at least. I'd even go in myself and show them. Bump up against the fence, no go. Turn around and walk in ANY direction behind you and you're free.

I swear if you ever wanted to hunt a domestic turkey, all you'd have to do is put up one short wall of a fence, no sides, no corners, and just wait for one to get stuck up against it. Done. Dinner on the table.

Every third night we'd go down at dusk in answer to the chorus of weepy boops and call the turkeys to fall in behind us as we walked twenty feet south, took a right and ... the whole flock would suddenly leap into a run-fly, beeping all the way. We've found our way home! Here it is! So that's why we decided to take a year off and raise them every other year. Next year we'll be turkey-ful again.

GARDENS and ORCHARDS

We've got 150 fruit and nut trees so far, many still young. Our old orchard trees were very fruitful and we stored plenty of bins for winter. We planted a dozen more varieties of seedless grapes this year so we'll add raisin-making to our fall chores in coming years.

MAKING BIODYNAMIC PREPS

We make biodynamic preparations and welcome help. Next up is the Three Kings' preparations that we'll make on New Year's Eve and then spread on the land on January 6th, the Epiphany.

HOW DO WE DO IT?

We earn our income teaching garden, farm and animal-related classes, much of it to urban dwellers. We also host farm stays (especially over holidays) in our five-bedroom farmhouse and give farm tours for home-school and Waldorf kids.

We have been considering inviting Steiner-savvy people who'd like to be part of the farm to join us on a longer term basis. Running a farm is a joyful experience and we'd like to share it with others who understand what we're doing and want to participate in the natural rhythms of farm life. If that's something that interests you, get in touch.

Take a look at our winter events and class schedule www.FriendlyHaven.com and see what we're up to on our blog www.blog.FriendlyHaven.com.

Everything we do happens alongside the farm chores. Our days are always full. Hard work. Love it. Our animals are thriving, apple trees were so lush we had to put ladders under the branches to hold the branches up. We made pear, grape and apple ciders all through fall and have gallons in the freezers. If you come by we'll break out a bottle. Life is good. Be well. Friendly Haven Rise Farm "Where Spirit and Nature Meet" FriendlyHaven@gmail.com.

MARK FINSER IN PORTLAND

The Portland Branch seeks a carrier to help plan and organize a March 2009 lecture and workshop with Mark Finser, CEO of Rudolf Steiner Foundation. He will speak on March 20th and 21st on the topic "What about Money is Real" in relation to several anthroposophical practices. If you would like to help, please send an e-mail to the Portland Branch at

anthroposophy@earthlink.net



FIRST CLASS OF THE SCHOOL OF SPIRITUAL SCIENCE

By Diane Rumage

What is First Class? What is its purpose? Why are only some Anthroposophists First Class members? Is it a secret society?

These are questions I didn't even know to ask when I first encountered Anthroposophy in the 1960's. It was enough to drink in and absorb all that the Goetheanum and Anthroposophy offered me in the form of intense study of Rudolf Steiner's writings and lectures, involvement in artistic activity, and subsequent work in Anthroposophical fields. There was talk of joining the Anthroposophical Society, but as a poverty stricken student and then a poverty stricken young mother, I had no possibility of paying even minimum dues, which were expected back then. I finally joined the Society in the 1970's, received my pink membership card signed by Rudolf Grosse and Henry Barnes, and soon after I was told I would be called inactive since I hadn't paid my dues. I remember writing that I couldn't pay my dues because I was so active trying to pioneer Anthroposophical activity in America. The people at the helm took my comments to heart, and policies have since become more lenient.

Various friends had told me along the way of the importance of First Class of the School of Spiritual Science, and I always resonated with it, but couldn't quite understand what it was. Who joined? Why? What did you do in the School? I really felt that I couldn't responsibly commit to the First Class of the School, if I couldn't handle my own discipline of meditation and basic exercises. Each time I almost joined, something held me back. I finally decided to overcome my hesitation. I enquired who led First Class locally. I set up an appointment to speak with the Class Holder about First Class, about my involvement with Anthroposophy both outwardly and with inner development. I was given explanatory literature to take home and read, as well as the task to write a letter to the Executive Council person in charge, at present Virginia Sease at the Goetheanum, to be shared first with the First Class holder, about why I wanted to join among other things. The process forced me to consciously look at my motives and ability. I then had to wait 4 - 6 weeks after the letter was sent to receive a reply from Virginia Sease, and my blue membership card signed by her, which is to be returned to the Goetheanum upon cessation of membership or death.

Membership of the First Class means a commitment to the inner path of meditation, a commitment to the heart of the Anthroposophical Society. First Class consists of 19 initial and 7 recapitulation lessons given in Dornach, and 4 lessons given elsewhere, containing mantras with explanations, which Rudolf Steiner gave in 1924 after re-founding the Anthroposophical Society at the Christmas Conference. He had given various individuals private meditations before, and also made attempts at founding meditative groups in the earlier years, some with special rituals. He spoke of founding a First, Second and Third Class of the School of Spiritual Science, but only got as far as the above before having to take to his bed in the last months before his death. After his death, confusion ensued as to how and by whom it should be continued. It has gone through various transitions of presentation over the years, but still consists of these same mantras and lessons. He spoke of the esoteric life streaming from this School into the Anthroposophical Society. This School also consists of the various Sections--art, natural science, etc. A Class member connects and works with one or more of the mantras to develop in a heartfelt, earnest way their connection with the spiritual world, which helps them to be a true representative of Anthroposophy in the world. The membership in the School of Spiritual Science is open to those who are members of the Anthroposophical Society for about two years. There are exceptions to this, but most need this time to acquaint themselves even with the general study of Anthroposophy.

We were recently graced with a visit by Ernst Katz who gave us insights into the First Class of the School of Spiritual Science, and much to ponder.

Here in Portland we meet once a month on the 2nd Sunday at 9:30 a.m. at Bothmer Hall to hear the Lesson, with a conversation preceding that from 8:30 - 9:15 on the previous Lesson for those who wish. If you have further questions, please contact Class Holders Jannebeth Röell at 503 249-3807 or Diane Rumage at 360 241-7854.

2009 CALENDAR DATES FOR FIRST CLASS OF SCHOOL OF SPIRITUAL SCIENCE

1/11, lesson 14	7/12, recapitulation lesson 1
2/8, lesson 15	NO August meeting
3/8, lesson 16	9/13, recapitulation lesson 2
4/19, lesson 17	10/11, recapitulation lesson 3
5/10, lesson 18	11/8, recapitulation lesson 4
6/14, lesson 19	12/13, recapitulation lesson 5

IN DORNACH, FOR THE FIRST TIME

By Chrystal Godleske

On Friday afternoon, October 24th, we came to Dornach for the first time. It was the beginning of my son's autumn holiday and I had simply told my children, with whom I had spent the last two weeks in Freiburg, Germany where my nine and a half year old son goes to the St. Georgen Waldorf School, that we would go to Switzerland to spend a long weekend walking around in the hills and passing the time together. I didn't give any indication that the place we were going was special to me or in the world or that it had any relationship to his school or other things that are known to him, just that we would be going for a holiday. We were all looking forward to it.

When we got out of the station at Dornach, immediately facing me was the post office where, I imagined, Beth Weiting had probably mailed the post card she sent me during her time as a student in the English language course given at the Goetheanum. And now here I was, walking the same cobblestones! We were met at the station by Linda Thompson, the housing coordinator at the Goetheanum for out of town guests, who drove us two minutes up through the village to her home in which we were to stay in a lovely and simple daylight basement apartment. She pointed the way up the street where she said we would find the health food store around the corner and then she left us to settle in. Soon we were walking up the street when about a block into our walk I got my first view of the Goetheanum. 'Do you see that?' I said to my son. 'Yes, it looks like a church or something', he said.

Another block on, we did our grocery shopping and sat at the café where my son noticed that the sign on the table which asked us in German to pay at the counter was written in writing 'like at Waldorf Schools'. He made fun of me for wanting to buy and eat things with the Demeter label on them but I told him that they weren't so available in America and so I wanted to try them. He quickly pointed out the Demeter certified ice cream. We returned to our apartment for a while and then I suggested a longer walk. We again headed towards the Goetheanum for which my children were delighted because the hills leading up to it were perfect for vigorous climbing and then rolling down and the many trees, like an orchard, were wonderful for climbing.

As we made our way closer to the Goetheanum my son again remarked that it really must be a church and I said,

'Yes, it is something like that and a University also.' 'Oh, then you know what it is?' "Yes, it is a place where people meet to study and learn and discover and sing and do theatre, Eurythmy, puppet shows, paint, meditate and many things that people do." We circled the entire building once; I was taking in the forms of the building, inwardly tracing them with my limbs, my chest, and my eyes, meeting it with all of my soul. I thought it was something like a human head. Not literally, there is no obvious symmetry with windows on either side of the entry way, or anything outwardly face-like but my inner experience was like that of looking on an especially interesting, well balanced and deeply wise human head. Or maybe a head turned inside out somehow. The landscape around it must be the body, I mused to myself, and what a magnificent body, remarkable and outstanding in the world, it is!



As we made our way back round to the front and approached an entrance I was moving the now concrete structure back in its history envisioning it with curiosity and wonder as it had first been built, in wood. "Mom, it's a Jedi Temple!!" my son almost shouted with excitement. And then I heard my two and a half year old daughter speaking dreamily... 'a house burning down, house burning down'... I silently took her hand and we entered the doorway. Immediately before us was a rather impressive set of stairs with multicolor-filled, undulating walls leading upwards. A quite normal looking (to my eyes) woman was descending and my daughter said 'Mom, is that a king?' And my son 'It IS, it IS a Jedi temple!' There would be no convincing him otherwise now, even if one wanted to try. The woman approached, meeting our gaze and my daughter's obvious interest in her and I told her what she had been wondering about her. 'I try to be like a king' the woman smilingly told us and we exchanged names (hers was Susan and from the deliberate and enlivened way that she moved I imagined

that she is a Eurythmist) and handshakes all around and she wished us well on our first visit.

We walked on, up the stairs and then chose to go through a doorway to the left. There had been several to choose from and I had to tug at it twice, at first thinking the door might be locked, but then its massive wood yielded to us. Inside was a row of larger-than-life busts cast in warm-toned metal lining the hall, one beside each of many doors. The one I recognized immediately was that of Rudolf Steiner and my son too said 'That's like at my school'. Indeed a copy of the very same bust is in the entryway of his school and on the floor before it always sits a huge vase filled with flowers and foliage. As we moved closer I saw that they were also a few of the members of the first Vorstand, Marie Steiner and Ita Wegman.

Through me flashed like light, memories of the first purely anthroposophical seminar that I had ever attended. It was after my first nine months or so of Waldorf Teacher Training at the Micha-el Institute when I realized that whatever else I was there for it was certainly to know more deeply and directly the source from which Waldorf pedagogy had sprung. That was the only way that one could become a free Waldorf teacher, to know Anthroposophy more deeply and to work, to create, out of one's best understanding of it and one's own developing relationship to it, I had concluded then and believe with all of my being now.

So I began to ask and look around for how I could get to know Anthroposophy more deeply and soon tuned into the buzz that someone called 'Sergej Prokofieff' would be giving a series of lectures at Rudolf Steiner College early that summer. I learned that some people from Portland knew of him and thought it was worth going to (!) and they might go themselves. It turned out to be one of the most personally profound trips I have taken, one that among other things marked one of the beginnings of the end of my then 14 years long marriage. But that might be overstating the event because though one can point to peaks that rise above the rest, the mountains are not independent of the foothills that lead to them or distinct from the valleys between them or separable from the range that they are a part of, nor from the sky that is above them all. But I digress...

I think that Prokofieff's book on the Cycle of the Year had come out recently, it hadn't yet been translated into English, and, if I remember correctly he spoke mostly on that subject. Also on the program for that weekend was a lecture called something like 'The Composition of the

First Executive Council'. 'That sounds utterly boring', I thought, very privately, to myself but I went anyway because everything else that he had talked about so far had been riveting whether I could understand it or not and I was beginning to get that it didn't really matter what some people talk about, you simply need to be in their presence to learn more of what it means to be human. And it turned out to be, for me, the most profound and fascinating content of all. I was astounded. In fact it is the only one that I can remember some of the content of, now, seven years later. And it is from there that a seed was sown for what will be my life long fascination with Karma and Biography study (it'll have to be life-long not least because I'm such a hit and miss student). This interest has since been supported and deepened by Christof Wiechert's summer seminars over the last many years as well as participation in the Karmic Relationship study group hosted twice a month for over four years by James Lee and Jannebeth Röell.

And as all of this was moving through my soul, one of the doors, between the row of busts, opened up and out walked Sergej Prokofieff, done with another week's work on the Executive Council, I supposed. Our eyes met and we exchanged smiles and walked past one another. I thought that he, in that moment looked more relaxed, more joyful than when I had first met him, and in that moment, I was as well. We all continued on, he, probably down the flight of stairs that we had just ascended, and we to the other end of the hallway and out onto the outer balcony that surrounds the upper level of the Goetheanum, to make one more circumambulation of the Jedi temple, the temple of the future.

Our second morning in Dornach, my children brought a visitor home. They had gone out to climb the trees at the base of the hill leading up to the Goetheanum when my son saw someone he recognized. Three years ago a young man who had just graduated from a Waldorf school in Frankfurt, Germany came to live with my family in Portland for half a year. His mother, Martina Schmidt, is a doctor at that school and she had also come to visit us for a few weeks at the end of his stay with us. My son (who has met her since then in other contexts) noticed her walking into the building that holds the health food store (Persephone) and the restaurant (Speisehaus) that morning and followed her in to find and then lead her back to where we were staying. We were all surprised to run into one another and agreed to have breakfast together in our apartment the next morning to catch up on one another's news. It turns out that the weekend we were in Dornach there was a

conference for the Medical Section that she was attending. When she visited Portland three years ago she gave an informal talk at the clinic about the healing qualities of Leviko waters which is something that she likes to research (mineral baths, Italy, you know, someone has got to do it!). She sends her best wishes to the Doctors Takacs and Kane and others in Portland who welcomed her then.

The next day my children again went to play at the trees and came back to tell me that there was a man doing a very amazing drawing of the Goetheanum and its landscape and that he had included images of them playing in his drawing. Soon we went out to buy groceries for our meals that day and the man was still there, in front of the store, drawing. We had an interesting conversation about the form of the Goetheanum and Anthroposophical architecture in general. I'd like to say more about that later. He was sitting in a Nada chair and soon I learned his name, Jonathan Willby and that he is an old friend of James Knight to whom he sends his warm 'Hello's'.

Across from the Speisehaus/Persephone is the living room of Dornach, the Youth Section (aka The Section for the Spiritual Striving of Youth). There is a large terrace in front of the building with many tables and chairs and I observed people gathered there to chat, have more formal meetings, share meals, sing and play guitar, and celebrate a birthday. I'm sure that the same sort of activity happens indoors there once the weather turns colder. There were people from Ireland, South Africa, France, Brazil, Germany, the US, India and Korea just in the random sampling of the times when my children and I joined the group on the terrace. I wish I could have had conversations with more of those people but I did have a good opportunity to talk with a man named Guy from South Africa who works in the Youth Section. He was talking with others and me about a recent conference that had happened over Michaelmas called 'Flame to Flame' and some of the interpersonal dynamics that had arisen there. By the way, he gave me many publications from the Youth Section's activities of the last three years and other related initiatives, which I would like to share more about here at some point and with anyone who has a particular interest.

We then talked more specifically about the work of group facilitation. He said that, independent of his personal inclinations on any particular subject, he considers it his work and his calling to make space for all points of view, experiences and approaches to walking an inner path to be represented so that we may balance

one another in community, and he said that this high mission would be echoed by his boss, Elizabeth Wirsching, the head of the Youth Section. I told him a little about my experiences in our community in Portland and that I share that aspiration (as do many) and want to help support movement toward that vision in our Branch and in this, our Branch Newsletter.

Perhaps this is as apt a time as any to digress from my story a bit and expand on that micro-theme for a moment. I believe that the health of our Branch and our Society depends on there being a diversity of participants within it able to find freedom to explore and express one's own path, again, within it. The closer we can get to achieving, say, twelve points of view within each issue of our newsletter (ambitious, I know) or study group or business meeting, the closer we are to having a rosy-glow on the cheeks of our community. Forgive me if I am repeating the obvious but I know that the current newsletter team has endeavored to make explicit the fact that this, our Branch newsletter has been and is, fully open to be a space where the voices of anyone who is moved to share may be heard. Open to questions. Open to conclusions, however temporary. Open to monologues and dialogues. Scientific observations. Artistic expressions. All is welcome. All in our Anthroposophical community are welcome.

Do you work in a 'daughter movement' and have time to write a paragraph or a monograph about past or recent activities you have been a part of? Perhaps visions for its future? Do you have an observation or question to put forward about the Society in general or our Branch in particular? Do you have a 'personal' question that you would be willing to offer up within the vessel of our community communication? Moving towards the Holy Nights gatherings I invite you to consider what you might be willing to share in order that others might ponder it with you, willing to share in order that others might discover a connection with you that they didn't know existed by means of an inner question held in common. What a relief it is to look deeply within and find there what is echoed in the World. What a joy to look into the World and find your innermost being given expression there! Now, back to my story.

Later that afternoon we were waiting at the bus stop on our way to the Waldorf School in Asche a few kilometers away where there was a weekend autumn festival going on. (More about that school and my visits to schools in Nagano, Japan, Freiburg, Germany and Bucharest, Romania later. Yes, my children and I have been traveling fools these last two years.) We asked directions

of another woman who was waiting with us and soon learned that she had been living in Dornach since the 60's and had been a nurse at the Ita Wegman clinic down in the neighboring town of Arlesheim. She was pleased to hear that she and I knew someone in common and she, the 80-year-old woman who called herself simply Almuth, sends her greetings to you, Jannebeth Roell!

Ah me, and I haven't even touched on my experiences of the etched stained glass windows or statue of the Representative of Humanity, aka 'the Group'. Infinite thoughts, finite space and time. But perhaps I have chosen the most resonant ones for now, the human encounters. What do you think?

This correspondence is offered in the cosmopolitan spirit of and dedicated in the season of Michaelmas to humanities guide, the Archangel Micha-el. 'I make my circuit under thy shield.'

GATHERING THE YOUTH IN PORTLAND: AN OPEN INVITATION

by Leslie Loy



In mid-July, a group of us sat in a circle in the Steiner Halle at the Goetheanum and asked, "What is happening in North America?" It was a warm day and the windows were all wide open, the sun hitting the center of our circle as we shared our thoughts. Was it time, we wondered, for the young, active people of North America to gather? We each thought about this question and unanimously said, "Yes!"

Four months later, I find myself moving Excel sheets around and checking my email frequently. My phone rings and someone has a question, a concern, a thought, or wants to contribute. In September, when my life had settled back into its normal rhythm and the autumn leaves were changing here in Multnomah County, I felt the impulse to organize, along with Dawn, Nathaniel and Cari, a North American Youth Initiative Meeting. After mulling it over, we decided that Portland would be a wonderful place to host the event and we decided that the Martin Luther King, Jr. weekend (January 16-19, 2009) would be an appropriate weekend for our intentions.

A small group of active youth will gather at the Portland Waldorf School to work around questions of taking initiative and developing community. Each individual who is coming represents an organization, an event or a movement that is working with Anthroposophy; together we represent an age range from the late teens to the mid-forties. What connects us is our motivation to be active in our communities while taking on Anthroposophy in our daily experiences. We are young and youthful, we are inspired and energized, motivated by the future, by the possibility we witness in others—our peers, our elders—and how they are moving in the world.

We will be sharing our examination of the Youth Section, our work, both that which brings us together and that which we strive towards each day, with the greater Portland community on Sunday, January 18 at 7:00PM at the Portland Waldorf School in the Music Room and are asking for a \$5 donation to supplement scholarship costs for participants. No one will be turned away for lack of funds. We invite everyone who is interested in learning about youth activity and the questions young Spiritual Scientists in North America are asking to join us. For more information on the Meeting, or our Open Community Evening, please contact Leslie at (503) 819-3399 or at na.initiativemeeting@youthsection.org.

2008-2009 HOLY NIGHTS' READINGS

All readings begin at 7:30. It is always a good idea to check that the schedule has not changed before leaving to go to the reading.

- **Friday, Dec. 26th**, John & Joan Takacs, 3628 SE Tenino Street, 503-775-5004
- **Saturday, Dec. 27th**, TBA
- **Sunday, Dec. 28th**, TBA
- **Monday, Dec. 29th**, Jeff Levy, 7316 SE 28th Avenue, 503-774-8998
- **Tuesday, Dec. 30th**, Cheri & Martin Munske, 7652 SE Lincoln Street, 503-772-2632
- **Wednesday, Dec. 31st**, Valerie & Mark Hope, 2606 SE 58th Avenue, 503-775-0778
Stay and celebrate the New Year + the dropping of lead
- **Thursday, Jan. 1st**, TBA
- **Friday, Jan. 2nd**, Mary Jo AbiNader, 3128 SE Salmon Street, 503-239-7078
- **Saturday, Jan. 3rd**, TBA
- **Sunday, Jan. 4th**, TBA
- **Monday, Jan. 5th**, Siegward Elsas, 9510 SW View Point Terrace, 503-244-22277
- **Tuesday, Jan. 6th**, Chrystal Godleske, 1304 SE Main Street, 97214, 503-816-2440

Portland Anthroposophical Society Calendar - December 2008

Ongoing Events and Study Groups

Anthroposophical Medicine Study Group

Once a month Monday (after the second Sunday) at the Takacs Clinic 7-8:30 PM. John Takacs at johntakacsdo@hotmail.com or Kevin Kane at drkev@involved.com.

Curative Education

Second and fourth Friday 7:30 PM - 9PM study of Rudolf Steiner's *Education for Special Needs*. Call Betty Baldwin for information 503-747-6367.

Deepening Our Experience with Six Basic Exercises

Saturday 9:00-10:00 AM once a month. Beginning and advanced students welcome. 2525 NE 13th Ave, Portland, OR 97212. For information call Twila at (503) 281-9349 or write her by e-mail at Twila@spiritone.com.

Karmic Relationships

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Call James Lee for information 503 249-3804 or e-mail him at anthroposophy@earthlink.net.

Mystery Dramas, with Speech-Formation Exercises

Two Wednesdays a month, 7:30 - 9:00 PM in Portland. Currently working with Rudolf Steiner's *Portal of Initiation* and the *Genesis* lectures. No acting experience necessary, just a love of the Word. Call Diane Ramage at 360 241-7854 for information.

Mystery Knowledge and Mystery Centers

Meeting once a month on the fourth Thursday at 7 PM at Bothmer Hall. Contact Joan Takacs by e-mail at joantakacs@yahoo.com.

Occult Science

First and third Tuesdays from 7:30 - 9:00 PM at 3046 NE 33rd Avenue, Portland, OR 97212. Contact Donna Patterson and Bob Kellum at 503-331-7393.

Portland Waldorf School Community Choir

Every Monday morning from 8:45 - 10:00 AM am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the music room of the high school building, 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

Come join the Portland Youth Discussion Group as we pick-up Becoming the Archangel Michael's Companion in order to understand what our task, as the youth of the world, is in the 21st Century. There is something new and exciting in the air among the young people as a new generation prepares to take on the responsibility of this world and so we gather to hold both that space, to marvel and to share what others are doing in the world and to work more deeply with one another. We welcome new people who are open to exploring Spiritual Science and conducting their own research and those who are interested in learning more about the youth in Portland, the North American and International Youth Section and more! There is so much going on. For more information about when and where we meet, please contact Leslie Loy at (503) 819-3399 or leslielal@yahoo.com.

Spinning and Spiritual Science

Gathering on the first Saturday of each month, 3 PM to 5PM, to study *Art as Spiritual Activity*, lectures by Rudolf Steiner 1888-1923. We work with the fiber arts and spinning wheels. Call Marsha Johnson 503- 309- 4223 to sign up.

Waldorf Education and Teacher Training

Lectures and courses conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net.

Upcoming Events

Sunday, DECEMBER 14

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required - Discussion on Lesson 12 at 8:30 AM, class at 9:30 AM sharp. Lesson 13. Please contact Jannebeth Röell (503) 249-3807 or Diane Ramage at (360) 241-7854.

Sunday DECEMBER 21

Celebrating the Birth of Light

Marion van Namen, music therapist and Robin Lieberman, artist and psychotherapist will celebrate the coming of the light on the darkest day of the year which this year coincides with Hanukah and 4th Advent. 10AM-1PM at Bothmer Hall, 5919 SE Division Street. Cost \$55. Bring a friend - second person joins for half price. Small scholarship is available. \$5 off if you register before December 14. Registration: Marion (503)956-4046 or Robin (503)222-1192

Wednesday, DECEMBER 24**Christmas Eve Gathering**

Join us for a candle lit evening in which we share poetry, singing and Gospel readings.

11:30 PM -12:30 PM at Bothmer Hall, 5919 SE Division Street, Portland. This is a free event, open to all. For more information, call Marion Van Namen at 503-956-4046 or e-mail marion@octavemusictherapy.com.

2008-2009 Holy Nights' Readings

All readings begin at 7:30. It is always a good idea to check that the schedule has not changed before leaving to go to the reading.

- **Friday, Dec. 26th**, John & Joan Takacs, 3628 SE Tenino Street, 503- 775-5004
- **Saturday, Dec. 27th**, TBA
- **Sunday, Dec. 28th**, TBA
- **Monday, Dec. 29th**, Jeff Levy, 7316 SE 28th Avenue, 503-774-8998
- **Tuesday, Dec. 30th**, Cheri & Martin Munske, 7652 SE Lincoln Street, 503-772-2632
- **Wednesday, Dec. 31st**, Valerie & Mark Hope, 2606 SE 58th Avenue, 503-775-0778
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- **Monday, Jan. 5th**, Siegward Elsas, 9510 SW View Point Terrace, 503-244-22277
- **Tuesday, Jan. 6th**, Chrystal Godleske, 1304 SE Main Street, 97214, 503-816-2440

If you would like to host one of the holy nights readings, please contact Tom Klein at (503) 777-3176.

JANUARY 8-29**Micha-el Institute**

1/8 The Social Evolution of the World; 1/15 The Threefold Social Order for today and its future development; 1/22 The Waldorf School as an expression of the Threefold Social Order; 1/29 The Social Tasks for Humanity - now and in the coming age; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie. Contact 503 774-4946 or email johncmiles@usa.net

JANUARY 10**Family Bingo Night**

Cedarwood Waldorf School's 6th grade will be hosting monthly Family Bingo Nights on Saturday evenings beginning in January. Bring your friends for an evening of fun, prizes and a cookie from our concession stand! A good alternative to the all-pervasive movie/video.

JANUARY 10 - FEBRUARY 21, 2009**Contemplative Arts Classes**

Six Saturday morning classes, 10:30 - 12:30, beginning January 10 (no class Jan. 31), designed to promote inner well-being. Using basic color, line, movement and breathing exercises, we will slowly strengthen our capacities to enter into active relaxation, bringing harmony and balance into our thinking, feeling, and willing. No previous artistic experience necessary. Bothmer Hall, 5919 SE Division. \$125. Cheri Munske, 503-484-4133 or woolhorse@earthlink.net.

Sunday, JANUARY 11**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 13 at 8:30 AM, class at 9:30 AM sharp. Lesson 14. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

JANUARY 16-19**Youth Section Meeting Portland**

A small group of active youth will gather at the Portland Waldorf School, 2300 SE Harrison, Milwaukie, to work around questions of taking initiative and developing community. What connects us is our motivation to be active in our communities while taking on Anthroposophy in our daily experiences. For more information on the Meeting please contact Leslie Loy at (503) 819-3399 or contact her by e-mail at na.initiativemeeting@youthsection.org.

Sunday, JANUARY 18**Open Community Evening**

We invite everyone who is interested in learning about youth activity and the questions young Spiritual Scientists in North America are asking to join us. 7:00 PM at the Portland Waldorf School, Music Room, 2300 SE Harrison, Milwaukie. \$5 donation. For more information on the Open Community Evening, please contact Leslie Loy at (503) 819-3399 or contact her by e-mail at na.initiativemeeting@youthsection.org.

Mondays, JANUARY 26- MARCH 2**Experiencing the Planets**

Marion van Namen and Diane Ramage invite you to study the planets and their influences through music, movement and speech. Classes will be held at Bothmer Hall, 5919 SE Division Street, Portland from 7-9PM. Register by calling Marion van Namen (503) 956-4046 or e-mail marion@octavemusictherapy.com. Cost: \$195 for 5 sessions, or \$50 per class. \$15 discount for signing up before January 19th. Small scholarship available, no class on 2/16.

JANUARY 21**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend

Sunday, FEBRUARY 8**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 14 at 8:30 AM, class at 9:30 AM sharp. Lesson 15. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

FEBRUARY 28**Mothers, Daughters, Women and Friends**

Cheri Munske and Susan Beck of Austin, Texas, will co teach an artistic workshop in support of understanding and strengthening the intimate female bond. Using color as the expressive language, we will explore, glorify and unearth how we bond with one another. 10:00 AM- 1:00 PM Bothmer Hall, 5919 SE Division St. \$99 for a couple. Cheri Munske, 503-484-4133 or woolhorse@earthlink.net

FEBRUARY 5-26**Micha-el Institute**

2/5 Kindergarten to Grade 5 Eurythmy; 2/12 Middle and High School Eurythmy; 2/19 Therapeutic Eurythmy and Movement; 2/26 Eurythmy as a Performing Art; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie.

Contact 503 774-4946 or email johncmiles@usa.net.

FEBRUARY 14**Family Bingo Night**

Cedarwood Waldorf School's 6th grade will be hosting monthly Family Bingo Nights on Saturday evenings beginning in January. Bring your friends for an evening of fun, prizes and a cookie from our concession stand! A good alternative to the all-pervasive movie/video.

Sunday, MARCH 8**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 15 at 8:30 AM, class at 9:30 AM sharp. Lesson 16. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

MARCH 20-22, 2009**What is Real about Money**

Mark Finser, Chair of the Board for the Rudolf Steiner Foundation in San Francisco will speak to the Portland community on the theme of money, what is real about it, what is not. Mark will combine this theme with the theme of how our inner work can prepare us for understanding the signs of the times. A lecture on Friday evening will be followed by a workshop on Saturday morning with a potluck lunch following. Location TBD. If you are interested to offer your services to help the branch organize, carry or support this event, please contact Jannebeth Röell at 503 249-3807.

Sunday, APRIL 19**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 16 at 8:30 AM, class at 9:30 AM sharp. Lesson 17. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

Sunday, MAY 10**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 17 at 8:30 AM, class at 9:30 AM sharp. Lesson 18. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

Sunday, JUNE 14**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 18 at 8:30 AM, class at 9:30 AM sharp. Lesson 19. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

AUGUST 1-8, 2009**Encircling Light-Expectant Silence**

Anthroposophical Society in Canada hosts this conference on the North in White Horse, Yukon. Full details about all aspects of the Conference will be available on our website, www.encirclinglight.ca, which will be in operation early in 2008.



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