

Portland Anthroposophic Times

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

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ANTHROPOSOPHY IN THE 21ST CENTURY

By Christof Wiechert, Dornach, Switzerland
Head of the Pedagogical Section at the Goetheanum

Translated by Jannebeth Röell and edited by James Lee from the July-August 2004 issue of *Motief*, a Dutch anthroposophical journal. The substance of the article was originally given as a lecture to the Annual General Meeting of the Anthroposophical Society in Holland. This article is an excerpt from the lecture.

In 1901 Rudolf Steiner went public for the first time with anthroposophy. What does it mean that anthroposophy has now been on the earth for a century? Rudolf Steiner indicates that within a period of a hundred years many idealistic streams arise and exhaust themselves. If within that time the impulse doesn't become renewed again, it will disappear from the earth. We now have a generation of people that works differently with anthroposophy. I will give a practical example of what I mean. A college of forty teachers work together as well as they can. Two or three colleagues represent anthroposophy; they "know it." One of these two or three people is always asked when an introduction to anthroposophy is needed. Simultaneously, one notices that anthroposophy doesn't really live anymore in the school.

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Questions, suggestions and submissions may be sent by e-mail to anthroposophy@earthlink.net. Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length.

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March 2005: February 1, 2005
April 2005 March 1, 2005
May 2005 April 1, 2005
June 2005 May 1, 2005
July 2005 June 1, 2005
August 2005 July 1, 2005

Experiment

It was in such a situation that I conducted the following experiment. We divided the entire college into pairs of two. In week one, the first pair gives an introduction to the first chapter from *Study of Man*. One of them tells how the lecture affected them. The second one gives a summary of the lecture. Following this a conversation of ten to fifteen minutes takes place. None of the other colleagues reads the lecture ahead of time because, as a rule, they don't do this anyway. The following week, the second pair takes its turn, and so on. Thus you can go through all the lectures in this cycle in fourteen weeks. It is agreed beforehand that whatever anyone says about a lecture, an interpretation, or an opinion is taken seriously by all. After a few months, colleagues had the following reactions: for the first time we heard our colleagues speaking at the meeting; I never thought this colleague was so original; I came to know colleagues I had been working together with for years.

Individualization of Anthroposophy

The time has passed when people can lean on the anthroposophical authority of someone else. Here and there this form still exists, but you often see that socially it has disastrous effects. In our third generation of anthroposophists we have arrived at an individualization of anthroposophy: with this, all will stand or fall. In the previous generation, this impulse was not so strong, and in the first generation it was nonexistent. This individualization only works if it appears in a social way and is practiced with tolerance by those who represent the impulse. Concerning this practice, everything is now much more acute: someone lives out of it or not.

The Current Image of Man

We have constitutions that are different than two generations ago. It is remarkable how much harder the image of man has become. The individual, social and political image of man are subject to a severe process of reductionism, including connotations about human freedom. Neurology makes incredibly quick research steps through image making methods made possible by the computer. They have uncovered human thinking and human feeling. The latest research just described in a magazine for psychology says the free will of the human being does not exist. They show how the will can also be deduced from brain activity. Consequently, a field of neurotheology exists today: is the concept of God not to be understood as an activity of the brain? Neuro-didactic is a new discipline. We teach children with neurological correctness. The modern image of the human being has become very hard. The entire etheric formation of the human being has hardened. With this we have to deal as well. Young anthroposophists, young people who have to work with anthroposophy because of their profession, have on the basis of their constitution no free

access to the word of Rudolf Steiner. It is for them a book with seven seals. The thought movements of anthroposophy need to be mastered in a new way.

Sowing

We must plant seeds and cultivate the ground to get a college of teachers enthusiastic for new points of view. For example, they can solve many of their problems themselves by studying anthroposophical content together. Nevertheless, through the hardening of the modern constitution, it is more difficult to rejuvenate thinking through the words of spiritual science. The warmth and enthusiasm that can emanate from anthroposophical thought in teacher training can always be transferred to students. But individual study and independent work in a college is much more difficult. And with that, we have arrived in the realm of planting seeds. We must sow anthroposophy differently than one or two generations ago. Then there was no sowing; only reaping. You could reap Steiner because you had a constitution that could take in and digest it.

New Seeds

Let me give an example of a new seed. In three research groups, each with 12 to 15 people, we have an agreement about the reading of an anthroposophical text. For half a year, each of us would read one or two paragraphs, thereby moving through the text until the end, and then starting again. After a few months we came together. The results were astonishing. The participants told us that to train themselves to commit to this agreement during the first weeks was difficult. Once it was going, they all went through distinct phases. The first phase is the phase of raking, where you read the text but ask yourself what you read. You go again and again over a sentence, looking at the most important words, and asking yourself what is the real meaning. You are weeding, raking and maybe also plowing. You notice that at a certain moment it does something funny to you. You feel that you start to love the work and that it becomes a pleasure. Even stronger is the need to return again and again to these two paragraphs. It starts to live in your rhythmic system. You become a friend of the content, which is an interesting sensation. Then comes the third phase, when you discover that what you experience during the day is seen in a new light. Everything receives a new glow through the work you do at night, even if only for five minutes. It is experienced as enrichment. A last phase comes after three or four months. Now it gives direction to your actions and starts to work as an inspiration. You notice in yourself that you become original in what you are doing. At first the content comes to expression in what you are doing and is thereby “translated” through you. An enormous desire is born to sustain connection with this source. You can also call this a birth of the second man within the spiritual world of which the experience is the reflection on earth.

Free Association

I tell this to indicate how complex for modern generations the encounter with anthroposophy can be. It is no longer the case that by reading *Occult Science* you have it. You don't hear

this any longer. What you do hear is that people enter an anthroposophical field of work because a social atmosphere exists there in which a person can still breathe. But anthroposophy as a study is, as a rule, no longer the point of departure for people entering anthroposophical fields of work. In anthroposophy itself, also in the Anthroposophical Society, we have to find forms – therefore the concept of a meditation workshop is good – to plant seeds in a more individualized manner. It is easy to do this in a professional association, but it really starts to be a pleasure if you begin to do it in a totally free association. This will form the basis for the future.

CROSSING THE THRESHOLD WITH PLUTO IN 2005

By Charles Forster and Chiaki Uchiyama, Portland, Oregon

(Installment number one in a series of astrosophical commentaries for the coming year.)

Pluto, archetype of cathartic death and rebirth, outermost of the trans-Saturnian planets in geocentric relation to the earth, has been traversing the sidereal constellation of Scorpio since 1993. It will conclude this cosmic Journey by crossing a zodiacal death-rebirth point, at the poisonous stinger, in the final degree of the Scorpion throughout the entire year of 2005. Twelve years of influence of Pluto in Scorpio will come to an end during this time as Pluto passes into the constellation of Sagittarius, the Archer; and a new impulse will begin to manifest by the first day of next year.

In *Eurythmy as Visible Speech*, Rudolf Steiner qualitatively designates Scorpio as “thought leading to understanding”, and refers to Sagittarius as “resolve”. “Thought,” he says, “may be very clever, but does not necessarily enter into reality; it does not necessarily reach the point of resolve.” “The gesture of Sagittarius,” he continues, “is the resolve, the thought which wishes to transfer itself into reality.”

Scorpio is intensity, confrontation, inner suffering, desire. It is related to the sexual organs and the sexual impulse through the physical body. It brings into focus the highest, as well as the lowest, nature of the human being. The highest aspect is symbolized by the eagle, soaring in expansive circles above the earth, seeking, with the sharpest innate perception, for its camouflaged prey far below. In the psyche this implies an impulse for cutting through the veils of illusion of personal sympathies and antipathies, penetrating to essence through sword-like thought, sparing oneself no suffering in a relentless striving for spiritual truth. The lowest aspect is represented by the scorpion itself, confined to crawling in fear upon the dry surface of the earth, penetrating its environment, and sometimes even itself, with the sting of death. Here, egoism cannot be transcended, the astral veils of illusion are mistaken for truth – a condition resulting in enmity, fear, suffering, and one form or another of death for all. This archetype and these symbols apply to the individual human being, as well as to collective humanity.

In this respect, the year 2005 can be seen as a crossing of a threshold into the future, either through the portal of the eagle, or through the portal of the scorpion – a decisive sacrificing of egoism, in service of the “I AM”, in a fearless search for spiritual truth; or succumbing to the effects of fear on battlefields constructed of all manner of individual and collective grandiose delusions. It is important for each of us to begin to enter into “the gesture of resolve” – to dedicate ourselves to clarity in our thinking and feeling as we continually meet the projections of our personal sympathies and antipathies in every encounter throughout each day, to overcome the fears that cause us to seek scapegoats and prevent us from bringing our thoughts into responsible actions, and to a trust in spiritual guidance without concern for material guarantees.

We will continue to build this picture through broader, as well as more details, elaborations each month through out the course of the coming year.

WHO MADE THE WORLD

By Natasha Moss, Portland Oregon

Who made the world? Who made the swan and the black bear? Who made the grasshopper?..... These are the opening lines from a poem by Mary Oliver entitled “A Summer Day”.

Who made the world? – Who indeed! What or who are the creative forces that shapes the world around us? What is behind the world around us, which we see with our eyes, touch with our hands, smell with our noses and hear with our ears? What is behind the world around us? Who made the world, and how was it made? Is it possible to imagine?

Samuel Taylor Coleridge, a poet of the 18th century, himself imagined Who made the World – and he knew this Who as the Infinite Creative Act. William Wordsworth, Coleridge’s colleague, also knew this Who. He saw this Who as the “spirit that rolls through all things...and in the mind of man.” These two individuals experienced what lies behind the world around us as movement, continuous and ever-present.

Wordsworth and Coleridge expressed through their poetry that behind the world what we experience with our senses is the activity of creative forces. If Eurythmy had been born in their time they might have recognized that eurythmy reveals those same forces they experienced: Wordsworth through his relationship to Nature, and Coleridge in his own creative activity as a poet.

Who made the world? Eurythmy reveals the activity, the forces and the space through which this Who works. This Who was in the beginning. It is the Word with which we connect through the Zodiac with lofty Beings who inspire awe. Through eurythmy training, a person trains their bodies

– physical, etheric, astral and finally the ego body – to become an instrument that can make this world visible, the realm of creative forces with which poets also work. The creative world weaves through a poem and the eurythmist endeavors to illuminate this activity.

STAR LIGHT

By Diane Ramage, Portland, Oregon

"A wise old owl sat in an oak;
The more he saw, the less he spoke;
The less he spoke, the more he heard.
Why aren't we all like that wise old bird?"

This nursery rhyme gives us one image of the virtue for January 21 - February 21: "Discretion becomes Meditative Strength." The sun is in the sign of Aquarius, the Water-Bearer, during this time. Different aspects of Aquarius include: the cosmic etheric forces; man balancing thinking, feeling and willing; the sound mmm... which penetrates and resonates in sympathy with all it pervades; and as in Rudolf Steiner's "Twelve Moods" the need for "the limited to yield to the unlimited..." and to "...limit thyself oh unlimited." Here we see the essence of boundary. There was an ancient Celtic festival, Imbolc, February 1st, during which people walked around beating out the boundaries to establish territorial limits. We know that without our etheric body, our physical body would lose its form, dissolve and decay. It is interesting that of all the months, February wavers from 28 to 29 days. The Emperor Augustus took a day from February and gave it to August in his honor. The Russian folk, said to be ruled by Aquarius which governs brotherhood of man, reaching beyond boundaries of self, was the first to embrace Socialism. Marie Steiner challenged a Russian who wished to study with her, saying they tended to stream in all directions and needed to find a center in order to commit to the study. Imbolc meant "in the belly" and was a time when ewes came into milk for lambing, providing nurturing mother's milk. The mmm sound can lose its boundary and go beyond sympathy into cloying clinging and can become parasitic like the mistletoe.

Februum means to purify. February was a time for cleaning and clearing out yuletide greens. There is a fascinating boundary change with the celebration of the Purification festival, the Presentation of Mary and the child in the temple, which took place Feb. 14-15, 40 days after the original celebration of the birth of Christ on Jan. 6, Epiphany. When the festival of Jesus' birth was changed to Dec. 25, the 40 day purification period and festival was moved back to Feb. 2, Candlemas Day. Deep in the earth the crystalline forms are lighting up and beginning to loosen themselves, to begin the sprouting process on Candlemas. Creating and dissolving boundaries--something seemingly fixed--is actually a continual shaping stream of life. Our task is not to be fixed, but to be discrete and control our changing boundaries, moving between the inwardness of winter towards the

dissolving dispersing of the spring. With our ego forces we use our discretion in our thinking, feeling and willing, we use our discretion moving between self and mankind, so that we acquire the meditative strength to cross the threshold, the boundary, from the physical to the spiritual world.

Saturn is still the main night time visible planet, where the constellation of Gemini and Cancer meet. If skies are clear you might see it 1/28/2005 around 10 p.m. in the S/SE part of the sky, with the waning moon rising in the east at the end of the constellation Leo. If you were to rise at 4 a.m. on 2/1/2005, you might see Jupiter in Virgo constellation in SE with the waning moon nearby. The other planets are still too close to the sun to view well at night. An event of note is Mars meeting Pluto in the sign of Sagittarius, on the cusp of constellations Scorpio/Sagittarius on 1/28/05. These are powerful, potentially warlike and destructive planets, which could effect powerful transformation and effective change, or simply try to steamroll issues, asserting might is right. At the same time Saturn opposes Mercury and Venus, and the more feminine side of our nature may feel restricted. Jupiter continues to trine Neptune, so in the big picture, what seems beneficial may just be a masquerade. Discretion is advised.

Viewed heliocentrically, many outer planets (Mars, Jupiter, Saturn, Neptune) are re-emphasizing themselves by being at points in strong connection to the sun/earth realm. Outer events may seem overwhelming. To connect positively, be aware that Jupiter is where it was at Mozart's birth and near his death position--listening to his music might bring clarity to our thoughts. Neptune reminds us of the end of Kali Yuga and the call to awaken to the change from the old mysteries to the new. Saturn asks us to meditate upon those who have crossed the threshold and how they and other supersensible beings work into the physical world.

REFLECTIONS ON ANXIETY

Julie Foster, MSN, FNP, Portland Oregon

We hear that we live in a time of anxiety, yet to say we are 'anxious' or 'angst ridden' is relatively new to humans in the twenty-first century. Anxiety is most prevalent in those countries that have marked outward security and comfort. *Angere*, the latin word for anxiety means 'to strangle or constrict.' Anxiety hides behind depression, aggression, and addiction. Fear plays a major role. Interestingly, drug addicts report not fear of death, but rather fear of a life that is dead. There is a hopelessness of ever identifying with something, not with one's own self or with any kind of goal that could give meaning to existence and a perspective on the future. Anxiety blossoms out of not living up to a standard, a certain idea of perfection. 'The fear of separation, separation in which connection is sought and a yearning to be connected is present,' (Vogt). In past times we connected with the tribe, now we are left to connect by way of our own self, knowing our self. The ego is now set apart. As we look around, we

see the challenge of this in our fellow human beings as well as in ourselves.

We want to touch and be touched by that in which tells us 'what it is we are here to do or be.' Soesman explains in *Twelve Senses*, an infant does not know its borders until it inchworms his or her way to the edges, bumps against life, in order to feel life. Something awakens. In this contact the infant meets a part of him or herself. Still this sense of tension or resistant is likened to being thrown out of Paradise. For human development, separateness from the cosmos is essential, in order to find ones connection to the whole.

In allopathic medicine we use anxiolytics, substances that stimulate the GAB mediated inhibition of the central nervous system to dull our reactions to the outside world. We become hypnotized, sedated, muscles relax; anxiety is curtailed. If GABA receptors are not inhibited an opposite reaction occurs and is the condition of Huntington's chorea; involuntary movements, hyperkinesias. In both cases, thought processes are impaired, depression sets in. Should we be altering this mechanism? Serotonin gives us the anxiety needed to get up and go. Is it the type of anxiety needed to self-motivate, to find opportunity out of life challenges?

In Lectures to the Workmen (Vol. 2), Rudolf Steiner discusses the effect of nicotine on the human. We know in our society nicotine is used for anxiety, to help one relax. Steiner states nicotine shows its activity in the heart, it calls for a stronger activity. Yet not a pump, the heart indicates what goes on in the body. Blood circulation is stimulated and increased. He also notes poisons, such as nicotine can be used as remedies, and we know this whether it is applied homeopathically or herbally. Even so, consequences of nicotine in the blood demand too much oxygen leading to shortness of breath without thought of it, a unconscious anxiety. When it remains unnoticed it is a direct source of illness. With increased anxiety the heart pumps faster, thickens, and the kidneys, which partner with the heart becomes ill. Gradually the power of thought declines as one perpetually lives in anxiety. Think of this state in individuals who jump to conclusions, are edgy, and unfocused. Blood circulation becomes weak. The ratio of the heartbeat is out of proportion with the breath. One then goes around wanting to do something, but not knowing what. On the other hand, when a person comes to this point a doctor may prescribe nicotine medicinally if previously not a smoker. Native peoples would use in ceremony, nicotine to stimulate a level of anxiety or strengthen blood circulation momentarily for those individuals who needed motivation or vision to find one's path or life's work. However if one continues to go about life not knowing what they want they may busy themselves with something they don't like and herein anxiety perpetuates in a negative way.

Dulling our senses temporarily through anxiolytics, hypnotics, illicit drugs, etc., is just that... temporary. And yet when coming away from any of these substances our senses are overly nerve-sense. Our heart beats faster, our breath

shallows, our vision narrows. We can lose or never find the knowing of what our heart desires.

In Anthroposophical Medicine, Steiner speaks about cardiac anxiety, again in relationship to connecting with the blood circulation. The heart sets blood in motion and vice versa. Blood belongs to the metabolic pole and is opposed to the nerve-sense pole. The heart is where the two meet and are in opposition. There must be a confrontation, a meeting of oneself that exercises the will forces to face the fear of the unknown, to develop the courage necessary to find ‘what it is we are meant to do and be.’ Out of this brings equilibrium and harmony. One realizes this process is always at work within each of us. If the process is damaged or suppressed, Treichler explains that the ego which lives in the blood, withdraws in the inner organism, the astral takes the living physical body and the blood (metabolism) follows. We are unable to swallow what is around us, our throats are gripped with fear. It can go as far as our heart. ‘Our heart is not in it.’ One may be overcritical or apathetic of themselves and standards in which they set for themselves or others. Our faces grow pale and so may the face of the heart; coronary vessels blanch the same as the veins in our face when we are afraid.

Practicing in an Anthroposophical clinic, I attempt to create a sacred space in which individuals can feel safe to address one’s anxieties. Some patients may choose allopathic therapies and they are not to be judged; each path is one’s

own striving. Fortunately, in this type of setting healing can be facilitated through various anthroposophical modalities; eurhythmy, art, massage, nutrition, Waldorf education, spatial dynamics, etc. Steiner mentions anxiety can be remedied in our time by way of bringing out something spiritual. Facing our fear through spiritual inquiry reveals our nothingness. There is where the impulse arises for the ego to remember its origin and discover that ‘nothing’ in physical terms means ‘everything’ in terms of the spirit (Treichler). Through my own spiritual venture, I hope to maintain the ability to presence myself for others in their time where life’s anxieties become life’s gifts of opportunity. And in doing so, that connectedness we all yearn for is built upon. I don’t think we need to ask anxiety to leave, yet work together to transform ourselves to the utmost human potential.

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VIRTUES OF THE MONTH

MONTH	ZODIAC	VIRTUE	VICE
January	Capricorn	Courage Becomes Power Of Redemption	Self Exaltation
February	Aquarius	Discretion Becomes Meditative Force	Spirit denial
March	Pisces	Magnanimity Becomes Love	Viciousness
April	Aries	Devotion Becomes Force Of Sacrifice	Theft
May	Taurus	Balance Becomes Progress	Murder
June	Gemini	Perseverance Becomes Faithfulness	Adultery
July	Cancer	Unselfishness Becomes Catharsis	Covetousness
August	Leo	Compassion Becomes Freedom	Malevolence
September	Virgo	Courtesy Becomes Tact Of The Heart	Falseness
October	Libra	Contentment Becomes Equanimity	Immoderateness
November	Scorpio	Patience Becomes Insight	Anger / Evil Eye
December	Sagittarius	Control Of Speech Becomes Feeling For Truth	Blasphemy

Virtues of the month by Rudolf Steiner.
 Vices according to the Gospel of St Mark 1:7-23

Translation from the Greek by R. Van Mansvelt
 Submitted by Jannebeth Röell

Ongoing Study Groups**Anthroposophia Studies for Branch Life**

Working with the spiritual realm helping our community life. *Call for meeting times to Valerie Hope 503/775-0778.*

Biodynamic Agriculture

In S.E Portland - Sundays - 5:30-6:30 PM potluck; 6:30-8:30 PM reading, discussion and art. Revitalizing winter focus on biodynamic agriculture. *Call Carrie Jo Caralyus at 503-239-5633.*

Life Beyond Death

Reading the collection of Steiner's lectures. Meets twice monthly on Mondays at 7:15 PM in SE Portland.

Call Cheri Munske for information 503/772-2632.

Waldorf Education and Teacher Training

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

Mystery Dramas

Weekly readings Wednesdays at 7 PM. *Please call James Lee at 503/249-3804.*

Eurythmy

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

Special Needs/Camphill

Fridays, 7 – 8:30 PM - Resuming January 14, 2005 Reading from Rudolf Steiner's Education for Special Needs, formerly titled Curative Education. *Call Craig Thom 503/256-1622 for location and directions.*

Upcoming Events**Su JANUARY 16****Branch Meeting and Potluck**

Bothmer Hall – Noon to 3:00 PM

A community-wide gathering of **Anthroposophical Society members and friends**. This gathering is called as an opportunity to socialize, and to discuss new ideas for our branch and how we make choices and take action together. Please join in to meet our branch purpose through group work. *Contact Patricia Dair 503/236-2205 for more information.*

Fr - Su JANUARY 14 - 16**Performing Arts Section Meeting with Helen Lubin**

Portland – various times

Helen Lubin comes from California to meet with members of the Anthroposophical Society's Performing Arts Section. *Call Natasha Moss at 503/233-0663 for information.*

Mo JANUARY 17 Martin Luther King Day**Planning for a Portland Area Anthroposophic Event**

Lucia Mello's Home - 10 AM to 11:30 AM

At the last meeting of Portland Area Waldorf Schools (PAWS) an idea was brought forth to organize an area Waldorf Fair. This quickly broadened to an imagining of an event that could incorporate more than pedagogy, perhaps an event that could highlight all area anthroposophical endeavors. You are invited to attend a meeting to develop the potential of this idea. *Please call Lucia at 503/892-5296 for directions or to offer input.*

We JANUARY 19

3135 NE 17 Avenue - 9 to 10 AM

Ten Painting Classes

Weekly painting classes offered by art therapist Jannebeth Roell. Additional sessions on January 26, February 2, 9, 23 and March 2, 9, 16 and 23. *Please contact Jannebeth at 503/249-3807.*

We JANUARY 19**Community-building Suggestions from Rudolf Steiner**

PWS – 7 PM

This lecture by **John Miles**, of the Micha-el Institute, addresses the theme "The Social Evolution of the World". *Please contact the Micha-el Institute at 503/774-4946.*

Th JANUARY 20**The Threefold Social Order for Today and its Future Development**

PWS – 7 PM

This lecture by **John Miles**, of the Micha-el Institute, addresses the theme "The Social Evolution of the World". *Please contact the Micha-el Institute at 503/774-4946.*

Th – Fr JANUARY 20, 21, 22

Five One-act Plays

PWS Music Room – 7:30 PM

Presented by Portland Waldorf High School. \$5 adults, \$2 students. Contact Kate McGill at 503/654-2200 ext. 218.

FR JANUARY 21

The Importance of Warmth and Rhythm for the Young Child

PWS Main Building – 7 PM

Young children experience the world not through their intellect, but through their senses. The parent nurturer is the most important figure in a child's world and helping children get the best start in life is the work of conscious parenting. What is meant by rhythm and warmth in relation to the developing child? This and more will be addressed by **Jannebeth Röell**, parent, educator and nurse. Free and open to the public. Contact Portland Waldorf High School at 503/652-2200, ext. 207 to reserve.

Sa JANUARY 22 & 29

Home Health Care Workshop

PWS – 9 AM to Noon

Join **Jannebeth Röell** to learn ways to care for a child who is ill. Recommended as a practical follow-up to her evening lecture on January 21. Second part of the workshop will be held January 29. \$20 fee for whole workshop, limited to 30 people. Contact Portland Waldorf High School at 503/652-2200 to reserve.

Sa JANUARY 22

The Seven Planets

Bothmer Hall – 9:30 AM to 3 PM

Come explore and experience the planets' essence conceptually, imaginatively and artistically via speech, movement, color, painting and clay modeling. **Diane Ramage**, astrophysicist, will help you live into the wandering stars. Call Diane at 503/240-0908 to reserve.

WED JANUARY 26

The Waldorf School as an Expression of the Threefold Social Order

PWS – 7 PM A lecture by **John Miles** of the Micha-el Institute. Please contact the Institute at 503/774-4946.

Th JANUARY 27

The Tasks for Humanity at the Present Time

PWS – 7 PM A lecture by John Miles of the Micha-el Institute. Please contact the Institute at 503/774-4946.

Fr JANUARY 28

Send the High School Eurythmy Troupe to Tour in Europe Fundraising Dinner

PWS – 5:30 to 8 PM

To help the troupe to share its performances this year with audiences in England, Germany and Switzerland. Contact PWS at 503/654-2200 to reserve.

Tu FEBRUARY 1

Entries for the March newsletter calendar are due today – send to Patricia Dair dair5@comcast.net

Wed FEBRUARY 2

Game Boys, Computers & TV

PWS – 7 PM – the H.S. Music Room

You are invited to join with **the NW Media Literacy, a leading child psychologist & Waldorf teachers** invite you to for a discussion. Call Lauren Johnson for more information at 503/654-2200.

Th FEBRUARY 3

Introduction to Eurythmy in the Waldorf Curriculum

PWS Eurythmy Room – 7 to 9 PM

This presentation by **Francine Adams**, a grades Waldorf teacher and eurythmist who trained at Stuttgart and at Emerson College, is offered by the Micha-el Institute. Please contact the Institute at 503/774-4946.

Fr FEBRUARY 4***Tending The Flame: The Link Between Education And Medicine In Childhood Today***

Portland Waldorf School Music Room – 7:30 PM

This lecture by **Philip Encao, M.D.** will address the question: what can we do as parents, teachers, artists and scientists to strengthen, equip and prepare our children to develop immunity to societal and individual illnesses of our time, and to become healers of illness, in its many guises, in our world? Dr. Incao, a noted medical advisor and author, lectures internationally and now operates from his home base in Colorado. *Please contact Wade Cavin at 503/654-2200 ext. 408 for additional information.*

Sa FEBRUARY 5***Color...Power to Influence How We See, Feel & Think***

Portland Waldorf School – 9:30 Am to Noon, and 1:30 to 4 PM

A Soul Calendar verse by Rudolf Steiner will inspire this veil watercolor painting workshop given by **Jennifer Thomson**. Jennifer studied at the Goetheanum and has taught watercolor painting for 25 years. We will strive to come to an inner feeling experience out of the verse and color, so that an imagination organically evolves from our living with and within it. Our artistic approaches will include charcoal and watercolor. *Call PWS' Wade Cavin at 503/654-2200 ext. 408 for details, or contact Jennifer at 303/765-1441.*

www.phoenixartsgroup.org**Sa FEBRUARY 5*****The Mystery of Incarnation in Blood & Nerves***

Portland - Bothmer Hall – 9:30 AM to 4 PM with a potluck lunch

In this workshop by **Dr. Siegwald Elsas**, we will consider the body processes which help us to find refreshment in sleep and strength in our will, those which help us to become dream-fully aware in our feelings, and those which allow us to be fully awake and clear in our thoughts. We may also explore how these body processes are shaped and affected by our current and former lives. Suggested readings are Riddles of the Soul (GA 21): 6th addendum; Occult Physiology (GA 128): Lecture March 27, 1911; and Karmic Relationships vol. 2 (GA 236): Lecture May 10, 1924. *For more information, contact James Lee at 503/249-3804.*

Su FEBRUARY 6**Biodynamics Lecture and Study**

703 SE Harney in Sellwood - 5:30-6:30 potluck; 6:30-8:30 reading, discussion, art.

Please join us in for a revitalizing wintertime study of farming and gardening practices, as were indicated by Dr. Rudolf Steiner. All are welcome, come in peace. Please contact host **Carrie Jo Caralyus** for book ordering and to reserve 503/239-5633 or creeseda@yahoo.com.

Th FEBRUARY 10**Eurythmy and its Role in the Classroom**

PWS Eurythmy Room – 7 to 9 PM

This presentation is by eurythmist and grades teacher **Don Marquiss**, who took his training in Stuttgart and Spring Valley. Having taught both in the classroom and as a eurythmist for 15 years in Waldorf schools, Don currently is teaching at the Corvallis Waldorf School. Offered by the Micha-el Institute. *Please contact the Institute at 503/774-4946.*

Su FEBRUARY 13**First Class of the School of Spiritual Science**Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp For First Class members. *Please contact Jannebeth Röell 503/249-3804.***Th FEBRUARY 17****Eurythmy Stage Work and Performance**

PWS Eurythmy Room – 7 to 9 PM

This presentation is by **Natasha Moss**, who trained at Dornach, in England and New York. Natasha has performed internationally as a eurythmist, and is the founding director of *Portland Eurythmy*. *Offered by the Micha-el Institute 503/774-4946.*

Su FEBRUARY 20**Branch Meeting and Potluck**

Bothmer Hall – 1:00 PM - Tentative

A community-wide gathering of **Anthroposophical Society members and friends**. This gathering is called as an opportunity to socialize and to work together as a branch of the Society. *Contact Tom Klein 503/777-3176 for more information.*

Th FEBRUARY 24**Therapeutic Eurythmy**

PWS Eurythmy Room – 7 to 9 PM

This presentation by **Lesley Cox**, therapeutic eurythmist for Portland Waldorf School, is offered by the Micha-el Institute. *Please contact the Institute at 503/774-4946.*

Mo FEBRUARY 28***Donations requested by this date for PWS Auction***

Please contribute new items, programs, services and advertisements for the April 9, 2005 PWS auction by today. Contact Portland Waldorf School at 503/654-2200, ext. 475 or by email at auction@portlandwaldorfschool.org

Tu MARCH 1

Entries for April newsletter calendar are due today – send to Patricia Dair dair5@comcast.net

Th March 3***An Overview of Waldorf Education***

PWS Music Room – 7 to 9 PM

This lecture by **John Miles**, of the Micha-el Institute, begins four consecutive weeks on the Waldorf Curriculum. *Please contact the Micha-el Institute at 503/774-4946.*

Fr to Su, MARCH 4 – 6***Esoteric Christianity Weekend Conference***

Portland - TBA

Steven Usher will lead this lecture/workshop on the subject of esoteric Christianity. Four lectures and associated conversation sessions will take place during the weekend. Look for additional information on this event in the newsletter. *Call Valerie Hope for more information at (503) 775-0778.*

Th March 10***Before the Nine Year Change***

PWS Music Room – 7 to 9 PM

A lecture by **John Miles** of the Micha-el Institute on grades 1, 2 & 3 in the Waldorf Curriculum. *Please contact the Micha-el Institute at 503/774-4946.*

Fr MARCH 11***Send the High School Eurythmy Troupe to Tour in Europe Fundraising Dinner***

PWS Main Building – 5:30 to 8 PM (Also to be held on April 8)

To help the troupe to share its performances this year with audiences in England, Germany and Switzerland. Contact Portland Waldorf High School at 503/652-2200 to reserve.

Fr & Sa MARCH 18 and 19***Spring Equinox Workshop***

Bothmer Hall – Friday lecture 7:00-9:00 PM; Saturday Workshop 9:30 AM – 4:00 PM with a Pot Luck Lunch

Charles Forster and Chiaki Uchiyama will present a Friday evening/all day Saturday astrosophical workshop in relation to the spring equinox, focusing on the energy shift in Nature in the spring, the unique character of the current cultural epoch in relation to the vernal point, and transformational preparation of soul and spirit leading up to the time of Easter. Contact Charles at (503) 652-5169 or Chiaki at (503) 524-4265.

Su MARCH 20***Branch Meeting and Potluck***

Bothmer Hall – 1:00 PM - Tentative

A community-wide gathering of **Anthroposophical Society members and friends**. Contact Patricia Dair at 503/236-2205 for more information.

Th April 7***The Golden Age of Childhood***

PWS Music Room – 7 to 9 PM

A lecture by **John Miles** of the Micha-el Institute on grades 4, 5 & 6 in the Waldorf Curriculum. *Please contact the Micha-el Institute at 503/774-4946.*

Sa April 9***In a Spring Garden Benefit Auction for PWS***

Multnomah Athletic Club – Evening

Save the date for a grand time feting and favoring Portland Waldorf School. *Call PWS 503/654-2200 for more details.*

Th April 14***The Middle School Years***

PWS Music Room – 7 to 9 PM

A lecture by **John Miles** of the Micha-el Institute on grades 6, 7 & 8 in the Waldorf Curriculum. *Please contact the Micha-el Institute at 503/774-4946.*

Fr, Sa, Su - APRIL 15, 16 & 17***Portland Waldorf High School Eurythmy Troupe Performance***

Portland Waldorf School – See times below

The Great Peace, a Native American tale, will be performed on April 14, 15 & 16 at 7 PM. **The Three Sillies**, an English fairy tale, will be performed at 11 AM on April 16. Please call for more information at 503/654-2200.

Th April 28***Experiencing Art in the Waldorf School***

Portland Waldorf School Classroom – 7 to 9 PM

A presentation/practicum on **Form Drawing** in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

Th May 5***Experiencing Block Crayon Drawing in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on art in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

Th May 12***Experiencing Wet-on-Wet Painting in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on art in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

Th May 19***Experiencing Freehand Geometry in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on art in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

Look for more information, and save the dates:

JULY 24 - 28***Reincarnation and Karma***

In Portland

A seminar offered by the Michael Institute with special guest **Christof Wiechert** from the Goetheanum. To learn more, contact John Miles at 503/774-4946.

Tending the Flame: the link between Education and Medicine in Childhood today

Lecture by Philip Incao, M.D.
February 4th at 7:30pm

Dr. Incao will address the question: *what can we as parents, teachers, artists and scientists do to strengthen, equip and prepare our children to develop immunity to the societal and individual illnesses of our time, and to become the healers of illness, in its many guises, in our world?*

Philip Incao has had an active general practice of anthroposophic medicine since 1973, mostly in rural upstate New York, more recently in Denver, Colorado. He was featured in the July-August, 2003 Mothering magazine article, "The Healing Crisis: Don't Worry Mom-I'm Just Growing!"

Dr. Incao's special interest is strengthening the health of children against the increasing spirit-weakening influences of modern life, especially in education and healthcare. He lectures in Waldorf communities nationwide on the practical applications of a spiritual yet scientific understanding of the human being to healing and to education. He is also a member of the advisory boards of Alive and Well AIDS Information Network in Los Angeles, the National Vaccine Information Center in Virginia, and the Foundation for Health Choice in Washington, D.C

Three of Dr. Incao's essays on children's health are included in the book The Vaccination Dilemma, edited by Christine Murphy and published by Lantern Books (www.lanternbooks.com), also available from Steiner Books. He is also the father of three grown sons.

Portland Waldorf School
2300 SE Harrison, Milwaukie, Or. 97222
503-654-2200

COLOR...

Power to influence how we see, feel & think

**Veil watercolor painting workshop with Jennifer Thomson
February 5thall day**

A Soul Calendar verse by Rudolf Steiner will inspire our color work for this class. How can I enter into the soul mood of this verse with heart instead of head? With what sound, mood or movement do I respond to this verse? How would I depict it visually? We will strive to come to an inner feeling experience out of the color, so that an 'imagination' organically evolves from our living with and within it.

*Our artistic approaches will include charcoal and watercolor while exploring a variety of exercises.
Be daring and join us*

TUITION: \$50

Supplies: included...bring your favorite paint brush

Time: 9 to 12....lunch(bring your own) 1:30 to 4:00

Location: Portland Waldorf School

2300 SE Harrison

Milwaukie, Or. 97222

Date: February 5th, Saturday

Sign up: 503-654-2200 or 303-765-1441

Jennifer Thomson is a freelance artist, teacher and painter. Please check out her website:
www.phoenixartsgroup.org