

Portland Anthroposophic Times

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

Volume 1.1 January 2005

Dear Readers,

The Portland anthroposophical community owes a debt of gratitude to Tom Klein for his diligent and years-long effort to edit and publish the *Portland Anthroposophic Times*. During Tom's tenure as editor, the newsletter has informed Portland's anthroposophical community about events and important happenings of concern for the local Anthroposophical Society. Thank you Tom! We all wish you well in your retirement from this task.

The responsibility to carry forward the work of the *Portland Anthroposophic Times* and its service to the Anthroposophical community in Portland has been entrusted by the Portland Branch of the Anthroposophical Society to a five person team that includes: Chrystal Godleske, Patricia Dair, James Lee, Jannebeth Röell, and Diane Ramage. The newsletter team will endeavor to serve and support the work of the Portland Branch through this publication by following its purpose statement as our guiding principle.

THE MEMBERS OF THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY FREELY COME TOGETHER OUT OF THEIR COMMITMENT TO THE SPIRITUAL SCIENCE OF ANTHROPOSOPHY AS FOUNDED BY RUDOLF STEINER. THE BRANCH WILL STRIVE TO FURTHER THE LIFE OF THE SOUL BOTH IN THE INDIVIDUAL AND HUMAN SOCIETY BY BASING ITS ACTIVITIES ON ANTHROPOSOPHICAL IDEALS, WITH ALL THAT RESULTS FROM THEM FOR WARMTH IN HUMAN RELATIONSHIP, AND THE SPIRITUAL, MORAL, ARTISTIC AND CULTURAL LIFE OF HUMANITY.

There are and will be many opportunities for members and friends to participate in the Portland Branch and the newsletter will carry articles, calendars, and information to connect the readership with them.

We welcome your feedback and suggestions for making this newsletter the best possible communications organ for the anthroposophical community. Send us your questions, suggestions and submissions by e-mail to anthroposophy@earthlink.net or by voice and fax to 503-249-3804.

The Portland Branch Newsletter Team

SUPPORT THE PORTLAND BRANCH WITH YOUR DONATIONS HELP US BRING BENEFICIAL SERVICES TO THE COMMUNITY, SUCH AS

- ☆ Newsletter – The minimum cost to publish this newsletter is about \$1,500 per year.
- ☆ Support for artistic events, workshops and conferences helps us keep the costs down
- ☆ Scholarships for members who need help to attend community conferences and workshops
- ☆ Funds for outreach to new members and groups
- ☆ Community support to send messages of comfort, flowers, and offers of assistance to members in times of need.

Make your donation check to "Portland Branch of the Anthroposophical Society" and mail to:
Portland Branch of the Anthroposophical Society
c/o 3135 NE 17th Avenue
Portland, Oregon 97212

THE MISSION OF RUDOLF STEINER

The following article is a summary of a talk given by Ernst Katz, Ph. D at the anthroposophical conference entitled "Warm our Hearts, Enlighten our Heads", which took place November 5th and 6th, 2004 in Detroit, Michigan. The conference was held in association with the Anthroposophical Society's 2004 annual general meeting on November 7th.

—Report by James Lee, Portland, Oregon

What is a mission? A mission can be defined as a task that needs to be carried for the benefit of humanity. When a person becomes aware of such a task, they have a choice whether or not to accept it. If the person accepts, it becomes a part of their entire being. Rudolf Steiner accepted such a task.

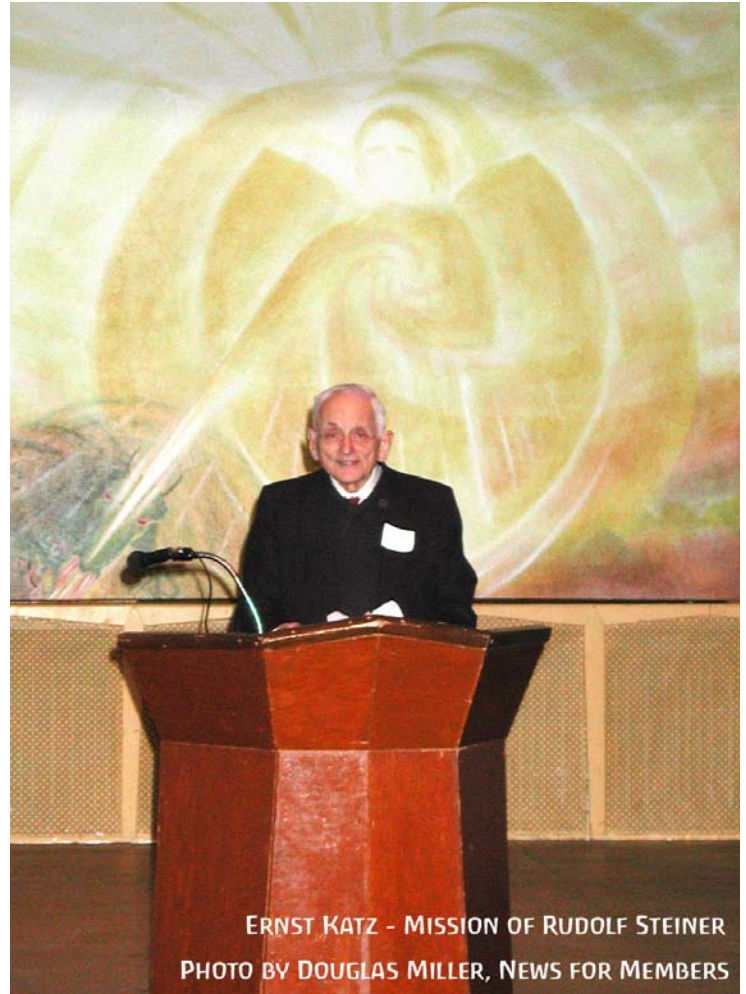
Rudolf Steiner tells us that any group has an archangel associated with it. The group can be a large nation, an interest group, a family. The rank of the archangel will likely be different for the family than for a larger group, say a nation. Early in the 16th century, a Sponheim monk named Johannes Trithemius (1462-1516) wrote that seven archangels lead humanity in rotation, each one's reign extending for 354 years, 4 months, and 4 days. He determined that in autumn 1879, the Archangel Michael would become the guiding spirit. At that time, Michael was raised above the other archangels to the top of the archangelic world. The Archangel Michael is the ambassador of Christ, and is the current leader of humanity.

Humanity has been led since ancient times by advanced teachers who founded mystery schools to further the evolution of humanity. Members of the mystery schools were called initiates. Contact existed between the initiates and the spiritual world and spiritual beings. These mystery centers were secretive; an initiate was called to his task, he didn't apply. Examples of great initiates include Zarathustra, the leader of the Persians, and Hermes, the leader of the Egyptians. (For more information about this subject read *The Great Initiates: A Study of the Secret History of Religions* by Eduard Schuré.)

As people's consciousness changed, the teachers eventually closed the mystery centers. Contact with the spiritual worlds faded away. Our modern, more awake consciousness became incompatible with the ancient mysteries. Then with the Mystery of Golgotha, a new kind of connection with the spiritual world became possible, one that is compatible with our modern day consciousness.

There are seven leading initiates who communicate and act in concert, although each has a particular mission. Two initiates work for the western world: Christian Rosenkretz, who taught in pictures -- his students worked in the world by day and communed with the spiritual world at night -- and a second who had the mission to make people aware of the

Mystery of Golgotha. In 1879 a special need arose when the Archangel Michael began to rule. He needed a new great initiate, the third great initiate to serve the western world. This initiate was Rudolf Steiner. He became the ambassador of Michael.



ERNST KATZ - MISSION OF RUDOLF STEINER
PHOTO BY DOUGLAS MILLER, NEWS FOR MEMBERS

Rudolf Steiner had a special connection with Michael, which can be illustrated through three events in his biography. First, at Rudolf Steiner's birth, the midwife made a mistake and he almost bled to death. He was in critical condition and his parents thought it appropriate to have the child baptized right away. The local neighborhood church was not equipped to do an emergency baptism and consequently the parents had to make a difficult trip with the child to a nearby town and its St. Michael church. In this church, which was ruled by the Archangel Michael, Rudolf Joseph Lawrence Steiner was baptized. Second, toward the end of his life, Rudolf Steiner gave a last lecture on September 28, 1924. Rudolf Steiner concluded the evening with a verse about Michael, his last public words that pointed to Michael as the Christ-messenger. Third, Rudolf Steiner, who was clairvoyant, could perceive the living forces in nature. In 1879, when he was 18 years old, he moved with his family near Vienna so he could attend a technical school there. While on his daily train commute to school, Steiner met Felix Kogutski, a factory worker who in his spare time was an herb gatherer. Steiner was able to speak to Felix about his spiritual experiences. Felix introduced

Rudolf Steiner to another man in Vienna who was a real initiate. This initiate taught him how to deal with the dragon of materialism -- get into its skin. The initiate also awakened in Steiner an awareness of who he was. When they parted after a long weekend together, the initiate said to Steiner, "Now you know who you are. Act accordingly, and always be true to yourself." In the Delphi Mystery temple in Greece, above the portal were the words, "Know yourself." So it is likely that Rudolf Steiner was initiated in this meeting.

Rudolf Steiner did not speak for 21 years about his spiritual experiences but worked to enter into the skin of the dragon. He continued his studies and undertook other work. An initiate waits until he is at least 40 years old before beginning to teach. Rudolf Steiner began to teach in 1901. In an archived letter written by Rudolf Steiner to Marie von Sievers (later Marie Steiner), Steiner says he could have continued as a writer or an art critic, but nightly he was visited by the masters imploring him to go to work for humanity, to accept the mission in a way that is compatible with the modern mind. Because he had gone into the dragon's skin, they told him, "You have what is needed. We cannot do it." Rudolf Steiner accepted the mission. Anthroposophy is the external manifestation of this mission.

Four important points to consider with regard to Rudolf Steiner and Anthroposophy:

1. If ever Anthroposophy becomes disassociated from Rudolf Steiner, it will turn into a theory, and not one of the best. It will become a tool of Ahriman.
2. A common characteristic of all that Rudolf Steiner produced (e.g., eurythmy, verses) is the effect of taking you slightly out of your physical body when you become involved with them. Everything an initiate does has his stamp. This is a test.
3. Our civilization will never become healthy unless we succeed in closing the gap between the living and the dead. Reading to the dead provides a great benefit to them. This is best when done alone because it is important to have a concentrated image of the departed while reading. Ask a question of the dead in the evening and listen in the morning for a response. If this connection becomes an aspect of our civilization, then health will ensue.
4. It is possible to access the initiates, even if you haven't met them on earth. Why not ask questions of Rudolf Steiner? If we have read his works, then we have a connection with him. Initiates can receive such requests and respond. Modern initiates like Rudolf Steiner want to be a counselor and friend. They have no interest in limiting our freedom. True initiates are the best guardians of inner freedom. We have a potential friend in Rudolf Steiner who will act if we seek him out. Connect with him as a wise and faithful friend in as living a way as possible.

When Rudolf Steiner reestablished the Anthroposophical Society at the Christmas Conference in 1923, he said it was

necessary to take this step because not enough members were willing to make the necessary sacrifices and some were using the Anthroposophical Society as a springboard to serve their own idiosyncrasies and projects. The first Anthroposophical Society was beyond repair: a new way of working was needed. Members of the Anthroposophical Society should not approach the organization in terms of how much they get for their dues. Instead -- and think here of how we approach the Red Cross -- we must understand that our dues are going to a worthy cause that we support.

In closing, I would like to say how happy I am with the new direction of the Anthroposophical Society in America. During the past ten years an effort at outreach has not produced desired results. A balance between "in-reach" and outreach must be achieved for the Society to develop into the future. In-reach is the act of connecting with members and their work. I am very happy with the selection of MariJo Rogers as General Secretary, who will be responsible for inner work and contact with the members of the Anthroposophical Society here in the United States.

Notes on the speaker, Ernst Katz, Ph. D.

For 33 years, until his 1980 retirement, Dr. Ernst Katz was a professor of solid state physics at the University of Michigan. Prior to 1946, when he was invited to join the faculty of the University, he was engaged in research in photosynthesis at the Rockefeller Institute of the University of Utrecht (Netherlands), where he also obtained his Ph. D. in physics. He has been a student of Rudolf Steiner and anthroposophy for nearly seventy-five years and served many years actively on the Council of the Anthroposophical Society of America. He was also president of the Rudolf Steiner Institute of the Great Lakes Area in Ann Arbor for many years and on the boards of directors for Waldorf schools in Ann Arbor and Detroit. He has published many articles and books on Anthroposophy, including *About Your Relationship with Rudolf Steiner*.

PORTLAND BRANCH

EASTER PROGRAM

The Portland Branch is hosting a series of four lectures on Esoteric Christianity by Steve Usher in Portland March 4th – 6th, 2005. See the following article for a summary of the work. More will be written on this important event in forthcoming newsletters.

MOTIVATION FOR A SEMINAR ON RUDOLF STEINER'S SPIRITUAL SCIENTIFIC RESEARCH INTO ESOTERIC CHRISTIANITY

By *Steve Usher, Keene, New York*

From a certain perspective it can be argued that the appearance of Rudolf Steiner's spiritual science at the beginning of the 20th Century was a necessity for human evolution. It came to earth after the scientific revolution and rationalism had turned humanity's consciousness outward to the material world in a way unprecedented in human history. The scientific revolution and rationalism were also necessities for they made possible selfless observation, which is a goal in itself, additional to the harvest of natural scientific laws and the resulting technology. The scientific revolution and rationalism brought human beings ever deeper into materialism. A consequence of the materialistic perspective was a loss of connection with the central impulse of earth evolution, the Mystery of Golgotha. In olden times people were connected with the Christ Impulse through their feelings and, indeed, the spread of Christianity did not occur, primarily, through the work of spiritual insight and esoteric scholarship. On the contrary it spread from heart to heart through the agency of simple people who had an inner feeling conviction but not a deep understanding. The consequence of the scientific revolution and rationalism was a diminution of the old feeling connection to the Christ Impulse. By the early 20th Century the time had come when mankind needed to form a new type of connection to the Christ Impulse out of real understanding. The old way would no longer function but a new way was now open which could be built on the capacity for selfless observation won through natural science. The necessity behind the emergence of spiritual science was the need for an approach to the Christ Impulse through reason and understanding based on spiritual scientifically discovered facts. Lacking an understanding among human beings of these facts the Christ Impulse cannot continue its development among mankind; that impulse waits, dormant, for human beings to awaken an understanding in order for it to continue its work in human evolution. Recognition of these ideas is the motivation for a four-lecture seminar on Steiner's fundamental spiritual scientific findings on esoteric Christianity. The other important component of the motivation for a seminar is the dictate of the great Michael School which occurred in the spiritual worlds in the 16th, 17th and 18th Centuries, and the dictate to gather together human beings and communicate the essentials from mouth-to-ear and not to regard the effect of the printed word as of foremost importance.

(The Portland Branch is hosting a series of four lectures on Esoteric Christianity by Steve Usher in Portland March 4-6, 2005. Are there people in the community who would like to stand behind this event to encourage and support it? Call Valerie Hope about your interest at (503) 775-0778 to discuss what the branch needs.)

STAR LIGHT

By *Diane Ramage, Portland, Oregon*

Greetings! I hope to provide each month a brief contemplation of the virtue of the month, as well as a bit of star light on current star conditions.

For December 21 - January 21, when the Sun is in the sign of Capricorn, Rudolf Steiner gives the virtue: "Courage becomes the power to redeem." He said that people in the past valued virtue, whereas modern man instead strives for health. Consider how often we think and act on health issues, and how rarely call virtue into consciousness.

Janus (January's namesake) was a two-headed god of doorways, thresholds. He looked back to the past and forward to the future. We still observe the tradition of making New Year's resolutions, to try to transform something we may not be so proud of in our past character or actions. Capricorn, ruled by Saturn/Chronos, has a keen sense of time. In the Saturn realm after death, we resolve to take what we have learned of our past karma and head towards incarnation resolved to make amends and do better in our next life. The courage to meet our destiny as it comes towards us in life, accepting that we have helped to mold this destiny by our past thoughts, feelings, and deeds, this courage has the power to redeem. We need courage to not shy away from or bemoan the people, tasks or events we dislike, but to look at the big picture in the vast stretch of incarnations, and take responsibility for what our ego has created, to face with gratitude, equanimity, openness and love all that comes our way.

During this month, very little will be observable in the night sky, since so many planets are close to the sun. On 1/13/05, Saturn is opposite the Sun. Around 10 p.m. you can view Saturn about mid-way from east to west in the southern sky on the ecliptic, where the constellation of Gemini meets Cancer. Orion will be to the right. If you rise early at 5:30 a.m. on Saturday 1/8/05 you might see Saturn setting in the west in Cancer, Jupiter mid-way in the south in Virgo, and Mars will be rising in Scorpio in the east, though probably not visible. The inner planets Venus and Mercury will be walking hand in glove with each other this entire time as morning stars, through the realm of thought, resolve (there joined by Mars and Pluto) and into thought-filled dialogue with the outer world. 12/26/04 is full moon, 1/10/05 is new moon. Our karma plays itself out at full moon. At new moon we can receive new spiritual impulses.

Since we carry as well the karma of the earth, current planetary historic similarities could be enhanced by meditation on the last 1½ years of Christ; observing the influence of Arabism and natural science and thinking of how Spiritual Science can redeem it; on the reclamation of the consciousness of threefoldness of body, soul and spirit that was lost in 869 AD when the dualism of body and soul took over; and a theme that has been ongoing -- hate, instead of compassion and love if religious sects fail to recognize the spirit in each other.

SOME THOUGHTS ON ANTIDEPRESSANTS

By Joan Takacs, DO, Portland, Oregon

Some of the most frequently used medications fall under the general heading of serotonin uptake inhibitors, or antidepressants. Recently English scientists reported that Prozac is so prevalent as to be detectable in ground water and rivers. There are many neurotransmitters, or chemicals in the body that enhance neurological activity. An electrical impulse traveling down one nerve jumps a gap, or synapse, to spread its activity to the next nerve in a pathway. The presynapse (membrane before the gap) is stimulated to release neurotransmitters. There are many. Serotonin, norepinephrine, dopamine will facilitate the transmission and then be taken up again by the presynaptic vacuoles to be present for the next impulse. The class of medications, serotonin uptake inhibitors, keeps the serotonin in the gap. An analogy can be given to assist understanding. If the function of the nerves themselves is intact, they are like ceiling lights in a room. If the light switch is a rheostat, the more it is turned up the brighter the room becomes. Serotonin is like the rheostat. It ramps up the power to the nerve system. More energy, warmer, it regulates gut motility, improves sleep and appetite and decreases pain. But if the room gets too bright we can not see well. What would we do to see better? We would dim the lights and turn on a spotlight. Focus and concentration are aided by the neurotransmitters norepinephrine and dopamine. Serotonin is produced in the gut, affects the brain, and is eliminated by an unusual organ, the lung. In Anthroposophical medicine we speak of two types of depression, lung and liver (gut) types. The production of these chemicals is produced by adequate sleep, aerobic exercise, and to certain extent nutrition. We do not function well without adequate physical exercise and sleep. The chemicals are not produced by wishing one was happy and energetic. A common scenario is for a patient to have a major stress or illness and then become sleep deprived and quit exercising. Neurotransmitter levels drop and then they feel even less motivated and less likely to exercise. Insomnia or its opposite, hypersomnolence, becomes problematic. These conditions alone can cause pain even in the absence of any physical abnormality. Postmenopausal women have a drop in estrogen and this further decreases serotonin making the need for exercise even more pressing.

Clinical depression is not synonymous with sadness. One can be sad, face tremendous life hurdles and still have good energy and even feel joy in the connection to the spiritual world. Depression is slowed down; loss of interest, pain, there can be insomnia, lack of facial expression, decreased or increased appetite, etc. Chronic fatigue, fibromyalgia are specific forms of depression. The whole body is slowed (depressed) in its function. Thinking and feeling continue to function but may be slowed down and confused. Patients think and feel, feel and think, but cannot do. The will is cut off. Counseling can help in the understanding of the situation

but does not change it. That requires movement. Free conscious will is best where each movement is purposeful as seen with eurythmy or spatial dynamics. I observed a highly motivated individual use spatial dynamic training to turn it around by learning and practicing the correct way to reach for an object. It is very hard for a depressed person to consciously change their movement, but it is a triumph to watch. "Antidepressants", serotonin, norepinephrine, and dopamine reuptake inhibitors are at times necessary when the condition is severe enough that the individual cannot function. They can alleviate the symptoms but for true healing exercise is still necessary. The medications pose some challenges. Like any medicine they have side effects. The down side less discussed is the effect on inner work. Life can go so smoothly that the individual is too emotionally flat. In our time thinking, feeling, and willing need to be directed to start to separate in a healthy way. For example one can do something one is afraid to do in order to help another. These medications reconnect thinking, feeling, and willing to a more instinctive state. Patients feel more in balance. Achieving results from meditative work, art therapy, eurythmy, etc. becomes harder. The ideal is to catch the process early when laziness starts to tempt us to exercise less. Some illnesses preclude adequate sleep and exercise and can be a set up for the cycle. A physician can help determine when exercise can be safely resumed and can separate pathological causes of illness with associated fatigue from low neurotransmitters, and depression. None of us are immune from this syndrome. Some are at greater risk due to genetic predispositions. Untreated depression in a pregnant woman increases the risk of the disease later in life in that child exposed to the chemical imbalance in her womb. It is important to point out that the healthy melancholic temperament is clearly something different than depression. The topic of antidepressant medications use in children is controversial. Some lives have been clearly saved by the medications but in others the suicide risk increases. In rat studies juveniles given medications had profoundly more depressive traits as adults.

Given the profound ameliorating effects of these medicines on the symptoms of depression and anxiety we are challenged to value the subtle progressively strengthening benefits of the combined Anthroposophical approach which includes the remedies, movement therapies, and higher awareness of the biography and life issues.

The Portland Branch of the Anthroposophical Society is seeking volunteers to be part of its Program work group. Work will involve identifying speakers and programs of interest to membership, developing schedules, outreach and facilitation. If interested, please call James Lee at (503) 249-3804.

THE VOWELS IN EURYTHMY

By Don Marquiss, Portland, Oregon

In eurythmy the vowels are expressive of our soul experience. One can look at them as expressing an evolution from the threshold of birth to the threshold of death.

This is most apparent in the instrument of the larynx as they are spoken in a sequence from the back of the throat beginning with A moving through E, I, and O and finally to U, which is furthest forward in the mouth. Try this for yourself and feel where the placement of these five vowels rest in your throat. The archetypal gesture exists regardless of language. It is most easily followed in the German archetypal vowel sounds of A (ah), E (eh), I (as in me), O (oh), U (as in true). What you experience in the larynx in sounding these vowels becomes gesture in eurythmy.

Imagine the sequence as a picture of life: A as its beginning and U as its culmination.

- A – The expression of infancy, being open to the world.
- E – First meeting with the world as a separate being.
- I – experience of individuality
- O – Capacity to embrace others in the world
- U – Unity and capacity to receive and give

Through eurythmy we can become more aware of these elements in our soul nature.

THE IMPULSE OF ASTROSOLOGY

By Charles Forster and Chiaki Uchiyama, Portland, Oregon

Since antiquity, astrology has provided an ensouled world view based on an a premise of sacred inter-relatedness and purpose in all existence. As recently as the exuberant flowering of the Renaissance a divine cosmic, astrological orientation provided the esoteric basis uniting art, science, and religion in the European world. At this time there was no differentiation between astrology and astronomy. Astronomy provided the positions of the planets and astrology provided meaning. During the time which followed Copernicus' postulation of the sun, rather than the earth, as the center of the world however, astrology began to be superseded by an empirical astronomy based on a developing world view of scientific materialism. The astrological tradition outwardly disappeared in the Western World until it resurfaced in the Occult Revival of the late 1800's and early 1900's -- the esoterically rich period in which Anthroposophy came into being.

There are many people today who experience a healthy inner longing toward the starry world, and who sense its spiritual nature, but for the majority of contemporary humanity, the Cosmos, when actually contemplated, is considered only in an

abstract way, within the all-permeating frame of reference of scientific materialism. From this perspective the starry heavens become nothing more than so much lifeless rock and gases floating in empty space. From this same world view the human being is a more or less accidental and purely physical entity related to Nature and Cosmos exclusively on the basis of shared composition of material substances and the mechanical laws to which these substances and the forms arising from them are subject, whose consciousness is the chance result of chemical reactions in the brain, and whose spiritual aspirations are merely psychological compensations for an ultimately meaningless existence. Alien in the world we inhabit, out of balance with Life, neurotic and with alarmingly increasing frequency psychotic – such is the negative pole of the collective condition of our time, the concluding phase of the Fifth Post-Atlantean Epoch, (the astrological Age of Pisces), in which the Human Being, Nature, and Cosmos are no longer experienced as interwoven and ensouled. This is a condition which must be remedied.

Humanity is no longer clairvoyant or directed by the gods. This is a time, therefore, in which the human being must, out of his own forces and initiative, restore his awareness of the spiritual world and come to a living understanding of his relationship to it. It is the age of the “consciousness soul,” when out of the power of the individuating human “I” the human being must take responsibility not only for his own spiritual development, but also for the evolution of humanity as a whole.

Astrosophy as a particular path for spiritual development within the Weltenschaung of Anthroposophy was initially nurtured by Willi Sucher, who carried it to the West Coast of the United States, and in Dornach, by Elizabeth Vreede, who was appointed by Rudolf Steiner as the first head of the Section for Mathematics and Astronomy in the School of Spiritual Science. At present, a relatively small and dedicated number of anthroposophists focus their intention on this path, developing it further, for Astrosophy is not a finished work. Neither its form nor its content have crystallized into exclusive dogma. It is an impulse still in its beginnings, an impulse still being formed, an impulse carried in the hearts of people who are enlivened by a longing for a re-ensouled connection with the World of the Stars. Astrosophia, “Wisdom of the Stars,” can be imagined as a divine spiritual being whose task it is, within the world mission of Anthroposophia, to guide humanity toward this reconnection. As Biodynamics represent a renewal of agriculture, Waldorf pedagogy a renewal of education, Eurythmy a renewal of the sacred temple dances of the ancient mystery centers, so does Astrosophy represent an anthroposophically inspired renewal of astrology.

Beginning with next issue of the Portland Branch Newsletter, Charles Forster and Chiaki Uchiyama will contribute a monthly astrosophy column for interested readers.

Portland Anthroposophical Society Calendar - January 2005

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, beginning January 8th - 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, resuming January 19. *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

Fr DECEMBER 17 2004

The Paradise and the Shepherds' Plays

Portland Waldorf School - Paradise at 7:30 PM, Nativity at 8:15 PM

This time-honored and beloved drama is offered as a gift to children and adults by the students of the **Micha-el Institute**. *Contact Portland Waldorf School at 503/654-2200.*

Su DECEMBER 19

4th Advent Reading

3135 NE 17 AVE from 7 to 8:30 PM

Third of a four-part reading of two works by Rudolf Steiner, The Four Sacrifices of Christ and The Pre-Earthly Deeds of Christ. *Please contact James Lee at 503/249-3804.*

Su DECEMBER 26, 2004 to JANUARY 6, 2005

Holy Nights Readings

You are cordially invited to join one or all of the 12 consecutive readings of Steiner's 1910 lecture The Gospel of St. Matthew, held on each of the 12 holy nights. *Call Tom Klein for more information at 503/777-3176.*

Su 12.26 **John & Joan Takacs**, 3628 SE Tenino Street, 503/775-5004

Mo 12.27 **James Lee & Jannebeth Röell**, 3135 NE 17th Avenue, 503/249-3804

Tu 12.28 **Kathy Kremer** 1040 SW Oak Terrace, Lake Oswego, 503/636-1977

We 12.29 **Sara Genta**, 116SE 34th Avenue, 503/772-3313

Th 12.30 **Cheri & Martin Munske**, 7652 SE Lincoln Street, 503/772-2632

Fr 12.31* **Tom & Ruth Klein**, 3609 SE Center Street, 503/777-3176

**Stay and celebrate the New Year including the dropping of lead*

Sa 1.1 **Carrie Jo Carylus**, 703 SE Harney Street, 503/239-5633

Su 1.2 **Pam & Dave Guettler**, 19265 SE Heuke Road, Boring, 503/658-8197

Mo 1.3 **Kevin & Celia Kane**, 1805 SE 33rd, 503/35-9067

Tu 1.4 **Chrystal Godleske**, 2327 SE 85th Avenue, 503/772-1118

We 1.5 **Sacha & John Etzel**, 10836 SW Dover, Tigard, 503/639-1678

Tu to Sa DECEMBER 28, 2004 – JANUARY 1, 2005***Eurythmy for Everybody!***

In Portland – Mornings from 10 Am to noon, with an afternoon presentation on Saturday, January 1

Join with us for five days of eurythmy to celebrate the holidays. All are welcome, from trained eurythmists to those new to it. Contact [Portland Eurythmy](#) at 503/233-0663 or 503/236-2205 to attend.

Th JANUARY 6**Three Kings Play** [Portland Waldorf School Music Room – 7 PM](#)

A beloved performance for the season, offered by the students of the Micha-el Institute to all community members and their guests. Hosted by Portland Waldorf School at 2600 SE Harrison Street in Milwaukie. Call 503/774-4946 for more information.

Mo JANUARY 3

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

Su JANUARY 9**Biodynamics Lecture and Study**

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

Please join us this winter for eight weeks of cozy revitalization on 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.

Mo JANUARY 10**Waldorf School Open House**

[Portland Waldorf School – 7 to 9 PM](#)

An hour of presentations on Waldorf curriculum, then walk through the classrooms, meet teaches and observe students' ongoing work. For information, call [Maya Muir](#) 503/654-2200, ext. 207.

Su JANUARY 16**Branch Meeting and Potluck**

[Bothmer Hall – 12:00 Noon until 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 name and how we make choices and take action together. Please join in to meet our branch purpose through group work. Contact [Tom Klein](#) 503/777-3176 or [Patricia Dair](#) 503/236-2205 for more information.

Mo JANUARY 17 Martin Luther King Day**Planning for an All 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**Community-building Suggestions from Rudolf Steiner**

[Portland Waldorf School – 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**

[Portland Waldorf School – 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.

FR JANUARY 21**The Importance of Warmth and Rhythm for the Young Child**

[Portland Waldorf School – 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 School](#) at 503/652-2200, ext. 207 to reserve.

Sa JANUARY 22 & 29**Home Health Care Workshop**

Portland Waldorf School – 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 School at 503/652-2200 to reserve.* See flier and registration form on pages 11 and 12 of the newsletter.

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.

Cost for the workshop is \$15. *Call Diane at 503/240-0908 to reserve.*

WED JANUARY 26**The Waldorf School as an Expression of the Threefold Social Order**

Portland Waldorf School – 7 PM A lecture by **John Miles** of the Michael Institute. *Please contact the Institute at 503/774-4946.*

Th JANUARY 27**The Tasks for Humanity at the Present Time**

Portland Waldorf School – 7 PM A lecture by John Miles of the Michael Institute. *Please contact the Institute at 503/774-4946.*

Fr JANUARY 28**Send the High School Eurythmy Troupe to Tour in Europe Fundraising Dinner**

Portland Waldorf School – 5:30 to 8 PM

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

Sa JANUARY 29**The Art of Water**

PNCA - 9 AM to 4 PM

An experiential workshop for those who wish to deepen their relationship to living water. Led by Portland Waldorf School parent and artist **Anne Mavor**, in the tradition of anthroposophists Theodore Schwenk and John Wilkes. Funded in part by a grant from RACC to enable artists to engage in public art opportunities where water is a theme. Scholarships available. *Please contact Urban Water Works at 503/452-3154 for more information.*

Wed FEBRUARY 2**Game Boys, Computers & TV**

Portland Waldorf School – 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.*

Fr FEBRUARY 4**Entries for March newsletter are due today – send to Patricia Dair dair5@comcast.net****Fr FEBRUARY 4****The Healthy Child**

Portland Waldorf School – TBA

Dr. Philip Incao will give a lecture to the public in the Music Room at Portland Waldorf School. Lecture time 7:30. More information will be forthcoming in the next calendar.

Sa FEBRUARY 5***The Mystery of Incarnation in Blood & Nerves***

Portland - Bothmer Hall

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. *To register, contact James Lee at 503/249-3804.*

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.*

Fr MARCH 4**Entries for April newsletter are due today – send to Patricia Dair dair5@comcast.net**

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 James Lee for more information at 503/249-3804.*

Fr MARCH 11

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

Portland Waldorf School – 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 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.

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.*

WARMTH AND RHYTHM FOR THE YOUNG CHILD

A public lecture with Jannebeth Röell, RN

Friday, January 21, 2005, 7:00 p.m.

Portland Waldorf School

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. How can we improve our conscious parenting to help a child who is ill? What is meant by rhythm and warmth in relation to the developing child? These topics and more will be addressed in this evening lecture for adults.

Admission is free, no reservations required.

Call the Portland Waldorf School at 503-654-2200 for more information.

Natural Home Health Care Workshops with Jannebeth Roell -- sign up today!

Session 1, Saturday, January 22, 2005, 9 am to noon

- The importance of warmth and fever
- Demonstration and practical applications of the lemon calf wrap
- Demonstrations of therapies for ear infections, sinus problems, cold and cough

Session 2, Saturday, January 29, 2005, 9 am to noon

- Importance of rhythm
- Demonstration and practical application of chamomile compress
- Nutritional bath or footbath

All participants should bring a pillow, bath towel and blanket.

Both sessions at Portland Waldorf School. Fee: \$20 for one session, \$30 for both.

Call the Portland Waldorf School at 503-654-2200 to sign up or to receive a registration form.

Portland Waldorf School
2300 SE Harrison Street, Milwaukie, OR 97222
503-654-2200

About Jannebeth Röell

Jannebeth Roell hails from the Netherlands where she co-founded and worked for over 15 years as a registered nurse at the Tobias Clinic, an outpatient clinic where Anthroposophical medical principles were applied. Since 1970 she has taught accredited home health courses to doctors, nurses and lay people nationwide. Jannebeth co-founded the Anthroposophical Nurses Association of America, a nonprofit organization that supports certification courses in Anthroposophical nursing for registered nurses and the public. She has worked as an art therapist with a wide range of patients, including those with dual diagnoses and AIDS, as well as the homeless.

NATURAL HOME HEALTH CARE WORKSHOPS WITH JANNEBETH RÖELL

Information and Registration Form

Session 1, Saturday, January 22, 2005, 9 am to noon

- The importance of warmth and fever
- Demonstration and practical applications of the lemon calf wrap
- Demonstrations of therapies for ear infections, sinus problems, cold and cough

Session 2, Saturday, January 29, 2005, 9am to noon

- Importance of rhythm
- Demonstration and practical application of chamomile compress
- Nutritional bath or footbath

All participants should bring a pillow, bath towel and blanket.

Both sessions at Portland Waldorf School. Fee: \$20 for one session, \$30 for both.

Mail the bottom half of this form to Portland Waldorf School no later than January 14, 2005

2300 SE Harrison Street, Milwaukie, OR 97222

Call 503-654-2200 with questions or more information.

Plan to attend Jannebeth Röell's lecture on January 21 at 7:00 p.m. at PWS!

"Warmth and Rhythm for the Young Child."

Admission is free. No reservations required.

Home Health Care Workshop Registration. Please print clearly.

Name _____

Address (street, city, state, zip) _____

Phone _____ Email _____

Please check all that apply. Fee is \$20 per session, \$30 for both sessions.

Session 1 _____ Check enclosed (made payable to PWS) _____

Session 2 _____ Charge my Visa or MC _____

Card # _____ Exp. date _____

Thank you! Please mail to PWS, 2300 SE Harrison Street, Milwaukie, OR 97222 by January 14, 2005