

Portland Anthroposophic Times

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

www.portlandbranch.com

Volume 2.03 March 2006

A HISTORY LESSON WITH RUDOLF STEINER



By Walter Johannes Stein (1891-1957). From the Present Age, a monthly journal published as Volume 1, No. 8, July 1936.

The great educationalist Rudolf Steiner has indicated an important method of history teaching which avoids the tedious learning of dates by heart. To illustrate the method he used to call two boys out of the class and make them stand one behind the other. He said to the boy behind, "Put your hands on the shoulders of your comrade who is in front of you." Then turning to the class he said, "You see these two. Imagine that the one in front is your playmate, but the boy behind is not; he is the father of the one in front. Now you will understand that the two of them, if they are true to their parts, will be seeing the world in quite different ways, for they belong to different generations. And if I now got a third boy to stand behind these two, you would have father, son, and grandfather, and they together would represent an entire century, for there are three generations in every century." Then Dr. Steiner let the children find how many boys would have to stand in a row in order that their memories - each of them playing his true part - might reach back to Charlemagne. Thus he made clear to the children that we are living 33 generations after Charlemagne.

When the children had got used to looking at the course of time and history in this way, he made them do another exercise. The children must keep to their parts; each one must really represent the time and point of view corresponding to the place he had taken. He now bade them describe various aspects of everyday life. For example, he would ask, "What do you do when you go on a journey?" The boy in front would reply, "I go by airplane or Zeppelin"; the second boy, "I go by railway train"; the third, "I have to take the mail-coach." And then of course there were still slower journeys. With the help of such exercises Dr. Steiner contrived to give the children a living idea of Time. After a while he went on to something different. He no longer made the boys stand one behind the other, but he let one and the same child take a jump backward - once, twice, three times - each backward jump to represent a generation. The child was to imagine how the whole picture of the world would change every time he jumped a generation back, or after every three jumps when a whole century had elapsed. Dr. Steiner expected the history-teacher to bring this movement to and fro among the centuries and generations to perfection and to be able without embarrassment or hesitation to follow the course of history in this way. And I may recommend this to my readers too. I can imagine it developing into a new drawing-room game, as entertaining as it would be instructive.

THE PORTLAND BRANCH RATIFIES ITS BYLAWS

By Jannebeth Röell and Diane Rumage

New bylaws were approved for the Portland Branch at a meeting held Sunday, January 22, 2006 in Bothmer Hall. Twelve members attended the meeting, which opened with all present speaking the threefold America verse given by Rudolf Steiner to Ralph Courtney. The bylaws election process was the topic of discussion and questions asked by participants for clarification were answered. The Branch Purpose Statement was read. A review of the bylaw process history was followed by a reading of comments, suggestions and concerns expressed on the ballot cards received from members. Votes received from members by mail and from those present who had not voted by mail were counted. The result with thirty votes total is 27 votes positive in support of the bylaws, 2 votes not supporting the bylaws, and 1 abstention. A motion was made to approve the Bylaws and the Bylaws were approved. The first order of business is to form a nominating committee to identify potential members of the Council of Trustees. This was done. *The Election of Trustees will be the topic of the February 26th members meeting.* The meeting was closed with a reading of the threefold verse by all present.

REPORT FROM THE GENERAL COUNCIL

By James Lee, Portland, Oregon

The General Council of the Anthroposophical Society in America provides vision and establishes goals to support the mission of the Anthroposophical Society in America. It also provides financial and legal stewardship for the organization. Its ten members regularly meet to consider and administer to the Society's needs. I joined the Council in October 2005 and attended a retreat at Rudolf Steiner College in Sacramento, California in January. This is a brief report on our work. I intend for it to be the first of many.

Makeup of the General Council

The General Council has ten members, including MariJo Rogers (National General Secretary), Joan Almon (International General Secretary), Linda Connell (Western Regional Council Representative), Lori Barian (Central Regional Council Representative), Terry Howell (Eastern Regional Council Representative), Douglas Miller (Editor, News for Members), Gayle Davis, Marsha Post, Gordon Edwards, and James Lee.

Christmas Foundation Meeting Study

The Anthroposophical Society was founded by Rudolf Steiner at the Christmas Foundation Meeting that took place between Christmas and New Year's Day 1923-1924 in Dornach,

Switzerland. The General Council is studying notes from this meeting to enhance its understanding of Rudolf Steiner's intentions when he brought together the spiritual impulse of anthroposophy and the members of the Anthroposophical Society. (The Laying of the Foundation Stone, Lectures, Addresses, Discussions and Statutes are included in *The Christmas Conference for the Foundation of the General Anthroposophical Society 1923/1924*, Anthroposophic Press, 1990).

Activities of the National General Secretary

MariJo Rogers continues her outreach to members, groups and branches across the country, regularly visiting and having conversations with them. She is also guiding the Membership Enrichment Program, a component of the Anthroposophical Society's Four-Points Program described below. Look for her activities report in the next *News for Members* edition.

IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (503) 240-0908.

2005 FINANCIAL REPORT

Donations	\$2,140.00
Expenses	(\$1,505.07)
Ending Balance (12/31/05)	\$ 634.93

It is now time for you to renew your commitment to support the newsletter through 2006. We need your contributions to continue our work. Please make your checks to Portland Branch of the Anthroposophical Society and send them in whatever amount you can to:

**Portland Branch of the Anthroposophical Society
c/o Diane Rumage
7024 N Villard
Portland, OR 97217**

The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the community.

Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School and the Cedarwood Waldorf School. The newsletter and calendar are also posted on the Portland Branch website at www.portlandbranch.com.

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.

Editor:.....James Lee
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The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for the following month's edition. Articles or calendar submissions for the April 2006 newsletter must be received by March 1st.

Worldwide Fund Pilot Project

The Worldwide Fund is designed to communicate anthroposophically based work to those individuals, groups and organizations that use and enjoy the benefits of the work. This audience includes many people who are not members of the Anthroposophical Society. This project will invite these people to learn about the Anthroposophical Society, the Goetheanum and the School for Spiritual Science while seeking to provide financial support for the development of the Anthroposophical Society both nationally and globally. The program of international projects is spearheaded by Cornelius Pietzner, a member of the Society's Executive Council in Dornach, Switzerland. Joan Almon is heading up this effort for the Anthroposophical Society in America during its three year pilot phase that was just approved.

Four Points Program

Four programs guided by the General Council are under way. The Membership Enrichment Program is working to make the legacy of Rudolf Steiner and anthroposophy more active and accessible to members, groups and branches. Its Traveling Speakers Project will provide a means for small groups in remote settings to enhance and grow their anthroposophical work while allowing them to develop a meaningful relationship with the Anthroposophical Society. The Finance and Governance Program is studying the Anthroposophical Society's finance, governance and administration to fully assess needs. It is currently assisting with the restructuring of the Society's administrative office in Ann Arbor. The Inner Work Program is developing meditation workshops and presentations on the work of the School for Spiritual Science and its several sections. The Collaboration Program is working on how to foster collaboration between the Anthroposophical Society and groups, businesses and institutions working out of anthroposophy. This group will facilitate a series of workshops and eurythmy performances across the county based on the Foundation Stone Meditation.

Office Enhancements

Administrative functions for the Anthroposophical Society are largely served by its office in Ann Arbor. The imminent retirement of the office's Administrative Director provided the General Council with an opportunity to evaluate how the office and its staff might be structured to provide greater benefit for the Society and its members. The redesign group is leading this effort. As a first step, the responsibilities of two existing employees have been expanded to provide improved membership and financial services. Marian León is the Membership Director and Winnie Han is the Financial Services Director. The Council is in the process of evaluating a third position to lead development and communications efforts for the Anthroposophical Society.

News for Members is to have Increased Reporting

Some of you may be looking for the current national *News for Members* edition in your mail boxes. Douglas Miller is the editor of the publication. He informed me that an expanded

double edition is in the works and is expected to be a number of weeks to publication. Expanded reporting from various initiatives supported by the Anthroposophical Society is being promoted by the General Council for inclusion in the publication.

Spirit in Practice – Annual General Meeting 2006

This year, from Friday October 13th through Sunday October 15th, the Anthroposophical Society will hold its annual general meeting at Camphill Village Kimberton Hills in Kimberton, Pennsylvania. Virginia Sease is the keynote speaker bringing results of her work about the biography of Ben Franklin to the conference. MariJo Rogers will speak about the Archetype of the Anthroposophical Society using the three calls to Practice found in the Foundation Stone Meditation. Cornelius Pietzner and Coleman Lyles will speak about the relationship of the many anthroposophical initiatives and the Anthroposophical Society. Many workshops are planned, including some on the Mystery Dramas, the Foundation Stone Meditation, the Calendar of the Soul, Building Anthroposophy, Group and Branch work, the Goetheanum, Anthroposophical Businesses, the School for Spiritual Science, and more. Several meals are included with the conference. More information will be available as the conference date approaches.

School for Spiritual Science Conference in 2007

Rudolf Steiner formed the Anthroposophical Society at the Christmas Foundation Meeting 1923-1924. He also inaugurated the School for Spiritual Science and its several sections to augment the deepening of our relationship and work with the spiritual stream that is anthroposophy. The General Council has authorized a conference of all nineteen lessons of the First Class of the School for Spiritual Science to take place July 8-15, 2007 in Ann Arbor, Michigan. The Classes will be given by four Class Holders from the Dornach Executive Council and eleven from North America. Look for information on this conference that is open to members of the School for Spiritual Science in mailings to members.

Rudolf Steiner Foundation

Mark Finser, President of the Rudolf Steiner Foundation (RSF), updated the Council on the work of the RSF and spoke about the "Esoteric Value of Money." Established in 1936, RSF is an innovative charitable service organization that uses several financial vehicles to fulfill its charitable purposes. RSF has no endowment, and its ability to accomplish its mission rests on the generosity of those who make loans to RSF - our "investors" - and those who make gifts through RSF - our donor advisors. RSF is expanding its work to include banking. It is partnering with a forward thinking banking group in the San Francisco Bay area to provide mainstream banking and "green" loans for constructing environmentally and human friendly buildings. More on their work can be found at <http://www.rsffoundation.org/>.

Should you have any questions about this report, please feel free to e-mail me at anthroposophy@earthlink.net. You may also call me at (503) 249-3804.

WINIFRED MINOR – A BIOGRAPHICAL SKETCH

This article was researched and written by Diane Rumage, Portland, Oregon.

Winifred sits demurely upright, patiently alert, her petite frame accentuated by her small delicate hands.



How did she come to Anthroposophy, what brought her to Portland, Oregon?

She is 92 1/2 years young, having alit upon this earth August 22, 1913 in Los Gatos, CA into a loving family as the second of two daughters. Her Leo sun nature was revealed only a few seconds into the interview by her warmth of heart, regal nature, and enthusiasm for art and for exploring the sense world. A smile lit up her features as she spoke of people who were influential in her life, calling them well loved, wonderful, kind. She described her older sister as having a beautiful smile with a large mouth and beautiful teeth (the artist perceiving!) and a wonderful voice. She is still in touch with her friend she knew since 5 years of age. She remembers how she would just sit on a wooden box in her room as a young child--one can envision her quietly reigning on her throne. The elephants were parading through town when she was 2 1/2 years old, and her mother deemed her too young to go. Winifred crossed the road to the railroad tracks and walked along them into town--she had to see the elephants! However, she remembers her mother's shock at seeing her approach, but can't remember the elephants. By age 5 her mother bought her a large chalkboard so she could fulfill her urge to draw portraits from her imagination--her crayons were always wearing away.

The quiet, modest, "good" girl was excited that she received a scholarship citizen award in 8th grade, and a scholarship cup in high school. It needed her daughter to inform me that Winifred was high school valedictorian. She loved math and geometry, and spoke Spanish like a native. Her primary love and focus was art, and when she graduated from San Jose State College in 1936 she taught art to all ages for many

years, as well as painting on her own (loving watercolors best). She is still painting!



She met her husband, Carl Minor, when they both had teaching positions in a Fortuna, CA high school. He, a musician and music teacher, asked if she had the key to his supplies cabinet, but the encounter opened his heart to hers, and they were married in 1937.

They had three children, and though she stopped teaching and painted at home, it hardly slowed her artistic output. In 1944 Carl went to Los Angeles to see about a teaching opening, and met the Anthroposophist, Richard Betteridge, in the waiting room. They clicked. She had always looked for something spiritual. Her husband was interested in health foods. They met Barbara Betteridge and she heard a European lecture on Anthroposophy. She could hardly understand him, but she knew this was it. Barbara gave her "Knowledge of the Higher Worlds". They remained dear friends with the Betteridges, though her husband was not really into Anthroposophy. She later read "Theosophy" and "Philosophy of Freedom".

She and Carl designed, and her whole family built a 3,000 sq ft rammed earth house in the Bay Area during the early 1950s. They also tended a huge organic garden and fruit trees. They lived there for almost 30 years.

Her husband loved to travel, and she would translate for them in Mexico. She would attend master classes with artists around the country. Her daughter Sylvia informed me that during one class, when the master asked who had painted a certain picture of boats, saying it could have been painted by John Singer-Sargent, that the person had already graduated in essence and didn't need to be there, Winifred shyly raised her hand.

After her husband's death in 1981, she moved to be near her son in Moab, Utah. She moved after her son's death to live with her daughter, Sylvia, in Portland, Oregon. Her daughter Sylvia taught Beth Wieting's son in her English class. There was an exchange of dinner invitations, and Winifred attended a study group at Beth's house.

She was born with Uranus opposite Mercury, a signature of many pictorial artists--they have the urge to portray with their hands the images and imaginations they perceive. She has painted flowers, scenery, animals, boats, portraits with a wide range and variation of color combinations, so that each painting reveals something new about the light. Hearing her recall her life was like stepping into paintings, each bend revealed a new one that led her deeper and more clearly to who she had been and to those she knew. She waved her hands like gentle brush strokes as she spoke--such a rich and vivid memory. Such a rich and vital life. I wondered if she meditated, but then I realized what a powerful spiritual activity it was to spend 90 years living in and depicting images.

Her paintings and art cards are available for purchase. You may set up a viewing through Winifred or Sylvia at 503 775-1626.

AUDITION AND ANTHROPOSOPHY



By Marsha Johnson, Portland, Oregon.

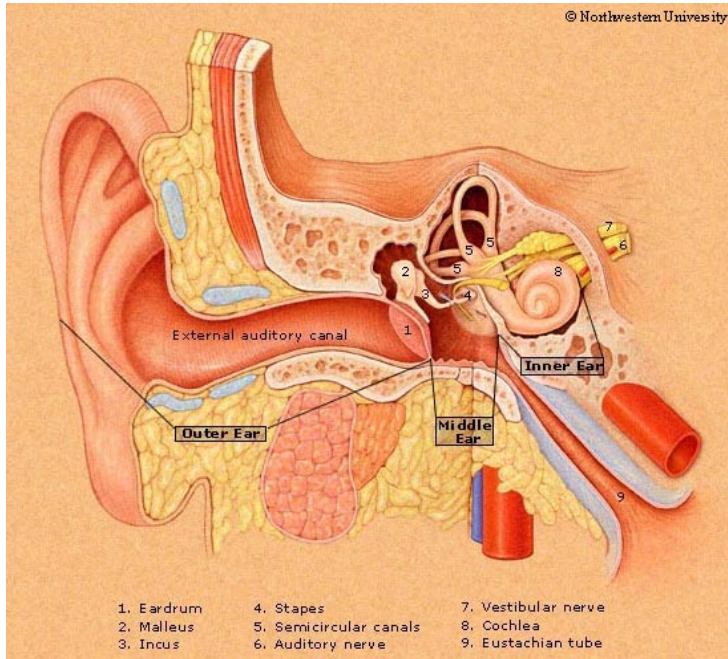
Marsha has a private audiology clinic in Oregon and has been striving to work out of anthroposophy for over fifteen years, both in medicine and the world of pedagogical education.

In the Merchant of Venice Shakespeare expresses the qualities which sound can have in a process leading us from chaos and wildness to serenity and calmness:

"If they but hear perchance a trumpet sound,
Or any air of music touch their ears,
You shall perceive them, make a mutual stamp,
Their savage eyes turn'd to a modest gaze...
...but music for the time doth change his nature.
The man that hath no music in himself...
...let no such man be trusted."

Shakespeare describes a spiritual reality in the human being. Music in the form of sound, guides us over the threshold to

our own nature. Therefore it is necessary to point out the inner quality of music and the phenomena of audition.



Our auditory system is complex and elegant. The visible portion is the outer flap or pinna upon which we perch eyeglasses or suspend decorative jewelry. Pinnae function to capture sounds that are particularly useful for human speech comprehension, and they also show us a shell-like nature, which we can discover also in the interior portions of the system. An ear canal leads into a closed tube-like opening bounded at the interior aspect by a very thin tough 3-layer tympanic membrane or eardrum. When observed visually, the eardrum resembles the moon: clear, silvery, translucent, and round. Behind this tightly stretched, responsive drum lies a miniature chain of small bones which function as levers and conductors of the minute vibratory energy which passes along their graceful shapes. These tiny bones are suspended in an airy chamber by two diminutive muscles, which hide inside their bony chambers and only extend out the tendon portion which attaches to support the chain. An inner ear drum is located seated beneath the last bone, the stapes, and receives the movements of that small ossicle, sending the vibrations into the watery interior of the inner ear, the cochlea, a spiral shaped interior cavity which protects and contains infinitely tiny sensory cells. These small cells have fingers of tissue extending up from their crowns, creating the impression of a human head with a longer crew cut just on the top. These 'hairs' extend upwards, and are sensitive to the flow of the waves of fluid which wash over them in complex patterns and impressions. Fluid in the cochlea is rather like the fluid that supports and nourishes our brain inside our heads, and circulates continuously around these small cells, with salt content in the form of Potassium and Sodium. Thus, we have this beautiful image of the seashell, the nautilus, in its perfect ratio of growth, spiraling into the head of the developing fetus, and containing within the saline essence of our magnificent oceans.

Gathering impulses from each sensory cell, thin nerves spiral together to form a large cranial nerve – visible to the naked eye – that travels inward through another internal canal and connects itself to the lower brain area just above the top of the spine where it joins with our bony skull; this duo of nerves resemble very much the large twisted anchor cables found on ocean going vessels. From this connection point, the impulses pass upwards, mixing and moving through delicate tissues, synthesizing the sounds by tones and timing, to create a comprehensive product that finally arrives at the temporal lobes of the brain, located just above each ear near the crest of the skull, where we 'hear'. The temporal lobe, remarkably, receives the nerve impulse, but also sends back immediate instruction and direction to the cochlea and to the middle ear, that will modify and assist in this process. In other words, the ear is a very active response organ, not simply a receptive one.

Audition then, has a digestive function, to itself, in taking in and transforming vibratory energy in the form of sound waves, into the human body. This could be compared in some senses to the other digestive functions of our physical bodies, where we can take in nutrition, smells, sensations of touch, visual images, and ideas or concepts. Our ears enjoy a diet of sound! You can imagine that some sounds might cause us to feel a sort of ear-indigestion, and some people are acutely aware of that reaction (particularly, as we age, to 'modern' music!). We know that hearing is one of the first organs formed in the developing fetus and that at about 16 weeks gestation, hearing is functioning and bathing the baby in a wash of complex and comforting noise (mother's heartbeat, voice, and abdominal noises are easily heard inside the womb). It must seem so quiet to the baby who emerges into our relatively quiet world!

There are four body-related senses, four soul senses, and finally four senses related to the social or spirit body. Hearing is in this last group. The ear represents an internalizing process, a special kind of inner development from material that was external at one point. Our internal cavity-based ear allows us to penetrate more fully into something, whereas the eye sees only the surface impression. The sounds reveal themselves to us in their true nature. Our ears receive the impulses from the outer world, and individual frequencies are blended or 'erased' so that we hear melody or tone, and here we find the root of the sense of hearing in the spiritual world. One world ends, another world begins. Inside the human head, lies this small spiral shaped organ which is a shadow of the gigantic spiral shaped universe of the stars.

Sounds are not confined to the auditory system however, but also penetrate deep into the other areas of the body, some just under the skin, others deep into the chest cavity, affecting us with healing powers. Rudolf Steiner points out to us that as of yet we cannot hear by ourselves as humans with social spirits, but we need the angels to act on our behalf, to help us hear. The fact is that our physical bodies were born of the earthly plane from the four kingdoms of this physical environment,

and as such, convey earthly energy as physical phenomena. Steiner is quite clear in many different lectures that the sound wave, the movement of the particles of air, which pass through our bodies in a mechanical, predictable, fashion, are only indirectly related to the inner working of the ego and spirit self which 'listens' and 'comprehends'. Inside our very intimate non-physical selves, we rely and reside with the hierarchies and find them in examples of our very thoughts or impulses. The ear is special in its relationship to those higher beings, who help us to bridge the gap between vibratory energy and comprehension. One could ponder the difference between 'hearing' and 'listening' as an example. Here is what he says in one important lecture about the ear:

"Here upon Earth we find ourselves by looking away from the outer world and concentrating upon our inner being. Between death and a new birth we find ourselves by looking away from what is within us — that is to say, from the Hierarchies within us. In this way we become aware of ourselves.

Out of the harmony of the Spheres the ear is formed, so much so that it remains protected from the force of gravity. The whole way the ear is placed into this fluid, has the purpose of protecting it from the force of gravity. The ear is situated in the fluid in such a way that gravity cannot come near it. Truly the ear is no earthly citizen; in all its organization it is a citizen of the Spiritual world. Likewise the eye, and the other sense-organs too. Observe then the body in its Walking, Speaking, Singing, and Thinking: we have the transformations of the spiritual from the pre-earthly life. Lastly the senses: they are the transformation of the highest Spiritual from the pre-earthly life. " Spiritual Relationships in the Human Organism: The Ear, December 1922.

He also states that hearing precedes every other sense, was born out of the very material that formed the hierarchies, and thus we find that hearing itself has the elements of its spiritual origin, and is removed from earthly influences. There is much more that can be said about what happens to our hearing when we pass over the threshold of death on this earthly plane.

The Greek initiates also recognized a fundamental relationship between the individual heavens or spheres of the seven planets, and the seven sacred vowels. The first heaven uttered the sound of the sacred vowel A (Alpha); the second heaven, the sacred vowel E (Epsilon); the third, H (Eta); the fourth, I (Iota); the fifth, O (Omicron); the sixth, Y (Upsilon); and the seventh heaven, the sacred vowel Ω (Omega). When these seven heavens sing together they create a perfect harmony which acts as an everlasting praise to the Cosmos. These are the sounds that we take with us when we cross the threshold, sound as a living experience, a reality, a fresh and ever present phenomena, a gift to us here on the earthly plane.

SUPPORT THE PORTLAND BRANCH NEWSLETTER

The Portland Branch Newsletter is published twelve times a year on a monthly basis. It is e-mailed and USPS mailed to about four hundred subscribers in the Northwest and across the country as a service of the Portland Branch of the Anthroposophical Society. In addition, the Branch maintains as part of its outreach work an Internet website at www.portlandbranch.com. These services are only possible with your donations.

Make your check to the Portland Branch in whatever amount you can afford and send them to us at:

**Portland Branch of the
Anthroposophical Society
c/o Diane Ramage
7024 N Villard
Portland, OR 97217**

THANK YOU!

Portland Anthroposophical Society Calendar - March 2006

Ongoing events and Study Groups

African Drumming Classes for Adults

Every Wednesday evening from 7:00 - 8:30 pm at Cedarwood school (3030 SW 2nd Ave. Portland) - Ms. Sacha's room downstairs. \$12 per class, or \$60 for 6 classes. Bring your own drum - few drums available. Contact Marion Van Namen (503)956-4046.

Portland Waldorf School Community Choir

Every Thursday morning from 8:45 - 10:00 am (2300 SE Harrison Street, Milwaukie). Warm ups with Diane Rowley. Singing songs: through the seasons, around the world, through the ages with Marion Van Namen. (503)956-4046.

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

First and third Sundays: Reading "Introduction to Culture and Horticulture" with potluck.

Meetings will be held at People's Food Coop, 3029 SE 21st Ave. Please contact Stephanie Buddenbaum 503-233-8849 (artwool@yahoo.com) or Sharon Parker 503-777-9086 (sharon.parker@providence.org) for more information and reading material.

Eurythmy

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

Karmic Relationships – currently full

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

Life Beyond Death – currently full

Reading the collection of Steiner's lectures. Call Cheri Munske for information 503/772-2632.

Mystery Dramas

Most Wednesdays at 7:00 - 9:00 PM. Diane Ramage at (503) 240-0908

Waldorf Education and Teacher Training

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

Theosophy

Thursdays, weekly 7.30PM-9.00PM. Call Beth Wieting for information 503-774-8764

Theosophy of the Rosicrucians

A weekly study group 7:30 PM until 9:00 PM a series of lectures given by Rudolf Steiner in Munich 22 May to 6 June, 1907. Contact Diane Ramage at (503) 240-0908.

Upcoming Events

Wednesday MARCH 1

The Human Being: Foundations of Anthroposophy

3/1 "Cosmic Intelligence"; The last lecture of a course by Beth Wieting 7.30 PM, at Portland Waldorf High School, 2300 SE Harrison, Milwaukie OR 97222-7527, \$10.00 per lecture. Contact Beth Wieting 503-774-8764

JANUARY 25-MARCH 29

Ten Painting classes

Wednesday Mornings 9AM-10AM, 3135 NE 17th Ave, Portland OR 97212. Contact: Jannebeth Röell 503-249-3807 or Jannebeth@mindspring.com

FEBRUARY 7-MARCH 14, Tuesday evenings

Introduction to Rod Puppetry

The six session course will cover the making and use of simple rod puppets. Using gesture through story and verse we will begin to explore the therapeutic value of the rod puppet for today's child, 7-9PM. For more information or to register, please call Cheri Munske 503-772-2632.

Sunday FEBRUARY 12

First Class of the School of Spiritual Science

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

WEDNESDAY February 15, 2006 – Registration Deadline

Retreat for Carrying Anthroposophical Groups and Branches

The Western Regional Council invites you to Connections: Awakening to Community – a retreat for people committed to carrying anthroposophical work in groups and branches - to be held from Friday March 21 through Sunday April 2 at the beautiful Walker Creek Ranch in Petaluma, California. We will participate in an intensive study prepared ahead of time, take up burning questions, gather new ideas and share ways of intensifying, renewing and redirecting work. \$60 for the conference and \$184 to \$276 for lodging at the ranch. If you are interested in attending, please call one of the following: Beth Wieting 503/774-8764, Joan Treadaway 928/445-2363, Jane Hipolito 714/993-6498 or Faith Moore 909/625-1481.

Saturday FEBRUARY 18

Work on the Six Subsidiary Exercises

9:00-10.30 AM at 3135 NE 17th Avenue.

The subsidiary or basic exercises are mentioned by Rudolf Steiner several times in his works. For example, "In a factual training certain qualities are mentioned that the student who wishes to find his way in the higher worlds should acquire through practice," from Esoteric (Occult) Science. We will meet weekly for 6 weeks (after that monthly) and share how we understand the exercises, how we apply them, and how we experience their effect. Call Jannebeth Röell at 503 249-3807 for more info and directions.

FEBRUARY 20-21-22

Working with Anxious, Nervous and Depressed Children

9.30-1PM, Trinity Methodist Church, 3915 SE Steele Street.

PLEASE RSVP ASAP to reserve a space, \$35.00 for 3 days. Marsha Johnson 503 309 4223 phone or email Oregon7@aol.com

Sunday, FEBRUARY 26

Portland Branch Members Meeting and Potluck

4:00 to 6:00 PM Cedarwood School 3030 SW 2nd Ave (503) 777-3176

The Election of Council members will be the primary focus of this meeting.

Monday FEBRUARY 27

Strengthening the Will - Beating Your Own Drum

7:00 - 8:30 pm, Bothmer Hall, 5909 SE Division Street

Join us for another hands-on experience of anthroposophical music therapy. This time we'll explore the qualities of percussion and rhythm with music therapist Marion Van Namen. Admission free. Information (503)956-4046.

Thursdays MARCH 2-23

The Waldorf Curriculum

Presented by Virginia Berg and John Miles. 3/2: "An Overview of the Waldorf Curriculum"; 3/9: "Before the Nine Year Change" Grades 1, 2 & 3; 3/16: "The Golden Age of Childhood" Grades 3, 4, 5, & 6; 3/23: "The Middle School Years" Grades 6, 7 & 8. Contact John Miles at 503/774-4946. johnmiles@usa.net

Friday MARCH 3

Introduction to the Early Childhood Program

PWS Kindergarten at 7:00 PM. Visit the pre-k and kindergarten classrooms, hear a presentation on the Waldorf approach by our teachers, with time for questions. To reserve a place, call Maya at 503.654.2200 x207

MARCH 9-14, 2007

[Spacial Dynamics Course](#)

Camp Karotli in Boring, contact johntakacsdo@hotmail.com

Friday, MARCH 10

[Community Feast for Eurythmy](#)

Portland Waldorf School from 5 to 7 PM. Another dinner/community gathering brought to you by the Portland Waldorf School High School Eurythmy Troupe. This fine food and silent auction fundraiser is to help their 21 member troupe bring the fairy tale Tatterhood to Waldorf schools in Bellingham, Bainbridge Island and Seattle, with a Spring 2006 tour. For information and reservations: Patricia Dair 503/236-2205.

Sunday MARCH 12

[First Class of the School of Spiritual Science](#)

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

MARCH 11-12

[Moving through Trauma](#)

Saturday 6:00-9:00pm, continuing through Sunday 9:30am-1:00pm

A Spacial Dynamics workshop for those interested in what can really be done to overcome experiential hindrances, with Jaimen McMillan at Bothmer Hall, contact johntakacsdo@hotmail.com

Friday MARCH 16

[All-School Community Open House](#)

A Celebration of Curriculum: 6:00 to 8:00 PM. Join the PWS community for a special look at the curriculum: excerpts from plays, musical performances, projects and student work on display. For information call Maya Muir at Portland Waldorf School 503.654.2200 x207

Tuesday MARCH 21

[Eugene Schwartz Evening Lecture - Topic TBA](#)

Cedarwood School 3030 SW 2nd Ave.

Master Teacher and famed Author of The Millennial Child will speak in Portland on various pedagogical and anthroposophical topics for the public! (503) 245-1477

Wednesday MARCH 29

[How to Create a Healthy Environment for Your Child's Development](#)

Parenting Talk at Woodstock Community Center, 5905 SE 43rd St. from 7:00 - 8:00PM A free public talk by Waldorf Early Childhood teacher Cyndia Ashkar. For information call Maya Muir at Portland Waldorf School 503.654.2200 x207

Thursdays MARCH 30-MAY 11

[Experiencing Art in the Waldorf School](#)

3/30“Form Drawing”; 4/6: “Block Crayon Drawing”; 5/4: “Wet-on-Wet Painting”; 5/11: “Freehand Geometry”. Contact John Miles at 503/774-4946. johnmiles@usa.net

Sunday APRIL 9

[First Class of the School of Spiritual Science](#)

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

Sunday MAY 14

[First Class of the School of Spiritual Science](#)

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

MAY 27-28, 2006 (Memorial Day Weekend)

[Christ's Reappearance in the Etheric](#)

Heartbeat Lifesharing in Hardwick, Vermont

There will be lectures on the theme and singing, speech, and eurythmy lessons to accompany the lectures and small and full group conversations, along with a work project. For information contact Rachel Schwartz at 617-522-0580 or raugustina@hotmail.com

Sunday JUNE 11

[First Class of the School of Spiritual Science](#)

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

JUNE 12-15

[Waldorf Home Schooling Workshop](#)

Micha-el Institute Summer Conference at Shining Star. Please contact John Miles at 503/774-4946. johnmiles@usa.net

JUNE 18-29

[The Healing Arts of Puppetry and Story-telling](#)

Micha-el Institute Summer Early Childhood Intensive Conference at PWS Speakers and leaders include Suzanne Down, John Miles, Cheri Munske, Sonia Boucher and Andrea Eichinger Wiese. Please contact John Miles at 503/774-4946. johnmiles@usa.net

JUNE 20-25

[Beyond Polarities - An International Youth Conference](#)

Summerfield Waldorf School and Farm, 655 Willowside Road Santa Rosa, California, 95401

As global consciousness unfolds in the world, it becomes critical to develop deeper connections to oneself and one another. When human beings allow their experiences to be dominated by the tendency to polarize, individuals are isolated from each other, and emerging social impulses are deprived of full development. New qualities of social interaction are needed to move humanity into the future. Where do we begin? Join us in Northern California from June 20th to 25th for lectures, workshops, artistic activities and discussions. This international youth conference will host Denis Klocek as the keynote speaker. Camping facilities, food and transportation organization will be provided. For more information visit www.beyondpolarities.org.

Sunday JULY 9

[First Class of the School of Spiritual Science](#)

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

JULY 9-14

[The Class Teacher Deepening Conferences](#)

Micha-el Institute Summer Conference: Grades 1, 2, 3 & 4 at PWS. Contact John Miles at 503/774-4946. johnmiles@usa.net

JULY 16-21

[The Class Teacher Deepening Conferences](#)

Grades 5, 6, 7 & 8 at PWS. Contact John Miles at 503/774-4946. johnmiles@usa.net

Wednesday JULY 19 – Sunday JULY 23,

[The Mystery of Movement - Treating Human Illness as Movement Disorder](#)

Reed College Campus, Portland, Oregon

Contact drkev@involved.com Office: 503-234-1531, Cell: 503-936-8445, Fax: 503-234- 2367

Sunday to Tuesday AUGUST 13-15

[About the Formative Forces in the Plant: Getting to know the Etheric](#)

This conference, held by the Natural Science/Astronomic and Mathematic Section of the General Anthroposophical Society, is taking place in Portland this year. It is open to anyone who wants to become familiar with and to work with the etheric - teachers, medical workers, therapists, gardeners and farmers, herbalists - young people and old. For more information, please contact Patricia Dair 503/236-2205.

Thursday to Sunday AUGUST 17-20

[School of Spiritual Science: Conference on the Flower](#)

This conference by the Natural Science/Astronomic and Mathematic Section of the General Anthroposophical Society is offered to members of the School for Spiritual Science. For more information, please contact Patricia Dair 503/236-2205.