

COMPLETION

By Lawrence Houston, Tacoma, Washington



Lawrence was born in Northern Ireland and studied Architecture at the U. of Pennsylvania and the University of Idaho. After working as an architect in Seattle he returned to Europe to study sculpture at Emerson College and painting at Tobias School of Art. He worked as a sculptor in Europe for 5 years. Upon his return to the USA (1989) he resumed his architectural practice and is currently working at BCRA in Tacoma, WA. He is the father of 4 who attend the Seattle Waldorf School.

“We shape our buildings; thereafter they shape us.”

Winston Churchill

In our creative work we often talk about balance, of bringing different elements into balance. What is balance? One way of understanding this idea is to think of a teeter totter; if there is a mass on one end, we have to place an equivalent mass on the other end to achieve a balance. Like balances like. If we were to ask how is balance achieved in other “kingdoms”, for instance humankind, male is not balanced by male, or female is not balanced by female; each requires the other to achieve a balance. This type of balance is not like for like, it is balance achieved through polarity.

Polarity is a fundamental structure and has been given so many different names (complementary colors, counter movement, space and counter space) that it is sometimes difficult to see that a single principle is at work.

The intent of this article is to make some observations as to how polarity appears in different fields and to identify a design tool, a geometric construction, taken from projective geometry, that can help us realize in our artistic work this balance of a higher order.

To begin this discussion I would like to start from the observation that the human being has experience in three worlds: an inner life, an outer world of nature and the world that he/she creates as a work of art.

As we take a closer look at some of the elements of our inner life we can see that, for instance, our organism, in response to the experience of green, produces red as an after image and we can also see that our thinking selects a concept associated

with a percept that comes into our consciousness. If we pause for a moment to consider how fundamental and all pervasive this activity of our consciousness is and understand it, we can feel sure that any creative work that springs from this same principle of producing red or selecting a concept, will have a fundamental connection to that which makes us human.

If we now wanted to look outwards into the natural world we can see a similar structuring of phenomena in the relationship of root to blossom, silica to calcium, nerve and blood and in a more general way, male and female. What differentiates the three worlds is that the world of nature is given in a finished form, our inner life is half given to us (percepts) and needs our participation to complete it and we are free in our artistic work.

I would like to take a moment to create a short historical perspective and to talk about the role of geometry. When we observe Romanesque painting it is evident that the artists are not concerned with representing what we now call three-dimensional realities. As with salt, crystallizing out of a solution, one can see the sense perceptible world crystallizing into the world of art. Starting in the mid 13th century, Cimabue and others became interested in looking outward into nature and incorporating realistic representation into their works. Giotto tried an algebraic method of creating perspective in the early 14th century (Jesus before Caiphas), but it was not until Brunelleschi, with his experiments with mirrors, and Alberti (1474) that the geometric method that we are familiar with was developed.

Why was it of interest to the Renaissance to develop this new tool of perspective drawing? I believe it was needed to allow a new world view, a developing consciousness to find appropriate forms.

Just as we can observe a shift in world view in the Renaissance, I believe that we are experiencing another shift which can be seen in the types of new issues that confront us. Historically our “world” was bounded by a river, or mountain range and everything we needed to sustain ourselves was contained within these boundaries. Our modern world presents us with a different set of issues: for instance, if we pollute a river on our boundary, the consequences will be borne by others downstream and our economies are sustained by a global, not local, network. It is important that we develop new ways of thinking to adequately address new challenges.

At the beginning of the Renaissance, geometry, in the form of linear perspective drawing, allowed for the creation of specific forms to support an emerging consciousness. I believe that the insights in modern geometry, in this case

polarity, will allow for new form relationships to be created that will support a new emerging consciousness. For this new developing consciousness to find a home, new means of expression are required, new tools need to be developed in order that real objects can manifest in our world, to change things from what they are, to make a difference. Once created, these forms can ray back to us their content, to inspire us in our daily living.

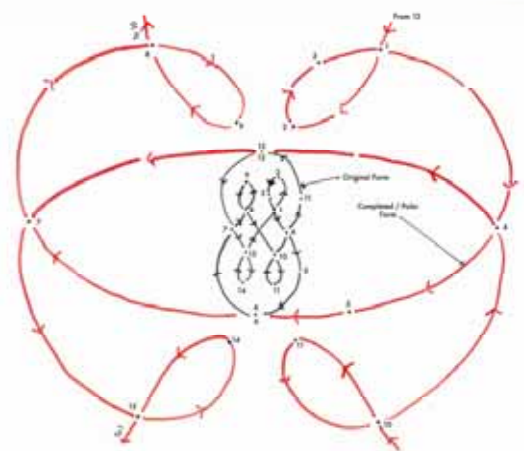
Just as in the life of a family different types of relationship exist (parent, wife, cousin etc), linear perspective describes one type of possible relationship between elements. Other types of relationships are possible. The geometry of

completion (polarity) makes visible another type of relationship, one that has always been there, mostly hidden, which can now be made visible. It is as if a new branch of our family tree has been discovered.

As we know that nothing is added to or invented when the laws of linear perspective are applied to objects, nothing is added to, or invented when the laws of polarity are similarly employed. The forms created as a result of applying a polar transformation to objects are in the same relationship to each other as are the phenomena that we experience in our consciousness and in the world we observe in nature. I believe that in the simultaneous presentation of form and polar form the content is not only carried by the individual elements of each form but by the fact that they are in a specific, lawful relationship to one another (perhaps a similar, simultaneous phenomena as the wave/particle nature of light).

As a means of demonstrating the results of applying the geometry of completion/polarity, I have selected some existing forms from Architecture, Eurythmy and Form Drawing and calculated their "completed" element. Some elements of the forms have been simplified to achieve clarity. As a brief note to the Eurythmy forms, I believe the polar forms are related to the experience described in Eurythmy as the counter movement.

In the Eurythmy diagram below, the red form was drawn as a polar/completion of an existing black form. In the form drawing example I have included a sequence of numbers so that a sense of movement can be experienced: the number 1 in the red form corresponds to the number 1 in the black form, 2 in the red form corresponds to 2 in the black form etc.



If you are interested to learn more about the Portland Branch of the Anthroposophical Society, please call Diane Rumage at (360) 241-7854.

The Portland Branch Thanks the following Members and Friends for their Generous Donations in 2007!

Marion Van Namen	Twila Rothrock	Sacha Etzel
Tom Klein	Ruth Klein	Jannebeth Röell
Nina Churchill	Scott Churchill	Cheri Munske
Rudy Marchesi	Jeffrey Levy	Pam Guettler
Diane Rowley	Winifred Minor	Kendall Weaver
Yvonne de Maat	Lisa Masterson	Ann Marie Bley
Peter Bennett	James Knight	Leslie Cox
Ron Ennis	Betty Baldwin	Samuel Bell-Stalnaker
James Lee	Marsha Johnson	Tish Johnson
Robert Kellum	Donna Patterson	Dan Guedeman
Virginia Berg	Michael Pinchera	Robin O'Brien
Jo Warrick Forkish	Kevin Kane	Barry Lia
Para Winingham	Jeffrey Rice	Tige Grinnell
Diane Rumage	Christopher Guilfoil	Annalysa Lovos
Jan Barnett	Lynn Madsen	Kathleen R Taylor
Amy Thomas	Cedarwood School	Barbara Strong
Margaret Kerndt	Julie Foster	Walter Rice
Tammy Dailey Wagner		

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 wider anthroposophical community. Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School, Cedarwood Waldorf School, Waldorf School of Bend and Swallowtail 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. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month's edition. Submit calendar items to branchcalendar@mindspring.com no later than the first of each month for publication in the next edition.

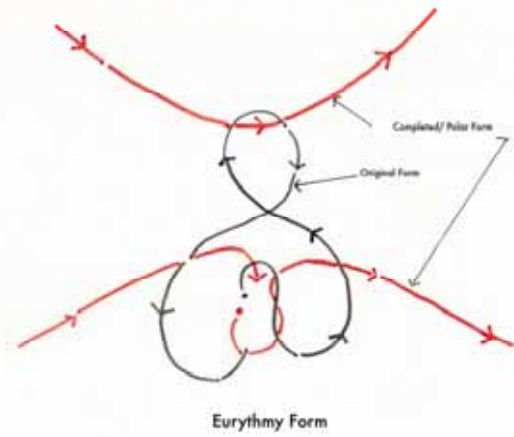
Editor:.....James Lee
 Calendar:Jannebeth Röell and Diane Rumage
 Editorial Support:.....Jannebeth Röell and Diane Rumage
 Proofreading:..... Diane Rumage
 Communications:Diane Rumage and Jannebeth Röell
 Logistics Tish Johnson and Donna Kellum
 Website:James Lee
 Hardcopy Reproduction: Kinko's

**Please submit your Donations to the Portland Branch
 c/o Ruth Klein at 3609 SE Center, Portland, OR 97202**

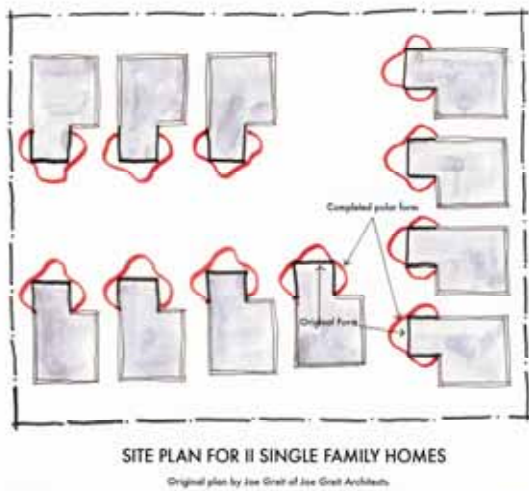
In the following architectural floor plans and eurythmy form, the red form is the completion/polar of thicker black lines.

Eurythmy Example

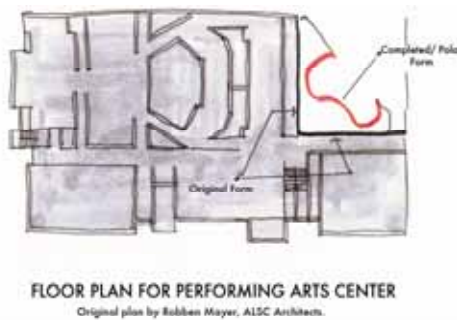
Architectural Example 1



Architectural Example 2



Architectural Example 3



In conclusion I would like to say that the simultaneous presentation of form and polar form represents a new expression of balance. This expression, I believe, supports the development of a new emerging consciousness and can shed light on other questions, for example: if morality can be thought of as what action is required to bring a situation into balance, or if curing an illness can be thought of as restoring a condition to balance, study of these new form relationships provides new areas of investigation.

It goes without saying that the above presentation is a first beginning and I would welcome any comments or ideas for collaboration.

LUCIA DE MELLO'S BIOGRAPHY

By Diane Ramage

Ana Lucia Mendes de Mello was born in Anapolis, Brazil, near the capital of Brasilia, in September of 1961. She was born as the middle of seven children, with three brothers and three sisters. Her mom and dad came from even larger families, her mother having nine sisters and two brothers and her dad having nine brothers and two sisters. She has always been very close to her mom's side of the family, mostly all women and all of whom are educators, Roman Catholic and



very religious. The women in her family are strong, lay religious leaders, and as the Left is intimately connected with the Church in South America, some of her family members have had a connection with political activism as well. Her grandfather was a benefactor of education, but their own family struggled to raise and educate 7 children. They moved only once when she was seven years old. She is one of only three in the extended family who eventually moved abroad, and one of those has since returned home. All live long lives, most into their nineties, and are very healthy. She still visits them once a year in Brazil, and has a wonderful, warm relationship with her immediate and extended family.

They had (and still have) a shrine in their home, prayed together, especially the rosary, and each May the image of Mary, Mother of God, circulated through the neighborhood, visiting a different home every night. She remembers even in college saying a novena, nine days of prayer, that her friend would get good grades. As I met her for her interview, I noticed a book of prayers in her car.

She has always loved fabrics, crafts and colors (both in fabric and in nature). The sunset and sunrise in Brasilia are particularly beautiful, in tones of red and pink colors. Young women in her family learn how to sew, embroider, cook, paint, and as small groups of sisters and cousins they had to go to private lessons with other women of the neighborhood to acquire certain abilities, one of which is sewing. Lucia used to design and sew and embroider her own clothes which she enjoyed and used to offer as gifts for her family. She also wrote poetry, made crafts, and was drawn to colors, both in nature and in folk and indigenous art. Lucia was always outdoors, camping as a family, riding her bicycle, hiking, playing street games with the neighborhood kids, watching the sunset's (and at times the sunrise's) magnificent colors. Brasilia's sky is famously a clear blue, which captivated her love for it and riding under it daily.

As a young child of nine years of age she wanted either to teach, to become a nun or a doctor. She eventually realized she was not going to be a nun or a doctor. Around her teenage years, she wanted to find a way to combine spirituality and education (but she did not necessarily want to adopt the Catholic education already existing in Brasilia). Slum children used to come to her house to beg, and she would invite them in, but her mother was not in favor of this. So she would ride her bike to the slums to play with and teach good hygiene to the children. She never had any fear due to an innate trust in the spirit and her own intuition. There were two youth movements that she was actively involved in. One was a study group of what was called "Theology of Freedom" by a progressive Jesuit, a leftist, whose theology was deeply criticized by the Church and by the Pope. The other was "Pedagogy for the Oppressed, Pedagogy for Autonomy" by Paulo Freire, a Brazilian philosopher of education whose approach was based on a search for a universal ethic of the human being, which predominated among the Left.



She lived at home until she was 25. She attended college and acquired her first degree in History. She had been assigned to teach a military high school in college, and she couldn't discipline the class at all. She told other teachers about it, and the next day the students met her in angry silence. She realized they had been punished by the military authorities. She had grown up during a military dictatorship, and that had strongly repressed freedom of speech. She realized at that point the necessity of reaching minds when they were young. Her life long Michaelic striving to learn how to think and to think freely leapt strongly into her consciousness as a need to help others do that as well. She wants to overcome bias in all realms of life.

She then decided to acquire a second degree in Anthropology and Sociology. However, she found the professors too narrow minded. There was much discrimination against women in Brazil, and there were many arguments at home as well, regarding a culture predominantly masculine, so that she decided against this study.

When she was 21 she was in the college library and spotted a book with a beautiful watercolor cover. She was drawn to it, and it was a book on Waldorf Education by Rudolf Lanz, founder of the Escola Rudolf Steiner in Sao Paulo. She read the book and knew she wanted to study Waldorf education and teach Waldorf pedagogy. She wrote to the author and was able to visit the school when she was 23 in 1984, but there was no vacancy for training for 2 years. Simultaneously, she became familiar with Piaget and his views on education, so she applied for a Swiss government scholarship to study abroad and was awarded it. She feels it was a strong

beckoning of future destiny, since at this very time she met Claudio, her future husband. Thus she decided to stay in Brazil and attend Waldorf training, whereas otherwise she might have delved deeply into Piaget's educational path.

She had been the black sheep of the family, being the only one who had questioned Catholicism: "Why guilt? sin? what does the Christ mean? why no freedom, only dogmatism? why only a good life after you die?" Her family worried she would do drugs, but she never deviated outwardly from her moral upbringing. She was a strong debater then as well as now, and asked tough questions of those around her. She had studied and tried Buddhism and Yoga, but found the Eastern path did not suit her. She could not meditate Za-Zen! It wasn't until she was teaching about Buddha, during the 5th Grade Indian block that she was able to penetrate a little deeper into the Eightfold Path, through Anthroposophy.

Lucia began her teacher training after moving to Sao Paulo at the age of 25. At teacher training many guest speakers came from Germany. Dr Michaela Glockler and George Glockler stand out, and Rudolf Lanz had a strong influence on her as well. She had a hard time dealing with inner transformation and her choleric temperament made it difficult to be patient with the new style and pace of the artistic work she was now faced with. Due to her earlier studies in psychology, she would struggle with Steiner's comments regarding it. She wrestled greatly with the teachers about a seemingly dogmatic style of the pedagogy they presented, but by the end was one of the most ardent students. When she went to the training at age 25, and left home for the first time as an unmarried woman no less, her family was not able to contribute money, and it was not an easy decision for her to leave home. Her mother especially struggled with a thought expressed as: "I always knew you wanted to leave the family!"... She studied in the morning, and taught in the afternoon and was able to successfully finish her studies in 1988.

Claudio finished Medical School in Brasilia, they were married 1 week later, then 10 days later they moved to the United States so that he could pursue his doctorate. She attended Sunbridge College in Spring Valley in 1989 for a 3rd year, and then worked in the kindergarten at the Rudolf Steiner School in New York City for 12 years. Dr Gerald



Karnow and Susan Howard were inspiring mentors. She attended many study groups, and "Philosophy of Freedom" is her favorite book, though it was a difficult struggle.

Ana Sofia was born when Lucia was 33. She would love a larger family, but Claudio is happy with one. She loves to dance, but feels that she hasn't done that as much lately. She is a fun loving and warm person. She misses the dancing parties she used to give at her house (Brazilians rarely stop a party before 2 or 3 a.m.) but the North Americans went home by 11 p.m., and not everyone dances as much.

They moved to Portland in 2001 when Claudio was hired to do brain research at OHSU. She has even helped him acquire a rooster's brain. (I won't go into details). She has worked in the kindergartens at Portland Waldorf School, Cedarwood School and this past year provided child care in her home. In the Fall she will be the kindergarten teacher at a Charter School in North Portland on the grounds of the LaSalle High School.

Lucia was active in helping the Portland Branch ground itself, providing provocative questions and lots of enthusiasm. She has helped with the community festivals. She joined the First Class a few years ago, and attended the last class Willi Mueller gave before he handed over the responsibility to Jannebeth Roell. She misses the warm (and hot) sun, doesn't like the Oregon rain, or driving long distances, but she feels a deep spiritual connection with her friends here and the community. We had a laugh filled conversation, sandwiched into her busy day. Her warmth filled smile welcomes all to get to know her, though she self-effacingly asked "Why me?" She mentioned as a child having long straight blond hair. She cut it all off as a teenager and ended up with brown curly hair. A flash of fire. A ray of sunlight. Transformed in working through the earth. Who would not want to get to know her?

COUNCIL CORNER

By Marsha Johnson

We have been busy planning the Annual Meeting and Fall Conference. The new Ad campaign for 07-08 is complete and all 8 spaces were filled. A member brochure is in progress and the coming year's events were generally planned out! See you all at the Annual Meeting on Sept. 16th! Marsha Johnson, Council President

MICHAELMAS at Rocky Butte: Saturday, September 29th is the Festival of Michaelmas! Please join together at the top of Rocky Butte Viewpoint (located in NE Portland) for a Potluck Picnic Supper (Bring your favorite sandwiches, cut into fourths for sharing and a dessert or salad) and Evening of Tales from the Micha-el Legends and Conversation at **6:30 PM**. Bring a lawn blanket or foldable chair for comfort: from the top of Rocky Butte, there is a wide vista of local geographic hallmarks. If it is raining, come to Marsha Johnson's home at 4307 NE Brazee Street in Portland! RSVP please, 503 309 4223!

Portland Anthroposophical Society Calendar - September 2007

Ongoing Events and Study Groups

Anthroposophical Medicine Study Group

Once a month Monday 7-8:30 PM at the clinic. Please contact John Takacs at johntakacsdo@hotmail.com or Kevin Kane at drkev@involved.com.

Biodynamic Agriculture Reading Group

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

Eurythmy

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

Karmic Relationships

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

Mystery Dramas, with Warm-Up Speech-Formation Exercises

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

Occult Physiology

A weekly study group meets Tuesdays, 7:30-9:00 PM. A series of eight lectures given in Prague between 20 and 28 March, 1911. We are just finishing our second pass through this book. Please join us. Contact Diane Ramage at 360 241-7854 for information.

Portland Youth Discussion Group

The Portland Youth Discussion Group, a group of people youthful in mind, body and spirit, gathers to discuss questions of how Anthroposophy compares and relates to other ideas in the realms of philosophy, spirituality, religion, economics, social activism, individual and social development, and relationships. We welcome new people who are open to exploring Spiritual Science and conducting their own research to join us. For more information, please contact Leslie Loy at (503) 819-3399 or leslielal@yahoo.com.

Portland Waldorf School Community Choir

Every Friday morning from 8:45 - 10:00 am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the music room of the high school building, whenever school is in session. Anyone in- and outside the PWS community who enjoys singing songs through the seasons, across the centuries and around the world is very welcome, including drop ins. This event is free and a community builder. More information: Marion Van Namen (503)956-4046. **Resumes Friday September 7th**

Subsidiary Exercises

The group that is working with the six basic subsidiary exercises will continue to meet at Twila Rothrock's home, 2525 NE 13th Ave, Portland, OR 97212. For information call Twila at (503) 281-9349 or write her by e-mail at Twila@spiritone.com. Meeting dates are on Saturdays 9-10 AM: September 8 exercise 4; October 13, exercise 5; November 10, exercise 6 (all together).

Upcoming Events

SEPTEMBER 6-27

Micha-el Institute –Introductory Course ‘Rudolf Steiner’s Indications on Child Development’

9/6 Human Biography; 9/13 The Three Ages of Childhood; 9/20 The Waldorf Curriculum and the consciousness of children; 9/27 Working with Temperaments; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie. Contact John Miles at 503 774-4946 or e-mail him at johncmiles@usa.net

Friday SEPTEMBER 14

Warmth and Rhythm for the Young Child

Young children experience everything through their senses. The parent nurturer is the most important figure in a child's world. How can we improve our conscious parenting to nurture a young 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. The lecture by Jannebeth Röell will be followed the next day and the following week by home healthcare workshops. 7 PM Portland Waldorf School, 2300 SE Harrison Street, Milwaukie, OR 97222. Call 503-654-2200 for more information

Friday SEPTEMBER 14-16

Unveiling the Forest

A nature exploration weekend at Stanley Park and the Vancouver Art Gallery, Vancouver BC, bringing together observation of trees and the work of Emily Carr. For information call Philip Thatcher 604-985-3569 or visit www.schoolofnature.org

Sunday, SEPTEMBER 16

Annual Meeting of the Portland Branch

4 PM-6.30 PM at James Lee and Jannebeth Röell's home, 3135 NE 17th Ave, Portland, OR 97212; Telephone: 503-249-3807. See the Council article for additional information.

SEPTEMBER 18-OCTOBER 30

Tuesdays at Emerson

Community Education at Shining Star School, 4317 NE Emerson Portland OR 97218 contact Marsha Johnson 503 753-4459
September 18 9 am Rhythm & Reverence: Creating a Nurturing Home, Marsha Johnson; September 25 9 am The Art of Eurythmy Workshop, Diane Ramage; October 2 9 am The Waldorf Handwork Curriculum: Why Knit? Adria Reed; October 9 at 9 am Fevers & Health, Julie Foster, Anthroposophic Nurse Practitioner; October 16 9 am Original Play for Adults, Melayna & Marc from Play After Play!; October 23 7 pm; Nutrition & Spiritual Science, Dr. Sigward Elsas; October 30 7 pm "Who am I, a journey within the light." beeswax candle dipping, lecture, Sacha Etzel.

Sunday, SEPTEMBER 23

Poetry in Buchenwald

Poetry in Buchenwald a combined eurythmy, theatre and puppetry piece based on the writings of Jacques Lusseyran This is a benefit performance to help fund a trip to Sunbridge College/Eurythmy Spring Valley. The performance features Natasha Moss, Jeffrey Levy, Joanne Logan and Nancy Aldrich. (Nancy, the Artistic Director of Tears of Joy Puppet Theatre, is a new addition to the cast.) Refreshments will be served after the performance. 4PM in Bothmer Hall ,5915 SE Division..

Wednesday, SEPTEMBER 26**Portland Branch Council Meeting**

7:30 PM at the home of Tom Klein and Ruth Klein, 3609 SE Center, Portland OR 97202, Phone: 503-777-3176. All Branch members are welcome to attend.

Sunday SEPTEMBER 30**An Afternoon with Foolz**

A benefit performance for the Portland Waldorf School. Tickets are available through Ticketmaster, Crystal Ballroom, Mission Theatre box offices or at Portland Waldorf School .4-6 PM, McMenamins Mission Theatre, NW 16th and Glisan, Portland. Call 503-654-2200 for more information

Thursday, OCTOBER 4**25th Anniversary Celebration at the Portland Waldorf School**

PWS 25th Anniversary Founders Evening. Celebrate 25 years of Waldorf education in Portland. 6:30 to 9:30 p.m. Enjoy light refreshments, music and an inspiring talk by author and educator Torin Finser. Dr. Finser is the founder of the Antioch New England Waldorf Teacher Training program and will be speaking on his book "Organizational Integrity: Applying the Wisdom of the Human Body to Create Healthy Organizations." We are celebrating 25 years of Waldorf education in Portland - so many people are an important part of this story - please join in this special commemorative evening! Doors open at 6:30 PM when guests may browse tables set up by a range of Anthroposophical initiatives and friends of Waldorf education from around Portland.

OCTOBER 4 – NOVEMBER 1**Micha-el Institute – Introductory Course in Anthroposophy**

10/4 The Worlds of Soul & Spirit; 10/11 The Evolution of the Earth; 10/18 Reincarnation and Karma; 11/1 The Task of Humanity; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie. Contact 503 774-4946 or email johncmiles@usa.net.

OCTOBER 5 -7, 2007**U.S. Society 2007 AGM Explores Novalis, Reincarnation, Karma**

Spirit Vision for the 21st Century: Novalis and Karmic Biography will be the theme for this fall's AGM conference, scheduled for October 5—6, 2007. The conference will be hosted by the Novalis Branch in Austin, TX. The 2007 AGM conference will explore the twin ideas of reincarnation and karma through lectures and discussion groups. Speakers will be Joan Almon and MariJo Rogers, General Secretaries of the U.S. Society, Philip Martyn, General Secretary of Great Britain, and Don Melcer, Coordinator of the Foundation Studies Program in Austin. Scenes from Rudolf Steiner's second Mystery Drama, *The Soul's Probation*, will be performed by members of the Novalis Branch to bring to life reincarnation and karma as factors in daily life, and Saturday evening will feature a performance by the Austin Eurythmy Ensemble. The Society's Annual General Meeting follows the conference on Sunday, October 7, from 9 a.m. to 12:30 p.m. in the Central Time Zone. Brochures will be sent to all members and initiatives in the spring. If you have questions concerning this conference, please contact Marian León in the Society offices at 734-662-9355, ext 22; email: marian@anthroposophy.org.

OCTOBER 6-27**Veil Paintings and Drawings by Para Winingham**

A painter of over 30 years, Para Winingham shares her world of color and imagination in an art exhibit of veil paintings with mythical, fairy tale, and nature subject matter. Drawings from nature, mandala work, and printed cards will also be on display. Opening reception on October 6 from 2PM to 5PM at Bothmer Hall, 5915 SE Division. For more information call Para Winingham at 503-223-7910

Sunday, OCTOBER 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.

OCTOBER 26-27**Seeds of Anthroposophy**

Fall Conference in Portland with keynote speaker Michael Howard and resident speakers John Miles and Beth Wieting. The events will take place at the Shining Star School, 4317 NE Emerson, Portland, OR 97218

Thursday, OCTOBER 25**Seeds of Anthroposophy**

7.00 pm – 9.00 pm Appetizers – Introductory Vignettes and Music. Michael Howard, John Miles and Beth Wieting will give an introduction to the centenary of the Munich Congress and the birth or rebirth of Western Esotericism. See the details for each day below.

Friday, OCTOBER 26**Seeds of Anthroposophy**

9.00 to 10.10am The Refounding of Western Esotericism - a lecture by Beth Wieting
10.10-10.40am Refreshments
10.40-12.10pm Workshop with Michael Howard
1.45-3.15pm Workshop with Michael Howard
7.00pm to 8.30pm "The Rebirth and Mission of Western Esotericism" A lecture by John Miles

Saturday, OCTOBER 27**Seeds of Anthroposophy**

9.00 to 10.10am Lecture by Michael Howard
10.10-10.40am Refreshments
10.40-12.10pm Workshop with Michael Howard
1.45-3.15pm Workshop with Michael Howard
7.00pm to 8.30pm "The first century of Eurythmy" – A performance by Portland Eurythmists.

Wednesday, OCTOBER 31**Portland Branch Council meeting**

7.30 PM at the home of Tom Klein and Ruth Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

NOVEMBER 2-4**Entering the Stream: the Light of Anthroposophy in Adult Education**

The insights of Rudolf Steiner play a significant role in endeavors in many fields of cultural renewal throughout the world today. Biodynamic Agriculture, Anthroposophical Medicine, Spatial Dynamics, Waldorf Education, Camphill Communities and others all share a profound new view of the human being and are making contributions to their disciplines. Educators working in the training of adults in all these fields will be joining to share the unique aspects of their work and to explore some basic questions. What are we learning about human development through our training courses? What is unique about and what are we learning from an anthroposophical approach to adult education and training? What could be gained by sharing our research on best practices in adult education? This weekend conference/colloquium held in Spring Valley, NY November 2, 3 and 4, 2007 will provide an opportunity for adult educators to deepen their understanding of their own and others' approach to working with adults. Sponsored by the Anthroposophical Society, the Council for Anthroposophical Organizations and the Assn. of Waldorf Schools of N. America

POHALA - A PLACE OF HEALING
Family Medicine & Primary Care

Julie E. Foster MSN, FNP

(503) 572-4196

SUPPORT THE
Portland Branch NEWSLETTER

Place Your Advertisement Here!

\$120 for 12 Months

SUPPORT THE
Portland Branch NEWSLETTER

Place Your Advertisement Here!

\$120 for 12 Months



**ANTHROPOSOPHICALLY
INSPIRED PRODUCTS**

Biodynamic Coffees, Teas, Grains & More!
(Great flavor, increased nutrition & shelf life)

**Body Care & Remedies by Dr. Hauschka,
Weleda & True Botanica – Great Prices!**

**Waldorf Inspired Toys ♦ Dolls ♦ Art Sup-
plies ♦ Books for Children & Adults ♦
Cards ♦ Prints & Gifts**

**New from Europe! Beautiful cards and prints ♦
carved angels and other figures ♦ 2 books illus-
trated by David Newbatt: Twelve Aspects of Mi-
chael ♦ The Green Snake & the Beautiful Lily**

5915 SE Division St. Portland, OR 97206
3-777-1251 www.steinerstorehouse.com

WALDORF TRAVEL SERVICE

Now in Portland to serve all of your travel needs

AIR RAIL SHIPS TOURS

*Student, group and family discounts, Class trips and
customized private journeys*

UNIQUE GROUP OFFERINGS ESCORTED BY WALTER RICE

Vancouver Island Cruise, October 29-November 2, 2007

Seattle to Nanaimo and Victoria on Celebrity Cruise's Mercury

Tahiti Cruise, February 24-March 6, 2008

Sail on the Star Flyer through the Tuamotus and Society Islands

Serving the "Waldorf World" since 1992

503-233-4053 5316 SE Sherman St, Portland, OR 97215

info@waldorftravel.com

Apple Blossom Nursery School
& Apple Blossom Beginnings



Two beautiful in home care programs.
One is a new high quality day care specializing
in children ages 5 months to age 4.
The other is a pre school offering full daycare.

AppleBlossomSchool.com

Carrie Riley 971-404-9291 Portland, Or
crileyteach@aol.com

SUPPORT THE
Portland Branch NEWSLETTER

Place Your Advertisement Here!

\$120 for 12 Months



Marion Van Namen
music therapist

5705 SE Belmont Street, Portland, OR 97215
marion@octavemusictherapy.com [503]956-4046

POHALA- A PLACE OF HEALING

Family Medicine & Primary Care

Julie E. Foster MSN, FNP

Summer's harvest is upon us with many blessings of food and beauty for all and it is also a time to weed, thin, cut away or prioritize so that the full harvest is insured. As our children head back to school this may mean reviewing checklists and creating rhythms.

- ☆ To insure a healthy school year has your child had a medical check-up lately?
- ☆ Does your high school student require a sports physical?
- ☆ Have you thought of better preparing yourself for the cold/virus season?
- ☆ Do mom, dad, grandma, or grandpa need a physical or check-up?
- ☆ Is there a health concern you have been meaning to address, but haven't?

Julie Foster, Nurse Practitioner and Waldorf parent of three beautiful children ☺ provides comprehensive medical care for the entire family. She fully supports and incorporates the use of Anthroposophic Medicine along with natural ways of healing. If you want a medical provider whose full intent is to provide superb healthcare with a present and listening heart, feel free to schedule an appointment by telephone at (503) 572-4196. Most insurance plans are accepted. All patients will be seen regardless of ability to pay at time of service.

PO Box 22163 Portland, OR 97269 (503) 572-4196