

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society

www.PortlandAnthroposophy.org

Volume 100, November 2012



Autumn Roses

By Janet F. Jordan, available @ Wynstones Press.com

Here Come the Holy Nights Readings: *The Gospel of St. John in Relationship to the Other Gospels*

The time for The Holy Nights readings is fast approaching, and it is time to put in your request to host an evening. For those who have never attended; the readings are every evening during the twelve nights of Christmas. They begin on December 26th and continue until January 6th. Each evening we read from a lecture series from 7:30 to about 9:00 and then have some time to socialize and partake of the refreshments provided by our hosts and others. This type of event happens in many Anthroposophical communities and has been celebrated here for more than twenty five years. Last year there were about 11 people each evening, and 35 people attended at least one reading. It is a unique experience to attend an event like this over twelve nights at this time of the year. There can be special events on some of the evenings – on New Years Eve we drop lead. This is an old ritual where people drop molten lead into water and try to see the coming year in the resulting structures.

This year we will be reading *The Gospel of St John in Relationship to the other Gospels* lecture series, which we last read in 2005. Please call 503-777-3176 and reserve an evening to host. I will give priority to people who hosted last year if you reserve by November 29th. After the 29th I will give out dates on a first come first serve basis. I look forward to seeing you all during the Holy Nights readings.

~Tom Klein

The Christian Community in Portland

A few years ago a group formed in Portland called *The Friends of the Movement for Religious Renewal*. We began by studying the book "Renewing Christianity" by James Hindes. Soon we began wishing that a Christian Community priest would make regular visits to Portland. The Reverend Sanford Miller from Sacramento had been visiting Eugene, Oregon twice a year, so we asked him if he was willing to also stop in Portland, and he agreed. As a little background: The Christian Community was founded by a group, mostly made up of young people, with the help of Rudolf Steiner. These theologians and pastors could see that the life in the religious realm was dying and they asked Steiner what they could do. Steiner brought renewed rituals to earth from the spiritual world, for a revitalizing of the religious sphere of life. In this refreshed form the sacraments allow one to receive resurrection forces from the spiritual world. Spiritual nourishment enters into the earthly, physical substance;

**The Portland Branch of the Anthroposophical Society
invites you to**

Save The Dates!

- | | |
|--------------------------|--|
| Nov. 2 | All Souls, Remembrance of the Dead |
| Nov. 16 | Signs of the Incarnation of Ahriman in the World with the Rev. Sanford Miller |
| Dec. 2, 9, 16, 23 | Advent Evenings: Working with the Foundation Stone Meditation |
| Dec. 26- Jan. 6 | Holy Nights Readings: The Gospel of St. John In Relationship to the Other Gospels |
| Jan. 18/19 | Dennis Klocek: The Healing Power of Stories |

For more information about these branch-sponsored events, and other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.

through transubstantiation matter is imbued with the presence of Christ. Anthroposophical development allows one to reach to the spiritual world for nourishment. These are two different gestures toward the spiritual world, both valid. One path may speak more strongly to some. The priests of The Christian Community take both the path of spiritual communion (the practice of Anthroposophy) and sacramental communion (The Christian Community). We do not have to choose only one or the other. We can have the support of the spiritual world available through the sacraments and also the path of self development laid out by Rudolf Steiner in his spiritual science – called Anthroposophy.

The Reverend Sanford Miller has been connected with anthroposophy for more than 40 years and has been making visits to Portland for the past five years. He now leaves his home congregation four times a year to come to Oregon (twice to Eugene and twice to Portland). What started as a lecture and then grew into a lecture series and Sunday services has now expanded to include an additional communion service on Saturday. We keep Sanford very busy while he is here – he is available for pastoral counseling and the Sacrament of Consultation: an opportunity to delve into the questions of one's destiny (the renewed form of confession). If you have not experienced the renewed communion service – The Act of Consecration of Man (or have not participated recently), give it a try and see what happens. Nothing ventured, nothing gained. If you heard that the Being of Love itself had a gift for you – would you refuse to show up to receive it? (See Calendar for November schedule)

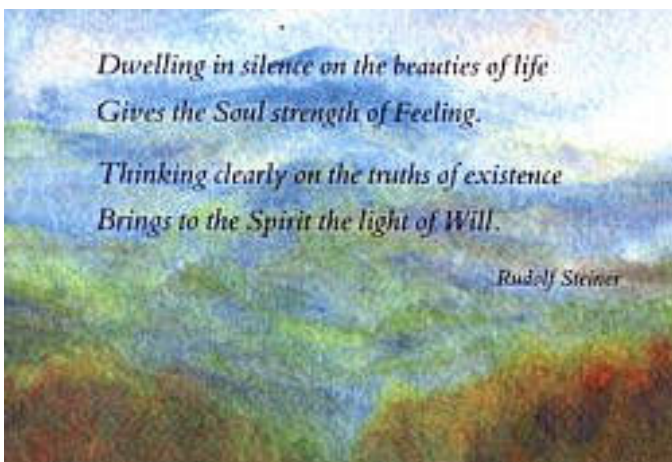
~ Sandra Burch

Library News – Donation and Repairs

The branch Library has received a donation of about 44 books from Jerry Juhr. This brings us to a total of 1,378 books. Most of these new books are in German and are plays, speech and drama. We are grateful to Jerry and His sister Diane Ramage for this contribution.

We also have a few books that need repair. They are Hard and soft cover books that are coming apart. Is there someone who could help with this task? If so contact me at tgklein@aol.com.

~Tom Klein



By Sylvia Childs, Available at Wynstones Press

Branch Thanksgiving – Cultivating Gratitude

Thanksgiving is an important time of year for me. I was born on Thanksgiving, and perhaps because of this have been moved to ponder the topic of gratitude over the years. As this season approaches, gratitude has welled up in me for all of those (largely unsung) people who contribute, through the Branch, to deepening the life of Anthroposophy in Portland. It is not a small thing to cultivate community life in this way. I would like here to illuminate some of our standing benefactors and their deeds, so that you may, perhaps, join me in feeling blessed by all of their gifts. To quote Cicero:

“Gratitude is not only the greatest of virtues, but the parent of all the others.”

I have often been warned against offering lists of people to thank, as inevitably some person or kindness is unintentionally omitted. This train of thought has never persuaded me. I would rather hope that if any reader would like to add someone to the list, they contact me and I will add their contribution in the next newsletter.

Branch Council:

I would like to begin with the Branch Council of Trustees, of which I am currently a member, joining **Ruth Klein, Tom Klein, Walter Rice**, and self-described member-in-training **Timothy Popoff**.

In our working we strive to act in keeping with the Branch purpose: ...*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.*

Approaching this ideal requires substantial behind-the-scenes will activities. A monthly Council meeting serves the purpose of planning for events which can offer members of the community opportunities to deepen Anthroposophical understanding, as well as deepening our friendships; and for maintaining the infrastructure that supports Branch activities.

The Council is responsible for meeting the legal requirements of our nonprofit tax status, and keeping the Branch fiscally solvent. That's where **Ruth**, our resident accountant comes in. She makes necessary applications, updates our legal status, shepherds the bank account, and crunches the numbers so we know at each meeting just where we stand. **Tom** is our resident expert on the bylaws, caretaker of our precious library (which is located in the Kleins' home), and organizer of the Holy Nights readings. **Walter** is our cheerful resident travel agent, performing the invaluable service of making travel arrangements for our visiting speakers, and finding the best deals. **Walter** and I (**Valerie**) are also involved with organizing/carrying many of the Branch-sponsored events. **Timothy** has been an enthusiastic participant in our meetings and activities, and was a valued member of

the newsletter team as we transitioned responsibilities from the former team.

Communications:

Communication activities are essential for weaving the web that transforms us from small groups of individuals pursuing our own interests to members of something greater, together striving **toward warmth in human relationship, and the spiritual, moral, artistic and cultural life of humanity.**

Wes Burch and Valerie Hope currently make up the communications committee, producing and distributing the newsletter/calendar and overseeing the website, with valued contributions from other community members. **Tom Klein** conducts our email communications, and manages our Constant Contact account to this end. This has been invaluable for helping everyone stay up-to-date and involved with Branch activities. **Seth Miller** is our webmaster, and his technical and creative efforts have afforded us an attractive and useable presence on the internet. He has also produced some striking fliers for promoting our events. Something you might not think about – his ongoing, frustrating battles with opportunistic hackers who try to use our site for their own ends.

For more opportunities to experience gratitude, just look at the Branch Calendar for examples of additional events sponsored by individuals, and the study groups and activities that are held on an ongoing basis, which bring community members together in such meaningful ways.

Spaces

We owe much of the health and well-being of our community to those who have offered their spaces to house our many activities. **Drs. John & Joan Takacs** have long accommodated us at Bothmer Hall, and the Portland Waldorf School and Cedarwood Waldorf schools have often offered us shelter. In particular, **Diane Rowley** and **Gia Davis** have been wonderfully helpful at those schools. And the **Rowleys** have generously offered a discount when housing our many out of town speakers.

I would also like to ask you to consider what you may be willing to throw into the pot. Maybe you could organize the arrangements for one speaker, or help with outreach/publicity, or bring the flowers or the refreshments (at Branch expense), or arrange for music, or help to set up or clean up the space, or help with the newsletter. Many hands make light work, and this sort of help will be important if we are to continue with our quality offerings.

We will be *grateful* for anything that you can do.

Wishing you the very best Thanksgiving ~**Valerie Hope**



The **Portland Anthroposophic Times** is published monthly to serve Branch members and friends. To learn more about the Portland Branch of the Anthroposophical Society, contact Diane Rumage at 971-271-7479.

To submit an article, a calendar item, sign up for our email list, and contact the editors or the Council, go to <http://www.portlandbranch.org/contact>. The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

Newsletter co-editors are Wes Burch & Valerie Hope. Seth Miller is our webmaster, and Ruth Klein is our accountant.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org. Paper copies are available at the Takacs, Pohala and Healthbridge Clinics; and the Cedarwood & Portland Waldorf Schools, and Swallowtail School.

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

Cyndia Ashkar, Chrystal Brim, Wes Burch, Yvonne DeMaat, Mia Ellers, Charles Forester, Valerie Hope, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Donna Patterson, Timothy Popof, Padeen Quinn, Jeff Rice, Walter Rice, Jannebeth Roell, Twila Rothrock, Diane Rumage, Chiaki Uchiyama.

**Please submit your Branch membership dues (\$50), or your donations, to: The Portland Branch
c/o Ruth Klein, 3609 SE Center, Portland, OR 97202**

Docs By the Sidewalk

From the crown of Mt. Tabor
Queen of the east side
Where the beautiful Rose city
keeps its water reservoir down
by the mountain's feet.
Right there you will find
at fifty ninth and Division:
John and Joan Takacs Clinic,
where two streams of thought
come together.
Anthroposophically
extended medicine:
The good doctors joyfully work
with humane therapeutics
to bring health to all who come
with their aches and their pains
and their unshakeable burdens.
The community offers thanks
to John and Joan Takacs
for generosity and service
for the space at Bothmer Hall
where festivals and eurythmy
and spatial dynamics
can be attended by the people
of our lovely Rose City.

~ Wes Burch

Portland Branch Council Meeting

Monday, November 12, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpdx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 12

Sunday, November 11 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Ramage at 503 908-0131 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month

Movement for Wellbeing with Dr. John Takacs

Beginning September 4, ending December 18, first and third Tuesday of each month • Bothmer Hall, next door to the clinic at 5909 SE Division Suggested \$12 each session in box on table • wear athletic or movement shoes or socks, clothing, to move in.

Dr. Takacs is offering these Spatial Dynamic & Bothmer movement exercise group sessions to his clinic patients and the general public as a basic foundation for engaging many physical and emotional challenges.

Monthly Painting Circle with Robin Lieberman

Beginning September 13, second Thursday of each month, 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all materials and snacks. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each second Thursday Robin opens her studio to all who wish to paint in community. Inspired by the work of Liane Collot-d'Herbois we will explore a color or theme each month. Curiosity is the only prerequisite!

All Souls, Remembrance of the Dead

Friday, November 2, 7:15 pm • Cedarwood School, 3030 SW Second Ave.

Join us for a remembrance of your dead, and a brief reflection on how to continue your relationship with those who have died. You may bring pictures or items that remind you of your loved ones to place on the tables with the candles that will be provided.

Christian Community Events with the Reverend Sanford Miller from Sacramento, CA; at Bothmer Hall, 5919 SE Division St., Portland

- ♦ Thursday, November 15, 7:30 pm • Joan of Arc: Her Task, Our Task – An exploration of Micha-el in our time
- ♦ Friday, November 16, 7:30 pm • Signs of the Incarnation of Ahriman in World Events • Sponsored by the Portland Branch Suggested donation for Thursday and Friday, \$10 each. No one will be turned away because of finances.
- ♦ Saturday November 17, 8 am • The Act of Consecration of Man – Open Communion for Adults. Children's services and childcare on Sunday only.
11 am New Testament Study: Revelation 3:1-6 – Letter to Sardis: Humanity at the Threshold
Rev. Miller will lead an interactive discussion, including insights from Anthroposophy. A truly new way of exploring a text.
- ♦ Sunday November 18, 9:15 am Religious Instruction, Grades 1-8 • 10 am Children's Service, Grades 1-8 • 10:30 am The Act of Consecration of Man – Open Communion for Adults (prearranged childcare available).

Contact Sandra Burch with questions, to schedule pastoral counseling or a sacrament of consultation with Reverend Miller, or to sign up for childcare during the Sunday adult service. (503) 353-1818, galenalyn@gmail.com

Advent Evenings

Four Sundays: **First 3 Sundays**, December 2, 9, 16 • 7-8:30 pm • home of James Lee & Jannebeth Roell, 3135 NE 17th • call 503-249-3807, or e-mail jannebeth@mindspring.com to reserve your space. **December 23**, home of Mark & Valerie Hope, 2606 SE 58th Ave.

Foundation Stone meditation and reading of the address by Rudolf Steiner at the Christmas meeting of the founding of the Anthroposophical Society. Light refreshments afterward.

Holy Nights Readings: The Gospel of St. John in Relationship to the Other Gospels

Every evening, December 26th - January 6th. 7:30-9 pm. Contact Tom Klein to sign up to host an evening at 503-777-3176. He will email the finalized schedule.

The Healing Power of Stories with Dennis Klocek

January 18-19. Details coming soon.

Luster and Image Colors, 3: Workshop with Chris Guilfoil

Saturday January 26, 2013, 9 am-5pm • 3135 NE 17th Ave., Portland 97212 • Cost \$75, includes materials. To reserve a place please register with a check made out to Chris Guilfoil and send it to J. Roell at the above address • Maximum 12 participants • Please bring a dish for a potluck lunch • For info contact Jannebeth Roell 503-249-3807, Jannebeth@mindspring.com

This is the third of four workshops on this theme. Chris will continue to work with us on the subject of luster and image colors. “One who, through a long period of soul-culture no longer considers as dogma but as experience what Dr. Steiner has said in his color lectures about ‘lustre’ and ‘image’ colors will see in this turning of luster into image and of image into luster, a priestly, redeeming act for the earth – a transformation.” ~ Maria Strakosch

Michael, Mani and the Interior of the Earth, With Marijo Rogers

Saturday, March 16, 2013, 10:00 AM to 2:30 PM • Location, NE Portland • Registration will be limited to the first 15 registrants. Cost \$35. Contact James Lee at anthroposophy@earthlink.net to register.

In *Leading Thoughts*, written at the end of his life, Rudolf Steiner says that in our time we must develop the strength “not to go under.” With this strength we are able not to succumb to dark intentions conjured into civilization today by adversarial powers from spheres within the earth. We can take initial steps in knowing about these spheres, for they affect us continually. Michael, the leading spirit of our time, and the individuality of Mani are essential for this work. There will be two 1.5 hour sessions with a potluck lunch in between them.

Rudolf Steiner’s Work on Karma: Emperor Julian, Herzeleide and Tycho Brahe, with Linda Connell, Jannebeth Roell, Marijo Rogers, and Diane Ramage

Friday, April 26, 8pm – 9:30 pm, April 27, 9am-5pm • Bothmer Hall, 5919 SE Division St. • Portland Requested Donation \$50. Scholarships are available; no one will be turned away because of finances. To register please send your contact information and a check made out to ‘The Portland Branch’ to V. Hope, 2606 SE 58th Ave., Portland, OR 97206

This workshop is dedicated to Rudolf Steiner’s work on karma, by using one of the karma exercises he gave at the end of his life. We will explore a series of incarnations cited by Rudolf Steiner in 1910 in *Occult History* and in 1924 in *Karmic Relationships*, Vol. II. After the presentation of these incarnations there will be a conversation with all participants using the Saturn, Sun, and Moon exercise in which we try to experience for ourselves the connection between these incarnations and something of the true impulses of this individuality.

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch • Second Monday of the month 7-9 PM

2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpx@aol.com

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

First Class of the School of Spiritual Science • Second Sunday of the month

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632

Anthroposophical Course for Young Doctors • First Tuesday of the month

7-8:30 pm • Pohala Clinic, 12050 SE Holgate Blvd. • contact Julie Foster 503-572-4196, julie@pohalaclic.com

Karmic Relationships Study • First and third Thursday of the month

7-9:30 pm • Contact James Lee, 503-249-3804, anthroposophy@earthlink.net

The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner’s karma exercises.

Knowledge of the Higher Worlds • First and third Tuesdays

7:30-9 pm • 3046 NE 33rd Ave. • contact Donna Patterson and Bob Kellum, 503-331-7393

Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays

7:30 - 9:00 PM, in SW Portland • Starting to work on the 3rd Mystery Drama by Rudolf Steiner, *The Guardian of the Threshold*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@comcast.net or by phone at (503) 908-0131

Portland Waldorf School Community Choir • Friday Mornings

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room Free. Contact Marion Van Namen, 503-956-4046

Anyone who enjoys singing songs through the seasons, across the centuries and around the world is welcome, including drop-ins. This event is free. Marion Van Namen (503) 956-4046.

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Michael Institute. Contact John Miles, 503-774-4946 johncmiles@usa.net

Outside of Portland

Devotional Painting as an Inner Path with Laura Summer

Saturday, January 19, 7pm - 8:30 pm • Art Building on Eugene Waldorf School Campus • \$5-\$10 suggested donation • Contact Marcia Seymour, marciaseymour@q.com or 541-484-5234

A conversation with Laura Summer including dark and light drawing exercises. For more information about Laura Summer: www.laurasummer.com www.freecolumbia.org

Expanding Our Usual Selves, Exploring New Approaches in Painting with Laura Summer

January 19 & 20, 9:30 am – 4:30 pm • Art Building on Eugene Waldorf School Campus • \$120-\$150 suggested donation • Contact Marcia Seymour, marciaseymour@q.com or 541-484-5234 • No experience necessary. The techniques are both exciting and very forgiving.

Working with watercolor, pastel, collage, poetry and block printing we will explore color and meaning in art. Through relaxing our expectations, while playfully manipulating our media, we will experience the realm of creation and develop skills for further work. We will observe our own process and learn how to step into someone else's artistic shoes, seeing ourselves more clearly in the mirror of the other.

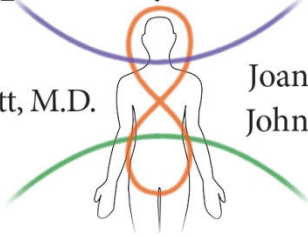


Squirrel

by Caroline Mason, Available @ Wynstones Press.com

Multi-Specialty Health Clinic

Susan Schmitt, M.D.



Joan Takacs, D.O.
John Takacs, D.O.

The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.



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Portland, OR 97206
www.anthroclinic.com
503-234-1531



Marta Hammel, Oregon Broker

Cell 503 536 5065
Office 503 670 9000
Fax 503 670 9004

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of the Anthroposophical Society**

and

**See your business card sized ad here
by contacting**

<http://www.portlandbranch.org/contact#3>

Embryo In Motion: Understanding Ourselves as Embryo

4-DVD Set Now Available With Jaap van der Wal, PhD, MD

This beautiful 4-DVD set was professionally recorded live in Portland, OR, June 3–6, 2010.

To learn more about the 4-DVD set and for instructions on how to order it, go to the “shop” portal on the Portland Branch website at www.PortlandAnthroposophy.org.