



Village eView

October 3, 2019

Elizabeth Jarrett-Jefferson, Guest Editor

COMING UP :

Pathwork, October 6

General Circle, October 7

Meditation retreat, Sahale, November 15-17

Deep Delight

Elizabeth Jarrett-Jefferson

I was inspired by Rose Buchmeier's reading a familiar Robert Penn Warren quote this past Saturday at our Goodenough Community's Women's Cultural gathering, and I chose two of his words to be this week's eView theme—*deep delight*. For me, it means the passing of time, the feeling that everything and everyone counts, that the more appreciating I can do, the better for myself, ourselves, and the world. Let me know of your stories of Deep Delight!

Tell me a story.

In this century, and moment, of mania,

Tell me a story.

Make it a story of great distances, and starlight.

The name of the story will be Time,

But you must not pronounce its name.

Tell me a story of deep delight.

On-Line News from the Goodenough Community System

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

The Magic of Sahale

By Lori Boes, who was recently married at Sahale

Jwant to say that the magic of Sahale is why we chose it as our venue for our wedding. Sahale offers many elemental delights, such as the mist that covers the meadows, as well as the abundance of wildlife including red-tail hawks, eagles, blue herons, frogs, bears and river otters. If you happen to arrive in October/November, the salmon are making their way up the (Tahuya) river. I love the feeling of being in the “deep woods” when I am at Sahale. I notice a plethora of sound delights from bees, dragon flies, butterflies, bird calls, and favorite “swamp sounds.” A splash, a croak, and a ribbet! Coyotes singing and owls calling back and forth....



From the Goodenough Community's Women's Culture Monthly Gathering

Saturday, September 28

By Hollis Guill Ryan

It was a cold September day, and the pilot light had gone out on the furnace, but openheartedness wrapped the women in warmth.

For a taste of the conversation we experienced, relax deeply, then consider these questions yourself. Observe your mind and your body and pay attention to images and other sensations as you ask yourself:

- What happens when you hear the word “feeling”?
- What happens when you hear the word “anxiety”?
- How does anxiety affect your happiness?



We found that we do not always welcome feeling. Some of us were taught from an early age to hold our feelings in rather than display them. The message we absorbed was, “Don’t feel.” At the same time, we recognize that to be fully present, we must allow our feelings, whether having them is a comfortable experience or not. The mere thought of anxiety raised anxiety in some of us, yet there was agreement that upon occasion, a light twinge of anxiety can help us be productive, meet deadlines, and live in the “outside world.” For the most part, the thought of anxiety brought unpleasant thoughts and images. Not one of us was untouched by anxiety.

Fritz Perls defined anxiety as living between the present and the future, and Rollo May suggested that anxiety is being unable to orient oneself in one’s own existence. In other words, anxiety can result from not being present, not living in the moment.

Therefore, an antidote to anxiety is mindfulness, which is, to quote Dan Siegel, “being fully present for life, opening to what is, not clinging to or avoiding experiences.” Mindfulness is a

simple practice. In fact, if you followed the suggestions preceding the questions above, you have already practiced mindfulness by paying attention to your body sensations, your mind and what it is focusing on, and your feelings, and by gently bringing your attention back as your mind wanders. Which it will.

Having anxiety may not be a choice. For some, it is a learned pattern and for some it is a chemical imbalance, but *managing* anxiety is definitely a choice. Striving to live in the moment, to be open to what is happening within you and outside you and accepting what is – that is a powerful antidote to anxious thoughts, feelings, patterns, behaviors.

And, since anxiety dampens happiness, by choosing to moderate anxiety we are choosing to be happy. Of all the topics we discussed, this to me is the most important:

Happiness is a choice. I can choose to be happy.

And, as the group *Women, Women, & Song* sang:

“I won’t wait to be happy!”

Convocation: A Church and Ministry invites you **Quiet Your Mind, Open Your Heart: A Meditation Retreat**

November 15 to 17, 2019

Sahale Learning Center

A unique opportunity to practice together

Meditation is the central premise of *mindfulness*. In essence, mindfulness is opening to what is, without judgment, and being fully present to life. This weekend will help you build (or renew) a mindfulness practice. You can let go of living on autopilot and move toward living with intention and awareness.



At this weekend, you will experience guided meditations, sensory experiences, movement, and time in the natural world. Joining with others with intention will enhance your experience of being present. Small groups will provide a relational context for sharing your experience with others.

Colette Hoff will provide coordinating leadership. A pastor of Convocation: A Church and Ministry, Colette teaches with her life and offers practical strategies for mindful living.

Colette will be supported by the Goodenough Community’s Lifeways Circle. This leadership team includes Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. For more information please contact Colette: hoff@goodenough.org or 360 275 3957.

Cost for this event will be \$220 and includes two nights lodging, abundant meals, and learning materials. The workshop begins with dinner Friday at 6pm and concludes at 3pm on Sunday.

Registration

We encourage you to register online. Online registration will be available shortly.
If you would prefer to mail your registration, please mail in the following

Your name and address (street and number, city/state/zip)

Best phone number: _____ Email: _____

Payment method: Check amount: \$ _____ Credit card amount (MC/VISA): \$ _____
Card number: _____ Expiration date: _____

Please make your check payable to Convocation and mail it to Box 312, Tahuya, WA 98588



Emergency Preparedness Initiative – Earthquakes

Compiled by **Tod Ransdell**

October 2019

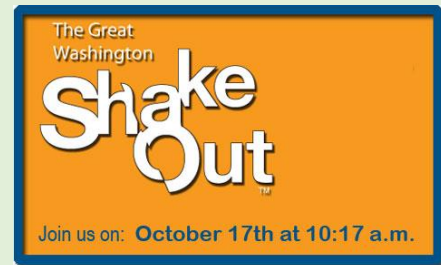
Resource: <https://www.shakeout.org/washington/>

This time of year we customarily have big storms where we can experience anything from torrential rain, to flooding, hurricane force winds and even the occasional freak snow storm. The residents at Sahale know firsthand that they can all too easily lose power.

This month is a time for earthquake awareness. Governor Inslee has proclaimed October as Washington State Disaster Preparedness Month and NOAA Weather Radio Awareness

Month. I encourage you to take time this month and take action to prepare for disasters.

Plan Your Drill >> Anyone that has lived in the greater Puget Sound area for any time has probably felt the earth move beneath their feet. There are many tectonic faults in the Pacific Northwest that can produce damaging earthquakes, including hard-to-identify faults that exist entirely underground and have not been identified at the earth's surface. At the same time, some mapped faults have been located that have not generated earthquakes in recent geologic time. New faults continue to be discovered as more field observations and earthquake data are collected.





Federal, state, and local emergency management experts in the United States, the Red Cross, and other official preparedness organizations all agree that "**Drop, Cover, and Hold On!**" is the appropriate action to reduce injury and death during earthquakes. Given the dynamics of earthquakes and their effects on structures, "Drop, Cover, and Hold On" is the single most useful instruction that you can follow to protect yourself in the majority of situations.

Are You Ready? Some number of years ago we all participated in creating an Emergency Preparedness Plan as well as an Emergency Food and Supply Kit. If you haven't been, it is probably time to go through your kit to freshen your food and supplies. If you have not yet made a plan or created an EP kit, now is probably a good time to start. Remember that the recommendation for MINIMUM time to be prepared to be on your own has changed from 3 days to **3 weeks, or more**. The 72-hour "Bugout Bag" is still a good idea to keep at the office/school and in your car, but when it comes to needing to shelter in place the longer period of time before support can sometimes arrive has been proven out time and again.

Lots of apples and cider making at Sahale!



Just kidding! - editor



Spatialist for Hire



Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.



Programs and Events of the Goodenough Community New Dates are included.

What makes community meaningful and fun? The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long- time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: www.goodenough.org



The **General Circle** meets Monday evening for light dinner & business at hand. The schedule is as follows: October 7, 21; November 4 , 18; December 2, 16.

The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We meet Saturday mornings from 10:00 to 2:00 with lunch included. The next gathering will be September 28 at Hollis’ home. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby



shower for Hollis and Hal's daughter Brittany. In 2020, our first gathering will be January 25 at Hollis' home. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. November 8 will be the next gathering. Contact Kirsten Rohde for more information:

krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. The weekend of **September 27-29** will be the Men's Weekend/Tent Take-down. For more information, contact: bruce_perler@hotmail.com



Save the Date!

The Lifeways Circle is confirming a Meditation Retreat, November 15 to 17, 2019 at Sahale Learning Center

Quiet your mind, open your heart!

Guided meditations, sensory experiences, movement, time in the natural world will be featured in this weekend. Joining with others with intention will enhance our experience of mindfulness. *More information is available in this eView.*

Pathwork, a Program of Convocation: A Church and Ministry On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

Gatherings are in Seattle -- October 6, 20; November 3, 17; December 1, 15. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth

New dates for Summer Camp 2020 will be announced. Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. Lab of 2020 marked 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth elizabeth.ann.jarrett@gmail.com for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404) to make arrangements.