



# Village eView

June 19, 2019

Marjenta Gray, Editor

## COMING UP

**Men's Weekend and tent-raising**, June 21 to 23

**Summer Camp**, June 27 to July 3

**Pathwork Circle**, July 14

**General Circle**, July 15

**Human Relations Lab**, August 4-10

## Allowing Change

Change is happening all around us, all the time. Nothing is constant, and yet, we often fear change. We long to hold on to what we desire and are comfortable with. We may feel cheated if something undesirable occurs in our lives. Even if we choose to change something in our lives, we may have trouble adjusting and feel adrift in the new environment.

This week, we focus on “allowing change.” Elizabeth and Hollis have contributed a lovely piece by Mark Nepo, about adapting to change. He says, “when change becomes painful, we often distract ourselves with the game rather than adapt to the shifting nature of experience.”

Hollis sent a poem about allowing change, by Jane Kenyon. Mike talks about the inevitability of change in his blog.

*The only way to make sense out of change is to plunge into it, move with it, and join the dance. Alan Watts*

### **On-Line News of 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

## WE LIKE CHEETAHS

*Contributed by Elizabeth Jarrett-Jefferson & Hollis Guill Ryan*

*From The Exquisite Risk: Daring to Live an Authentic Life (2005) By Mark Nepo*

*The morning light sweeps a flock of birds  
From the stone mountain before me,  
All of us in an invisible wave that perpetuates the beginning*

Everything is changing and connected. And our call is to enter a dance with the things and forces of this world, not just deflecting what comes at us. For often, the things we need to learn are in the spaces between.

The delicate way we are all connected cannot be overstated. The family therapist John Bradshaw uses the image of a mobile, saying that every family operates like a suspended sculpture of individual pieces tied together with string or wire. When one piece is touched or moved, the entire mobile shifts. Family dynamics are like this. Relational dynamics are like this. Around the globe, what happens to one living thing impacts all living things. We are all suspended and connected in an intricate mobile called life.



A striking example of how subtle our connections are was reported recently in Africa. In unspoiled habitats where cheetahs have run wild for centuries, a seemingly innocuous grass has seeded itself in their path. During the last twenty-five years or so, the grass has cultivated itself into meadows of tall wheat-like stalks which sprout both small berries and thorns.

This small change has wreaked havoc as cheetahs running so free for hundreds of years are now scratching their eyes as they rush by the tall thorned grass. This small seed blown from some inner continental wind has inadvertently blinded an entire generation of cheetahs.

The particular lesson here is that the cheetahs didn't adapt. Darwin would say that over time these graceful animals will either: Grow longer legs to avoid the thorned grass. Change their migration path. In their blindness, go extinct. Or develop more resilient eyes to survive the cuts of life.

It is important to realize that in nature, no one is to blame. The tall thorned grass is not evil and the cheetahs are not wrong. In our human case, when change becomes painful, we often distract ourselves with the game rather than adapt to the shifting nature of experience.

All this is to say that we are called to this life to attend a changing landscape, both outwardly and inwardly. As emotional beasts, we often blind ourselves running cheetah like into the thorns that sprout in our way. Sometimes this is unavoidable, but part of our dance as human beings is to live in full acceptance of the fact that nothing, not even the earth beneath our feet, is standing still. This acceptance gives rise to a sensibility akin to tai chi in which we can flow, whenever possible, like water around the thorns that sprout near our eyes.

So the deeper lesson is that adapting to the flow of life is more than reacting to things that just seem to happen. It requires our continual attention and movement with the life around us, the way underwater sea grass sways with the currents. For existence is a constant work in progress, not a still life, and like it or not, we are constant participants connected to everything in view or not.

In this way, there is an inner corollary to Darwin's insight. As the human spirit faces unexpected change, the human heart will either Grow longer legs. Change its migration path. In its blindness, go extinct. Or develop more resilient eyes to survive the cuts of life.

Most life forms have little or no involvement in how they will evolve. As h humans, we do. It's both a blessing and a burden to participate in how our children will be born and grow. Yet in our life now, we can only be aware and fully engaged. For nature will grow our legs or not. And perhaps our collective wisdom will change our path. And our stubbornness will surely blind us. But our devotion to life on earth just might give us our children more resilient eyes.



**“Change is inevitable in life. You can either resist it and potentially get run over by it, or you can choose to cooperate with it, adapt to it, and learn how to benefit from it. When you embrace change you will begin to see it as an opportunity for growth.”** *Jack Canfield*



The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function. Future themes of the eView include:

June 26 – **Audacious**, Colette Hoff, Editor

July 3 – No eView

## Let Evening Come

*Jane Kenyon*

Let the light of late afternoon  
shine through chinks in the barn, moving  
up the bales as the sun moves down.

Let the crickets take up chafing  
as a woman takes up her needles  
and her yarn. Let evening come.

Let dew collect on the hoe abandoned  
in long grass. Let the stars appear  
and the moon disclose her silver horn.

Let the fox go back to its sandy den.  
Let the wind die down. Let the shed  
go black inside. Let evening come.

To the bottle in the ditch, to the scoop  
in the oats, to air in the lung  
let evening come.





50th Annual  
**HUMAN RELATIONS  
LABORATORY**  
*Sponsored by the Goodenough Community*

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AUG 4 to 10, 2019

## *How to Live in Heaven, HERE!*

Lab feels like heaven – right here and right now. Heaven is not a location but a state of mind, an attitude of **AWE** and **WONDER**. We can create heaven inside ourselves through spiritual and psychological development, and between and among individuals through relationships, collaborative circles, and the culture we create together.

### **FOR SEVEN DAYS YOU CAN:**

- Practice radical openness in a safe context
- Connect deeply with others who are also growing themselves
- Dissolve barriers to love
- Enjoy creative expression of all kinds
- Live in the natural world, explore freedom and energy, and live in the present

**\$750** | The Lab fee includes accommodations and learning materials.

*Special rates available for groups of three or more, seniors, students, and interns.*

*Please consider an additional tax-deductible donation to the scholarship fund. Thank you.*

To learn more, call (360) 275-3957 or visit: [www.goodenough.org/lab](http://www.goodenough.org/lab)

[Click Here to Register](#)

[Click Here to Visit our Site](#)

**Space is limited, register now.** [www.goodenough.org/lab](http://www.goodenough.org/lab)

Held within the magical 68 acres of Sahale Learning Center, on the Kitsap Peninsula.

Come **CELEBRATE** with us!

The HUMAN RELATIONS LABORATORY is  
**50** years old — and we are having a party!

Dear HRL Alumni,

All Lab alumni – *you!* – are invited, along with your family, to our anniversary party celebrating 50 years of the Human Relations Laboratory. Please bring your memories, reflections, and photos to share.

**The celebration begins at 2:00 p.m. on Saturday, August 10, and we hope you will share this event with us. We will have a program beginning at 4:00 p.m., followed by a celebratory dinner.**

Fifty years of Lab ... what a remarkable achievement! Each Lab has had a unique theme, an ever-evolving structure, and a changing array of participants. After many years at many locations, the Lab has settled at Sahale Learning Center and has been welcomed here since 2002.

At this reunion, you can reconnect with Lab friends, and meet Lab alumni from other years. What an opportunity to share stories and learn how things were then, and how things are now.

You will also be able to explore the Goodenough

Community's beautiful retreat at Sahale Learning Center on the Tahuya River, Kitsap Peninsula, and to learn what our community is about now. The community and Sahale are a tangible legacy of John Hoff, who passed on February 14, 2018. In memory of John, let's let our hearts sing together again.

Please let us know whether you plan to attend, and how many guests you are bringing. We want to hear from you by **August 1** so we can make our plans. Please send your **RSVP** to Colette Hoff: 206 755 8404 or [hoff@goodenough.org](mailto:hoff@goodenough.org).

With anticipation,

Colette Hoff



**RSVP** to [hoff@goodenough.org](mailto:hoff@goodenough.org)  
**TODAY** or by  
Aug 1st.

## **Kirsten is turning “70” !**

Will you join a celebration, **Thursday, June 20** with dinner at the Bistro at Lakeland Village, close to Allyn, WA, about 35 minutes from Sahale. Here is a link about the place.

<https://www.kitsapsun.com/story/entertainment/2019/01/29/hesher-brings-wealth-restaurant-know-how-lakeland-bistro/2680014002/>



We will gather at Sahale at 4:00 for a brief “Happy Hour” and car pool to the Bistro at Lakeland Village for a no-host dinner, and sharing the cost of Kirsten’s meal. Please RSVP by emailing Joan Valles at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com) Could be a great party! And Pedge’s birthday is June 23 so we’ll have a double celebration!



## **Goodenough Men’s Circle and Upcoming Activities**

Bruce Perler

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 men’s circle. Much appreciation to John Lawrence Hoff for his years of love and dedication.

### **Annual Tent Up**

Our next gathering begins soon, 6/21 – 23 at Sahale. We’ll be having our annual spring Event Tent Raising and Men’s Retreat. Bring your gloves, your spirit of collaboration and a story to share about life and being you.

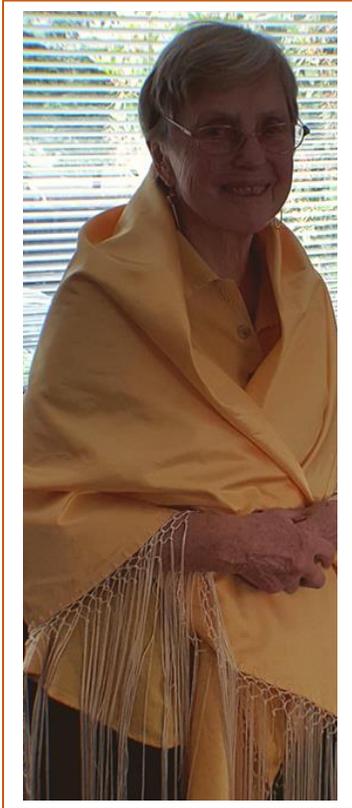
For more information or questions, please contact me: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)

### **Vision Quest Outing**

June 6-9

This last weekend a small group of men, supported by a warm and hearty base camp – thank you Tod and Chris, ventured into the northeast Olympic National Park, seeking an authentic experience. We hiked up Royal Creek Valley and into Royal Basin, packing for a comfortable overnight, 9 miles / 3000 ft. The high basin was full of snow but Royal Lake was mostly clear. Sunday the weather cleared and we woke to sun and blue skies. The hike itself is a personal test of mental and physical stamina and the need to rely on each other, a brotherhood building experience. Hours of time to talk, enjoy quiet and explore the wilds of the Olympics. Magical and grounding!

## A Prayer Shawl for Joan



At Pathwork on June 9, Colette presented Joan Valles with the beautiful golden shawl Colette had been working on for almost two years. Colette explained the traditional native process of making the shawl, where the cloth and fringe materials were bought with care, and a prayer is made for the wearer as each knot is tied. “I found I had chosen the tightest-woven cloth, and it was difficult to get the awl through,” Colette laughed.

Two years ago, at Draí and John’s wedding in June, Kathleen, the keeper of the shawl-making lore said, “I have two hours next week to show you the process.” So, Colette and Draí made the journey to Port Angeles, where Kathleen imparted the wisdom about making prayer shawls for elder women.

Colette has made several other shawls, but this one was special to her. “It was effortless to think of prayers for Joan,” who she had known intimately for so many years; “A real joy!”

The Longdance community has a tradition of gifting fringed shawls to respected elder women.

Colette said, “We have native elements in our culture. I want these elements in our culture. Since we don’t have pow-wows, Joan can wear it whenever she wants.” She told how she and Joan would be learning more about the enablement, stories and lore around these traditional shawls. The shawl can be worn ceremonially as a rectangle, where the women do a Grandmothers’ Dance. Thank you, Colette, for bringing this tradition to our community culture, and for gifting our dear, deserving elder, Joan!



**All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.**

*Anatole France*

# Sahale Summer Camp June 27 to July 3, 2019

## Now is the time to register!



### SUMMER CAMP — JUN 27 to JUL 3, 2019

*Sponsored by the Family Enrichment Program of the Goodenough Community*

Register online or mail this form and deposit(s) to:

#### SAHALE SUMMER CAMP

2900 NE Tahuya River Road, Tahuya, WA 98588

Parent \_\_\_\_\_

Email \_\_\_\_\_

Child(ren) Name(s) & Age(s) \_\_\_\_\_

Home Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (M) \_\_\_\_\_

Deposit Method (\$100 per child) Check # \_\_\_\_\_

Visa/MC \_\_\_\_\_

Exp Date \_\_\_\_\_ Total \$ \_\_\_\_\_

Signature \_\_\_\_\_

**Cost** includes food, lodging, materials.  
One child \$650 | Two children \$1050

**Full refunds** no later than May 25.  
**50% refunds** after June 10. (No refunds after June 17th.)

**Scholarship funds** may be available before June. Please reach out to Irene Perler to arrange. 206-419-3477.

**Preparation materials**, what to bring, maps & directions will be sent upon registration.

**Sahale** is 20 minutes from Belfair, WA. The 68-acre center is an easy drive or ferry ride from Seattle, Tacoma and the Olympic Peninsula.

**For more information** please contact [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com) and visit [goodenough.org](http://goodenough.org).

Camp is supported by a volunteer staff of 18 trained adults and young people who each give many hours of creative, loving and dedicated service. It's so rewarding that many staff return year after year.

We mentor specific skills and teach by intentionally living collaboratively and joyfully all week. Colette Hoff, professional family life coach and community developer, offers life lessons for staff through leader development.

Our model values having pairs of junior staff who befriend each camper and guide each "kid clan." Counselors take their responsibilities to heart and help campers feel included and cared for. They support skits, play games and sing camp songs. They are friendly role models.



*Camp Director, Irene Perler*

# camp for boys and girls, 9-12

**A week-long, overnight camping experience** designed to help children have fun learning about themselves as a friend, naturally. Your child will leave with a greater sense of confidence and of belonging to the world. Our program builds skills that promote self-esteem, collaboration and social creativity for the future health of your child & society:

- ♥ Self-responsibility, self-care, self-reflection, self-awareness and self-expression
- ♥ Enjoyment of work and play
- ♥ Sharing and active listening
- ♥ Empathy and practical care of others
- ♥ Respect for elders and peers
- ♥ Collaboration and cooperation

*“Building forts & campfires with friends all week long is so much FUN!”*

**Sahale’s gift** is a remote and beautiful river valley where we breathe fresh air, swim in clean waters, explore meadows and forested hills. It is home to diverse flora and fauna awaiting discovery. Each day, camp life is filled with natural wonders.

*“Sahale is the best! I can’t wait to meet up with my friends from camp.”*

**We build our tent village** circled by trees and near the fire circle where we gather each evening for stories, singing, skits, stargazing and more. Each day repeats a gentle rhythm and includes comforting routines.

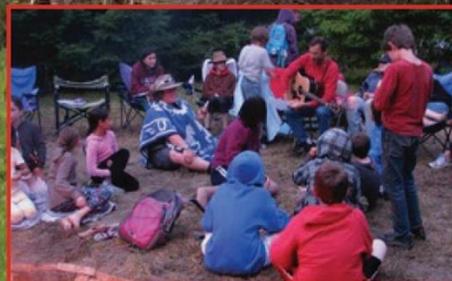
**Daytime activities include:** Group circles, archery, nature activities, cooking, river play, gardening, quiet time, journaling, drawing, drama, music, story time, free time, group games and crafts such as clay, weaving, beads, drawing and more.

*“I love learning new things at camp and the food is great!”*

**On our last full day,** we celebrate with a big feast and a special camp fire program as we prepare to join our families the next day.



*Co-creating  
memories &  
friendships*





You are welcome to join with others at Sahale to celebrate the holiday. Sahale Summer Camp is over on July 3. Come any time after 3:00 p.m. and stay through Sunday, July 7. Come relax, spend time in the river or hot tub, enjoy good conversation and good food! RSVP! Please email Elizabeth at [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com) and let her know your plans: when you are coming, when you are planning to leave and how many in your party.

### **Tahuya Day Celebration & Parade** Saturday, July 6, 10am to 4pm

Tahuya Community Club presents this unique celebration, featuring a fun-loving parade at 1 pm with everything from pirate ships to water cannons, horses, classic cars, and more. (Irene Perler is helping out at the parade this year.) Everyone is invited to participate! Some 2,000 people attend this event which is hosted by the town, celebrating its unique and quirky heritage. It is a major fundraiser for the Tahuya Community Club's North Mason High School scholarship fund. Proceeds from the miniature American flags and raffle tickets sold go toward the \$2,500 fund. Expect many activities for kids, homemade arts and crafts booths, and live music. Check it out on [Facebook](#). There is also a huge "haggle" sale at our local Episcopal Church.



### **Pathwork, July 14**

*Colette Hoff*

Our Pathwork Circle will meet again on **Sunday, July 14th, at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126 Street, Tukwila, 98168. Barbara's cell phone is 206 412-9417.

Pathwork is an excellent context for instituting new spiritual practices, provides support for maintaining current practice, and gives many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.





## The deAnguera Blog: Allowing Change



On the left Pedge Hopkins is restringing her weed whacker. On the right Julie Wolf is putting newspaper into the fairy garden we are planting. What is changing in both of them? They are getting older. I share that ongoing change with them. There is nothing any of us can do to stop this change. I have no choice but to accommodate it.

The whole landscape is changing in ways most of us can't perceive because it is so slow. Nothing stays the same.

As my physical body changes, my mental state changes as well. What is important today might not be tomorrow.

Atrophy is a major feature of life on Earth. Everything is rotting, rusting, falling apart. We meet it by fixing and replacing parts. Change underway.

I have to keep after myself otherwise my room goes into chaos. Order without takes order within.

Life is about change therefore it is a journey. Nothing stays the same, not even us. To allow and plan for change is the sensible way.

Shane Wells loves playing Captain America. Will that change as he grows up? Yes, although he might still want to play the superhero. The military loves people like this. I certainly had similar ideas when I was his age. You should have seen me in my green helmet with tommy gun, cap grenade, and Colt 45 pistol. I was ready for anything!

Of course, I joined the Navy to learn an employable skill. I was not in love with being a superhero in the physical sense. I just wanted some way to build a career.

Now I am out at Sahale mowing lawns and doing other chores to get this place ready for Men's Weekend when the men will put up the big white tent.

Yesterday I got out my Navy boot camp yearbook. Military life does not make much sense to me anymore. It all seems so strange. Funny it should have made sense to me one time.

Then I got out my picture book on the Apollo mission to the moon. Why did we go to the moon? Living on Earth as a mortal human being on a journey through life somehow makes the moon mission seem trivial, like playing with rocket toys. Where we playing with toys, rather expensive rocket toys? Is there another way to travel through space? Why should we go into space?

Now I have a new toy; Sahale! Now I can play behaviorist just like B. F. Skinner with his fictional community of Walden Two. And the thrill of the apocalypse of climate change adds just the right amount of suspense to my story, indeed to our shared Sahale story.

Julie Wolf just remarked that we never cease being children. Maybe I just get wiser about it.

Did I mention the J.P. Patches action toy I got from Joan Valles? Does she still play with toys?

I still have a Matchbox Model T and a Matchbox Rolls Royce Silver Ghost but they just stay on my souvenir shelf.

My child needs to allow my adult self to emerge but can still have a place in my life.



There is Shane Wells as Captain America with his garbage can shield ready to battle the enemy!

## Happy birthday!

- Kirsten Rohde, 70 on June 18!
- Sheila Hosner, 70 on June 18 also!



*"Either cheer up or take off the hat."*

# THE LAUNCH FUNDRAISER FOR THE BUKOBERO COMMUNITY HEALTH CENTRE



**Saturday, June 22, 2019 from  
6:00 PM to 8:00 PM (PDT)**

**Montlake Community Center  
1618 East Calhoun Street  
Seattle, WA 98112**

**Imagine living in a community where you have to walk miles to access health care.** Now imagine doing that through 5,900 ft hills during the rainy season when 70 inches of rain falls and you are in labor. That is what the people in a remote area of the Bududa District in southeast Uganda have had to do for ten years since a disasterous mudslide destroyed their only health facility.

Now **this community is organizing to build a new health center** and you can help them! It will be a health center owned and operated by the community it serves. Bringing health care to an area where easily preventable childhood diseases have gone untreated. And, women are giving birth without help from medical providers.

**Please join us** for the launch fundraiser for **the Bukobero Community Health Centre** in Uganda!

With **delicious Ugandan inspired bites** by Chef Chantel Jackson of Thyme Well Spent Catering ([www.thymewellspentinc.com](http://www.thymewellspentinc.com)), a survey of traditional and modern African music by **DJ Jason Turner**, and room to dance, this event is not to be missed! This is a kid-friendly event so bring the whole family. Come early and enjoy a walk by Portage Bay.

**If you can't make it, please consider a gift** through our website, [www.bukoberocommunityhealthcentre.org](http://www.bukoberocommunityhealthcentre.org) or through our GoFundMe Campaign, <https://www.gofundme.com/bukobero-community-health-centre>

**WHEN:** Saturday, June 22, 2019, 6:00pm - 8:00pm

**WHERE:** Montlake Community Center (1618 East Calhoun Street, Seattle, WA, 98112)

Hope to see you, Sheila Hosner





At the “OUR” Ecovillage – in British Columbia

September 13 - 15

Friday 2:00pm - Sunday 5:00pm

This conference is an intentional experience of

community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change. The Goodenough Community is a sponsor for this event!



### 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**.

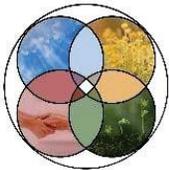


# Programs and Events of the Goodenough Community

**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](http://www.goodenough.org)



The **General Circle** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be July 15 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026).

**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. For more information, contact Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)



**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting date! Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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.

Our next gathering begins soon, **June 21 to 23** at Sahale. We’ll be having our annual spring Event Tent Raising and Men’s Retreat. Bring your gloves, your spirit of collaboration and a story to share about life and being you.



For more information, contact: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



**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, the next one is July 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Summer Camp for Youth**

**Announcing new dates for Summer Camp 2019: Wednesday June 27 to Tuesday July 3, 2019.** 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](mailto:Irene_Perler@hotmail.com)



**Human Relations Laboratory, August 4 to 10, 2019**

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. This summer we will celebrate 50 years! Contact: Colette Hoff, [hoff@goodenough.org](mailto: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 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](mailto: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.

