



# The Village eView

April 29, 2015

Elizabeth Jarrett-Jefferson, Guest Editor

## 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

### Choice

*The act of choosing; selection; the power, right, or liberty to choose; option.*

From *Healing Words for Body, Mind and Soul* by Caren Goldman

**W**hen a defining moment comes along, you can do one of two things: Define the moment, or let the moment define you. – *Tin Cup*

**B**efore my accident, there were ten thousand things I could do. I could spend the rest of my life dwelling on the things that I had lost, but instead I chose to focus on the nine thousand I still had left. *W. Mitchell*

**O**ne cannot get through life without pain....What we can do now is choose how to use the pain life presents to us. – *Bernie Siegel*

**One day, my mother asked,** “Do you want to take ballet or music lessons? It’s your choice.” I was five years old and didn’t know. So I went outside to sit on our stoop and think. Later, my mother came out and found me sobbing. “Why are you crying?” she asked. “Because it’s really hard to make a choice,” I wailed.

Almost five decades later, I still wail over hard choices. Sometimes I feel like I’ve been stoop-sitting for days, weeks, or even years before both my heart and mind agree on a decision. I know it felt that way when after two years of saying, “Should I or shouldn’t I?” I suddenly woke up one day and knew I had to ask my first husband for a divorce.

### Upcoming Events

**Relationship Group** – Tuesdays – 7:30pm

[Pathwork](#) - Ongoing

[Women’s Weekend](#) – May 1-3

[Men’s Weekend](#) – May 8-10

[Third Age](#) – May 15

[Celebration of Gratitude](#) – May 17

**John L Hoff 80<sup>th</sup> birthday** – July 5

I also spent time stoop-sitting when my surgeon told me to choose between having a mastectomy without further treatment or a lumpectomy and thirty-three radiation treatments. For days I struggled in the tension of painful opposites: “To keep or not keep my left breast? What a #\$\$%&@!@!% choice.”

Just months after my lumpectomy, my mother lay in a Florida hospital attached to life support equipment. A doctor’s defiant decision to put her on a respirator defiled her living will. I wanted the tube removed so she could die as she wished---peacefully and with dignity. However, my mother’s rabbi, her authority on the Jewish law that she dearly loved, said, “No. Now God must decide what to do.”

“But the Jewish Kabbalah says, ‘Man was created for the sake of choice,’” said the voice inside my head.

Throughout the night, I sobbed as ambiguity pulled me from one side the stoop to the other: “What’s the cost and promise of removing the life support? What’s the cost of not removing it? What should I do?” The next morning, I entered the hospital tallying the pros and cons and finally knew.

#### **AFFIRMATION**

I am responsible for my own well being.  
My choices influence the quality of my days.

**No choice is also a choice.**

***Yiddish Proverb***

It is your own convictions which compel you, that is, choice compels choice.

***Epictetus***

## **On Choice**

*By Evelyn Cilley*

**T**he cedars in Fauntleroy Park have new growth: the sun accentuates the bright green tips, contrasting with the cool darkness that typifies a cedar stand. Not every branch has new growth: some remain dark and shaded: not dead, just not reaching towards the light. Something in the tree is choosing: yes, this way, this will help me grow- and this way too, and always up, up, up. Noticing that only some branches had new growth got me thinking about choice; how we, too, must choose what direction we want to grow in. I made one of these choices a year ago, while staying for a couple days with a lady I had just met on Orcas Island. At the end of one night, I was writing a bit, about to go to sleep- and it dawned on me. Love! I have to LOVE myself! I didn’t really know what that would look like, but I knew it was something I had to do. I was ecstatic. I ran back up the stairs in a flurry and told Amanda: I know what I have to do! I know what’s next! Self love!

With this knowing I went to Lopez Island, and, two days later, happened upon a man- an acquaintance of an acquaintance- who has showed me, time and time again, how to choose the path of self love. Perhaps it was coincidence, perhaps not. This new path has taught me that in



every challenge there is choice: to act out of love for yourself and others, or not. This choice will always be with me, at every challenge I meet. There's something really powerful about choice; about choosing how you will be towards yourself and others. It's powerful because it is mine to make. It is up to me to be a happy and loving person, though I have certainly had help along the way! Here's to choosing my (and yours, if you like) new growth to be towards self love.

- **Evelyn**



## **Lifelong Learning Begins Early!**

### **A Weekend Retreat for Women—May 1 – 3, 2015**

**Sponsored by the Goodenough Community's Village School for Human Development**

When did you first ...

- ... seek the meaning of life?
- ... stretch your heart toward freedom?
- ... learn to care for someone unselfishly?
- ... begin taking responsibility for your own life?

*Have you fully accomplished each of these tasks?*

Your answer is probably like mine: "No." Most of us have mastered some tasks that we began in our earlier life stages, but have not made as much progress with others.

Even though you and I started all of these "developmental tasks" in our youth, our perspectives change with advancing maturity, and we continue to learn.

### **Learning begins in youth and continues throughout life.**

**I invite you to join me in a group of women who are intent on continuing to learn the lessons of their lives.**

In meditation, in friendly discussion, and in free time, we will examine our own development, noticing where we are whole and where we are stuck. Using the resource of the weekend community of women, we will choose ways to get un-stuck and move ahead in our life-long learning.

I get excited thinking about this womanly retreat, and I sincerely hope you will join me!

### **More about the Goodenough Community's women's events ...**

The women's program encourages and supports self-development, helps women reach a greater connection with their inner source of feminine strength, celebrates who we are as women, and improves relationships with partners, family members, friends, and self.

At this weekend, you can expect to:

- Make new friends and deepen existing friendships
- Enjoy a rich intergenerational experience of women together
- Create together an experience that serves your own life

The weekend event will take place at the **Sahale Learning Center**, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity.

Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening**, and our weekend will formally end at **3 p.m. on Sunday**. Cost for the weekend is \$250; limited scholarships are available. To register, please complete the registration form below and return it with a \$50 deposit, **or register online** at [www.goodenough.org/](http://www.goodenough.org/)

If you have questions, please call me or send me an email: Hollis Ryan 206 232 7027  
[hollisr@comcast.net](mailto:hollisr@comcast.net)



## Pathwork: A Circle of Trust

*Colette Hoff*

If I were to do anything in service in an ongoing way, I want to do a “Pathwork” evening where we talk about our spiritual journey, where the only rule is to not talk about our problems: It’s positively framed. It’s about noticing what is working and why it’s working, why it’s working, and who is helping with that.” John Hoff shared this purpose with a group of people gathered on Sunday evenings.

Pathwork is a commitment to let people matter, and let your own happiness matter: what makes you stronger and wiser, and what (depletes you). And trying to have a life as good as possible is the goal, to be fully alive, to be developing/enjoying.

Pathwork is a commitment to encouraging people to their fullest development. For John and Colette this means encouraging:

1. **Maturity** an awareness of one’s age and the responsibilities to act accordingly or even a little better, being aware of developmental tasks of all ages and being responsible to them including a conscience on fulfilling one’s own intentions.
2. **Sanity** or being proactively responsible for your mental and emotional life. Sanity also has to do with the choice to be in relationship and to care for other people’s experiences.
3. **Awakeness** as Self to the energetic quality of life in a body.
4. **Intellectual** preparation or an approach to learning about your own intelligence and how to make the most of your mental capabilities.
5. **Compassion** (learning to feel) and a sense of **service** to others.

The Pathwork Circle meets on Sunday evenings at 7:00PM at our new Community Center at 3610 SW Barton St. in West Seattle. You are welcome to join!

### Pathwork Schedule for Spring, 2015

- ☐ **May 3, 10** - (Women’s and Men’s weekends) – *No Pathwork*
- ☐ **May 17** – **Pathwork meets**
- ☐ **May 24** - (Memorial Day Weekend Work Party) – *No Pathwork*
- ☐ **May 31** - **Pathwork meets**

# Human Relations Laboratory

August 9 to 15, 2015

## *A Path from Stuckness to Freedom*

**Seven rich days of experiential learning and social creativity within a community environment**

### **Sahale Learning Center**

Kitsap Peninsula

Register soon at [www.goodenough.org](http://www.goodenough.org) (Space is limited)

360-275-3957

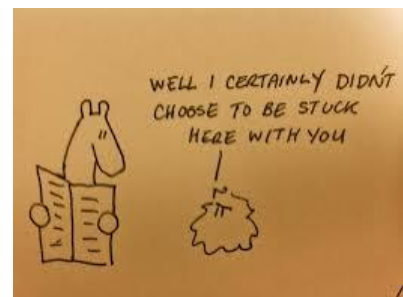
*Useful for your marriage, a resource for your family and a kick in the pants for your personal development.*



### **HRL 2015 Will Educate Us about How We Get Stuck and Will Inspire Us to Choose Freedom**

*John L. Hoff*

I find myself remembering our Lab training weekend together recently where we talked about the Lab we wanted to see this summer. I appreciated the way we worked together in preparing for the Lab and I found myself getting ready and it still goes on—preparing for HRL 2015. I like our theme and I am intrigued with the way **stuckness** and **freedom** are influencing our preparation and hold promise of a rich learning experience later this summer. As I write you, I ask you to pay attention to the various ways that you are stuck in your life. I find that I am inspired by people who can own they are stuck and yet still work with being free in their lives. As I prepare for leadership, I find myself focusing more on freedom than I am on stuckness. I hope that both of these words are becoming more meaningful for you and I wish for you a growing appreciation for freedom. I am sure that we will all become more sensitive to areas of life or relationships where we are stuck, but I hope that we will all open ourselves to be freed up and that preparation for the Lab will add to your sense of personal freedom.



I encourage you to shape your growth by noticing people who inspire your freedom and encourage you to choose freedom rather than be held back by stuckness. To choose to be free is central to being a child and a youthful person. As I approach my 80<sup>th</sup> birthday, I realize how much I need what youth inspire in me—which is a love for freedom. I also appreciate the way so many of us as elders are very appreciative of having freedom in our lives and of choosing to be free enough ourselves that we encourage spontaneity and freedom in each other's lives.

Quite often our elder experiences are filled with laughter and humor. Frankly, I need the uplift of humor and laughter. One of the worst things about stuckness is that it squelches the freedom to laugh. I am writing this piece for the “Village eView” with Joan, who is one of our older citizens but still has some of her humor. As Joan and I were writing this piece, we were appreciating Phil Stark’s being alive because he is the oldest and we recognize that we need him to save us from being the eldest in the group.

In our Lab training this last weekend, we recognized that our theme requires us to be aware of becoming stuck. So perhaps we can all prepare for the Lab by noticing where we are stuck in our lives but move quite quickly to honor freedom and the genuine need we have to choose freedom and laughter. I am looking for this Lab to offer us a lift and a laugh. Joan is wondering if we could hire Kate Martin to come up and lead us in a freedom march much like she helped us organize a parade years ago. How about it Kate?

## Watchcare & Member News

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### Requesting Your Support

*Barbara Brucker*

Again this year I will be walking in the Seattle Brain Cancer Walk. This walk raises money for research at Swedish Hospital’s Ivy Center for Brain Cancer. The funds remain locally and all funds go directly to the Ivy Center with Swedish picking up the tab for the walk. The Ivy Center is dear to my heart since it is where I have received care. Both my neurosurgeon and my neuro-oncologist are staff members there.

The walk is coming up on May 3 (this Sunday). I am part of Sam Staats’s team, Dain Bramaged. You can support me in several ways: 1) you can join our team and walk with us – it’s a short and easy walk at Seattle Center; 2) you can register as a virtual walker, joining the team but not walking; 3) you can donate to support me in the walk. I’m hoping to raise at least \$500 and I’m about half way there. Please consider joining me at the walk or with a donation for what I think is a very worthy cause. More information is available via my webpage. The link is <http://community.swedish.org/barbarab2015>. Thank you.

- **Barb**





**Hello Everyone!** I want to thank everyone for helping me get closer to my goal of \$700 for the class I'd like to take. I am at \$490 and have four days left on the fundraiser. I am blown away at how many Goodenoughers have helped me. There is an offering of the class in August that I think I'll be able to take.

If we haven't met yet, I'm an intern at Sahale and have been participating in meetings and workshops for about a year.

There is a class this summer that I would love to take; it is a course that provides students with the tools and information for self empowerment and healing with the use of energetics. "Heal the self, Heal the World" is their motto. I completed Level I this march and cannot wait to take Level II. I have arranged a work trade for the prep that is needed for this class, but still need coverage for the class itself. And so, I am reaching out to *you* in order to meet the cost!

A little more about why I would like to take this class: I take this class on my path to being a better person; One who remains centered in times of turmoil, one who speaks her truths, one who has let go of past hurts, one who can help to heal others, and one who acts with love and compassion- especially when the odds are against her!

You can help by either donating in the next 17 days by following this link:

<https://life.indiegogo.com/fundraisers/evelyn-s-education-and-growth>

And/or by sharing this link with others, or liking/sharing my posts about it on facebook.

Thank you!

Evelyn

### **News from Claudia Fitch in Berlin**

Claudia is mid-way in her three-month residency in ceramics, funded by her recent life-time achievement award in public art. Claudia reports that she is "so in love with this space and place." Themed: *In Memory* – "That Magnificent Gate" and Alexanderplatz (70 years ago and now)





## The deAnguera Blog: Wild Times at the Farm and in Town



A bunch of us under a banyan-cedar tree? Guess cedar trees can do some unusual things. This was the biggest cedar tree I have seen. It appeared to also have multiple trunks. Great place for elves. Skeeter showed us how to properly clean off devil's club. Usually he wears gloves on both hands because devil's club stickers can be very painful.

Devil's club can often appear as many plants in one area but in fact may all just be one plant. They certainly look like from some science fiction movie.

Sheep Sorrel, another weed has roots selling for \$100/lb. Anybody for raising sheep sorrel? A group of us went to see Skeeter (Mike Pilarski) give a workshop on wild edible and medicinal plants at Wild Thyme Farm. This was my third trip to the farm. I always love coming to this place. It is amazing what one can do with common invasive weeds. I learned to have more respect for the weeds I commonly pull out of the ground.

I went to the workshop primarily to connect with Skeeter and Wild Thyme Farm once again. I believe such connections are necessary for us to have and should be refreshed from time to time. I also have an interest in wild medicinal plants. Oftentimes more than one way to treat a patient can be successful. The natural way seems better in that the body can more easily take to plant based medicines than the chemicals we typically put into it.

Tuesday night we were treated to a workshop and concert by Arji and Laraaji. Arji is Yako's mother. We learned to laugh and relax. They also gave us a concert with electronic and traditional instruments including a zither played by Laraaji. My, what one can do with computer electronics! It was like the two of them had a whole symphony at their command.

I probably laughed more in this one night than I have ever laughed in my life. I could also be goofy. This is a great way to open up introverts like me. Laraaji had us really stretching our faces with smiles. This way we could activate the happy part of our brain in the back of our heads.

My brother Paul came with his wife Pat. They also brought Justin from the Ananda Community and a friend of Pat's. They really had a good time and I am so happy that they can share the



enjoyment of our activities. This brings us closer together with the Ananda Community of which Pat is a member. It also brings my family closer together with each other.

Thank you Arji and Laraaji for making our Community Center feel more like a home and for showing us how we can share it with others. If this program is any indication, I think our new home is going to be the start of something wonderful for us.



Arji OceAnanda Cakouros  
Ans her partner Laraaji  
NadaBrahmanada created the  
most wonderful musical  
experience for us.

## *A Time to Gather as Men*

*(Liberally paraphrased and shamelessly plagiarized from Ecclesiastes 3)*

*To everything there is a season, and a time to every purpose under the heaven:*

A time to be born, and a time to die; a time to plant, and a time to reap;  
A time to kill, and a time to heal; a time to break down, and a time to build up;  
A time to weep, and a time to laugh; a time to mourn, and a time to dance;  
A time to cast away, and a time to gather together; a time to embrace;  
A time to get, and a time to lose; a time to keep, and a time to let go;  
A time to keep silence, and a time to speak;  
A time to love, and a time to hate; a time of war, and a time of peace.

**May 8, 9 & 10**

*Hosted at Sahale Learning Center Sponsored by the Goodenough Community*

**Contact** Bruce Perler [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)  
206.419.8361

Community is an organized social response to authentic human life. Last year a number of men asked to begin gathering again in the context of the Goodenough Community, an intentional learning community. Bruce Perler, Douglas DeMers and Norm Peck have agreed to organize a response to that request, with the help of our consulting elder John Hoff. We are inviting the men who made the request and others we would like to share time with as men, and others who have expressed interest.

For as long as bands, clans, tribes and cultures have been, it's been true that men have gathered together with men, and women with women. In the larger American culture, some traditions such as this have faded or become splintered. We believe there is merit in the perennial wisdom, which encourages us to gather as men, that is worth exploring and enlivening in our modern context.

*Somewhere there must be **a balance that organizes around the goal of men supporting men in becoming the best version of ourselves, facing what our lives present us with, and learning better ways of being while moving through life's circumstances.** That is the kind of men's culture I seek to support in this community.* (~ Norm Peck)

This week end gathering is a time to spend talking, catching up with each-other's lives, working together and designing together a Men's Culture we want and need in our lives.

We'll be gathering first on Friday evening around 8:00 PM, and closing our weekend at around 3:00 PM on Sunday.

*New to gathering as men? See if it's a fit by talking with Bruce. [206-419-8361](tel:206-419-8361)*



## ***A Celebration of Gratitude***

with **Barbara Brucker**, who is grateful...

...just as we are for her!

***Sunday, May 17, 2015 - 3:00 PM to 6:30 PM***

*The Goodenough Community Center, 3610 SW Barton Street, Seattle*

Please **RSVP** by emailing Elizabeth Jarrett-Jefferson

[Elizabeth.ann.jarrett@gmail.com](mailto:Elizabeth.ann.jarrett@gmail.com)

# ***Bit O'Choices***

By Elizabeth Jarrett-Jefferson

## **Birthdays**

🎉 **Happy birthday, Lee Benner! April 29.**

**Choices made by animals:**



**Options presented by vegetables:**



**Options presented by minerals:**



*Many people are extending love,  
the simple wish for us to be happy—  
and have been since the day we were born.  
What is remarkable to me is  
what happens when we are willing  
to notice it.  
And even more remarkable is  
what happens when we are willing  
to receive it.  
The simple act of accepting  
a stranger's wish for our happiness  
empowers us to experience the world  
in a completely different way.*

*~John Makransky  
(Buddhist Scholar and Professor  
of Comparative Theology Boston College)*

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## Cultural Programs

*For the Goodenough Community, cultural life is an arena for creative expression. All programs and events are open to the public. We welcome your interest and participation.*

*Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.*

## Programs & Events in 2015

*Third Age Gatherings*

*The Conscious Couples Network*

*Family Enrichment Network*

*The Men's Culture*

*Women's Culture*

*Human Relations laboratory*

*Sahale Summer Camp*

## Third Age Gathering: Next Meeting May 15, 2015

*Joan Valles*

**T**he Third Age group is for adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life. Fridays, May 15, Sept 18, October 23, and November 20 are the remaining 2015 dates.

Third Age gatherings start at 6 p.m. with a potluck supper where we provide the main dish and ask others to bring a side dish or salad or dessert and/or beverage to share. Our next gathering will be at the new **Community Center**, 3610 SW Barton St. in West Seattle. For more information, please call Joan Valles at 206/763-2258 or email me at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com).

## Women’s Culture, Upcoming Gathering: May 1 to 3, 2015 – A Weekend for Women

*Hollis Ryan*

Spring is a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future. And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more fully into spring, what changes are taking place in your life?

**See the article earlier in the eView for our upcoming weekend.**

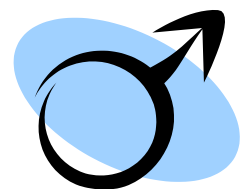
**Our regular Saturday meetings take place at our new community center, 3610 Barton St 98126. Stay tuned for the 2015-16 dates!**

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## Men’s Program

**Theme: Friendship among Men**

The men of the Goodenough Community will be meeting for a weekend this coming weekend, **May 8 to 10, 2015**. Please let [Bruce Perler](#) know of your interest.



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## Memorial Day Weekend, May 22-25, 2015

*at Sahale Learning Center*

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

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## Sahale Summer Camp for 9 to 12 Year Olds

June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>



**Sahale Summer Camp is entering its 10th season!** We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13- to 17-year-olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com).

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## Human Relations Laboratory

August 9-15, 2015

### *A Path from Stuckness to Freedom*

#### **Sahale Learning Center**

*On the Kitsap Peninsula near Belfair*

Register soon (Space is limited)

[www.goodenough.org](http://www.goodenough.org) (360) 275-3957

*Useful for your marriage, a resource for your family,  
and a kick in the pants for your personal development.*



*Sponsored by*

**The Goodenough Community –**

**An event designed to encourage human development**

- This event can inspire your own desire to be a better person.

- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

*We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.*

**To register:** [www.goodenough.org](http://www.goodenough.org) or call (360) 275-3957 to discuss your interest.

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### **Family Enrichment Network Parent Group**

**If you are interested in developing a supportive parent** circle for study and conversation about family life, please contact *Irene Perler at 206-419-3477 or email [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com)*. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

### **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 be more effective in relationships

**Call John (206 963-4738), Colette (206-755 8404).**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as at Sahale.

