



# Village eView

December 11, 2019

Colette Hoff, Editor

## COMING UP

**Third Age**, Dec 13

**Pathwork**, Dec 15

**General Circle**, Dec 16

**Christmas and New Years** at  
Sahale

## The Light of the Season

Colette Hoff

As we move toward Solstice, light is even more important. This definition of light from the University of Michigan highlights the universality and need for light. The second article is an excerpt from a blog and offers a beautiful perspective of the contrast of dark and light.

*Light is one of the most universal and fundamental symbols. It is the spiritual and the divine, it is illumination and intelligence. Light is the source of goodness and the ultimate reality, and it accompanies transcendence into the Nirvana of Buddhist doctrine. It is the SUN, and it is the avenger of evil forces and DARKNESS. Light is knowledge. Purity and morality are connected terms as well. The masculine principle of evolution is symbolized through light. Cosmic energy, creative force and optimism are all related to light.*

(<http://www.umich.edu/~umfandsf/symbolismproject/symbolism.html/L/light.html>)

*The darkest days of the year are before us. As we approach the winter solstice, many cultural and spiritual traditions invite us to bring light to this dark time of year. Celebrations such as Hanukkah, Kwanzaa, the Solstice, and Christmas remind us how important light is to humankind.*

*Light is critical for our survival. Sunlight and fire allow us to grow and cook food and power*

## 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

*our homes. It's no wonder that our ancestors created rituals to bring in light during this time of year!*

*Whether you mark this time of year by lighting a menorah, kinara, Christmas tree, yule log, or something else, the symbolism of light is powerful. . . .*

*. . . Even though humankind has long practiced bringing light into times of darkness, that doesn't mean that darkness is to be feared. There is as much beauty in darkness as there is in light, and we need both elements to be our best selves.*

*. . . The darkness is also an exciting time of mystery and anticipation. Darkness holds secrets that are yet to be revealed. All it asks of us is to be patient.*

<https://clutterfreenow.com/blog/decluttering-and-organizing-tips/how-to-bring-in-the-light-and-honor-the-dark-this-holiday-season/>



A third excerpt continues to describe the acknowledgement of light in “the common, perennial human desire to invoke in a time of darkness the love and spirit enlivening all things” can be found on page 13. The song below can be found on the web and was written by a communitarian group originating at Findhorn. This week you will read a potent article by Hollis who describes how she is extending the work of the Human Relations Laboratory into the peace we all seek. Kirsten and Mike describe the light that was generated at our wonderful True Holidays Celebration on December 7 when over 75 people came together to generate joy and bring it as a gift into the holidays. Pictures of the event are included. This is the season to feel the contrast of light and dark and receive all the light the season has to offer. Blessings for your holiday. *Love, Colette*

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**Announcing the next Third Age Gathering**

Friday evening, December 13, this group for those over 60 will again have a potluck at the home of Barbara, Joan and Jim in Tukwila. We're envisioning a lighthearted evening of conversation with good friends, a tasty dinner, holiday treats, and maybe a seasonal holiday movie: How does that sound to you? We'll start as usual about 6 p.m. We'll provide a main dish and salad. For the potluck part, we suggest you bring the holiday treats and a favorite beverage to share. An **RSVP** would be helpful (and if you need directions, let Joan know -- 206 819 1089, [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com))



## **Festival of Light**

(Words by David Spangler; Music by Milenko Matanovic)

This is the festival, the festival of Light,  
Sing for the candles burning brightly through the night.  
Sing for the light of love that guides our destiny.  
Sing for the light of love that builds community.

Sing for the wise ones, men and women who  
Light up our way with visions that are true.  
Sing for our children who are candles of the dawn,  
Giving us the promise that our light will carry on.

This is the festival, the festival of Light.  
Sing for the love that shall make this world ignite,  
Aflame with a beauty that awaits in every heart.  
Sing for the will that can make that fire start!

Follow the Light that leads within us to the birth  
Of love and harmony and peace for all upon the earth.

We are the festival, we are the Light,  
We are the candles burning brightly in the night.

We are the festival, we are the Light!  
We are the candles burning brightly in the night.

We are the festival, we are the Light!  
We are the candles burning brightly in the night....



## **May Peace Begin with Me**

Hollis Guill Ryan

Since experiencing the Human Relations Laboratory last summer and since studying “the 3 A’s within the women’s circle, I have been noticing and pondering the presence of those “3 A’s” – anxiety, anger, and arrogance – in my thoughts and actions.

For many years I have been practicing replacing irritation and frustration with equanimity and humor. After perhaps a decade, this practice continues to be necessary and deeply rewarding. I am not known as an angry woman, but anger has many subtle faces – grumbling, complaining, criticizing, irritation, frustration, crabbiness, judging – and I own all those behaviors. I discover that my “right” to respond to others and to myself with criticism or irritation stems from my deep-seated arrogance; that is, my need for perfection. And, since perfection is just about impossible to attain, anxiety lurks within my

psyche and occasionally enfolds me.

Although dwelling on each “A” is informative, it brings about little change. What is working well for me is to notice the “A” as it is happening, and with determination practice its antidote: mindfulness, patience, humility. Daily life tests my patience frequently, while staying mindfully in the present and feeling compassion and respect for my own humanness continue to challenge me. And, here’s the kicker: Why wait until I experience an “A”? Why not practice mindfulness, patience, and humility continuously?

Can we influence the world by becoming more humble ourselves? By replacing our anxiety with mindfulness? By practicing patience instead of irritation, frustration, and anger?

I like to think so, and I pray daily for ever-expanding peacefulness, starting with my own heart. I want to share with you the prayer I have been developing for myself, day after day, year after year, in the hope that my prayer is your prayer, too, and that together we can bring about positive change.

*Let there be peace on earth, and let it begin with me.*

To all that is divine, please hear my prayers.

First, I pray for peace to break out all over the world. Please let it begin with me, but do not wait for me if I am lagging!

Please cause me to gaze upon my neighbors with respectful and friendly eyes. Please cause me to treat all others with respect, as they would wish to be treated.

Please cause peace to break out in the hearts of all people that they may gaze upon each other with respect and compassion.

Please cause peace to break out in the hearts of our leaders that they may gaze upon each other with friendly eyes, with respect, and with true humility.

Please, I beg you, let there be peace on earth. Please let it begin with me.

So be it.

And so it is.

Amen.



## *Christmas Day Open House at Sahale*

Join us at Sahale on **Christmas day** in the afternoon. **Happy hour is at 4pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at [hoff@goodenough.org](mailto:hoff@goodenough.org)**. You are welcome to spend the night.

**We will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come, please bring one creative gift that is wrapped but doesn’t need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you’ll learn more about your friends and what kinds of things they are drawn to when the game play begins!

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## IT'S A WONDERFUL LIFE | Dec 06-21, 2019

Whidbey Island Center for the Arts

<https://www.wicaonline.org/events-calendar-view/2019/10/11/its-a-wonderful-life>

Our friend, Gabe Harshman is the lead for this classic!



### **New Year's Eve at Sahale, 2019 – 2020. Tuesday** will be New Year's

Eve and Wednesday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. Consider coming as early as Monday, Dec 30 and stay

through Dec 2. **Make your plans now especially if you would like specific sleeping accommodations.** Email **Kirsten** (Kirsten Rohde ([krohde14@outlook.com](mailto:krohde14@outlook.com))) to RSVP. A suggested donation of \$35.00 per night will cover expenses.



## **Winter Bus Trip to Leavenworth Saturday, January 11, 2019**

*Dashing through the snow, fun for all ages...*

***Join friends and family for a day-long journey into the mountains!***

Now is the time to register for this magical experience of a day with friends. this year it will be a wonderful way to celebrate the new year.

For more information or to register by phone, please contact Elizabeth Jarrett-Jefferson at 206-313-9803 or [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com). Family rates are negotiable.





**DASHING THROUGH THE SNOW, FUN FOR ALL AGES...**  
Join friends and family for a day-long journey into the mountains!

**JAN  
11<sup>TH</sup>  
2020**

# W<sup>INTER</sup> Wonderland

## BUS TRIP TO LEAVENWORTH

**9:00am** At the Eastgate Park & Ride, we board a tour bus and *travel through snow-laden trees*, craggy mountains, and icicled streams over Snoqualmie and Blewett Passes.

**10:30am** We will stop at *Blewett Pass for snow play*, sledding, and walks in the woods.

**12:00pm** We will re-board the bus and go to the *Bavarian Christmas village of Leavenworth* to enjoy the lights, shops, and treats.

**2:45pm** Bus departs Leavenworth for *Eagle Creek Ranch*, where a horse-drawn sleigh ride awaits us. We return to the lodge for a *country banquet*.

**7:00pm** Board bus, *drive through Leavenworth and return* to the Park and Ride lot around 9:30 to 10:00 PM

Colette Hoff will be our guide. Be sure to bring extra warm clothing, a packed lunch, bottled water and snacks to enjoy and share. We encourage you to bring sleds, skis, inner tubes, or other equipment for snow play.

**COST** Includes transportation, sleigh ride, and a hearty dinner. Family rates negotiable. Children under 2 free.



\$95 Adults (19 and older)  
\$75 Children (13 to 18)  
\$55 Children (3 to 12)



### REGISTRATION & INFORMATION

**Elizabeth Jarrett-Jefferson**

elizabeth.ann.jarrett@gmail.com.

206-313-9803



## 32<sup>th</sup> Annual *True Holidays Celebration* *A Joyful Celebration of the Holidays*

I love that we have this wintertime celebration every year. It was great to see friends -new and old. Great conversation, goodies, and chances to make a donation through the Sahale goods, raffle, and silent auction. We sang a lot of familiar songs, learned some new ones and joined with our friends from Songaia Community as they led us in two songs. Thank you also to friends from the Star Community and everyone else who joined us for fun enjoyment and time to reflect. This really is a good way to step into the season.

Kirsten Rohde



### **Mindful Mike's Blog: Light** *Mike deAnguera*



That's it, Tom George! Beat the Mother Drum! Get us started on True Holidays! This was not the formal start of our program but it set the tone for the rest of the evening.

You, oh Mother Drum mean so much to us ever since we all gave birth to you in the summer of 2018. Thank you Pedge for drumming.

Yes, we are back in Christmas mode

once again. 12 months can seem to fly by so fast. Back in the sanctuary of Mercer Island Congregational Church.

We produced through our Drum an alternative to the usual commercialized Christmas.

We are practicing Light. Some of our Christmas lights are already up. December can be very dark.

Our joyous spirit inside the church contrasted nicely with the cold rainy weather outside.

The most important light is the light inside our hearts. That's what I need with so much bad news in the world today.

As the evening progressed more of us beat on the Drum including Julie Wolf,





Pedge Hopkins and a member of Songaia community.

Rhythm? Sherry Nevins and the Mossybacks had many of us dancing all over the floor. Dancing in a church? We certainly did so in this one. Jewish folks have no trouble dancing on their holy days. Dancing is our way of creating and expressing joy.



You can see Sherry leading us all in square and contra dancing.

Later Colette Hoff shared a message of paying attention to joy this holiday season. Wylie Aylward looks on. You can see word 'Joy' by the fireplace.

Of course, our Christmas Creche is on the foreground. A Christian symbol given to John Hoff many long years ago by a dear friend. For me the Creche symbolizes our true nature: Joseph represents the Father or Mind while Mary represents the Holy Spirit or Soul. The baby Jesus is the Son or Body born in the manger, a cattle trough showing the meanness of mortality. A Buddhist would understand this message very well.

Our message was an inclusive one featuring Christian, Buddhist, Muslim, and Pagan parts all woven together. We are one as humanity. Nothing should divide us since the Divine animates all of us.

Amie Aylward had a wonderful tale for children young and old.

Our mission is to take care of each other, not conversion. We are awakening to it and the presents we give each other make me conscious of this.

As you can see Songaia and Star communities resonate with us. Songaia member



Nancy Lanphear led her community in one of their favorite songs. They sang this song for us to show how they felt about being swallowed up by suburban Bothell.





This gingerbread house was won by a member of Songaia here it now resides.



Grandpa Hal with baby Ben, 1 month old. Thank you Brittany for coming!



## We're almost on top!

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***The roof on our Sahale-based gathering tent*** has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

A generous donor has pledged \$1000 in addition to an original donation when we reach \$5000. We are close to that mark. You can help complete this fund drive and ensure a new roof for the tent.

Here are some details about the tent and new roof:

- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!

Donate now at [www.goodenough.org](http://www.goodenough.org)  
Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.



"Christmas is not as much  
about opening our presents  
as opening our hearts."

~ Janice Maeditere

Christmas





## Programs and Events of the Goodenough Community

**Please Note:** New dates for 2020 are highlighted.

**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 Monday evening for light dinner & business at hand. The schedule is as follows: November 18; December 2, 16.

In 2020, our meeting schedule will be: January 6, 27; February 10, 24; March 9, 23; April 6, 20; May 4, 18; June 1, 15. Our Annual weekend will be March 13 to 15.

**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. In 2020, our first gathering will be January 25 at Hollis’ home. In February, our meeting will be February 29.

The annual women’s weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)



### **True Holidays Celebration, Saturday, December 7, 2019 (In 2020, December 5)**

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 Jarrett-Jefferson for more information.



**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. December 13 will be the next gathering. In 2020, February 14 will be the next meeting. 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. The semi-annual men's weekend will be June 5 to 7. 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 goals, 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. On December 15, we will meet in Seattle with holiday theme. In 2020, Pathwork will meet January 5, 26; February 9, 23; March 8, 22; April 5, 19; May 3, 17, 31; June 3, 14. Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)



### **Summer Camp for Youth NEW DATES for 2020!**

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28. 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 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. This summer we will celebrate 50 years! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Work and Play Parties throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 22 to 25, 2020) 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 an appointment.



*I recognize in this festival of lights, a common, perennial human desire to invoke in a time of darkness the love and spirit enlivening all things. In the Jewish faith, during Hanukkah, the 9 lights of the menorah are meant to shine outward to the world as a reminder of the legend of the single oil lamp which, despite only being enough for one day, burned for 8 days after the Maccabean Jews recovered their temple from its invasion and desecration by the Greek King of the Seleucid empire, Antiochus IV. Injustice is responded to, sovereignty of belief and culture is restored. **Light endures.** In these rituals, by whatever name, generosity and abundance are keynotes.*

*In many cultures previous to the Christianization of the peoples of Europe, where there were months of long, cold days coupled with dwindling food supplies, festivals were held at the midpoint. Sacred fires were built and tended, the richest food supplies—saved for just this time—were broken out, and ceremonies made reminding the people that the sun would shine warm again, and, until then, invoking the deep, warm fire of the spirit within. Gifts and words of caring were exchanged. Whether these traditions are called “pagan,” a Roman, and eventually, Christian term used to devalue the old ways and its peoples, or simply indigenous, the spirit of all was to enlighten the heart and mind with a resonant vibration of love.*

<https://rachelmannphd.com/love-means-holiday-season/>

