

## Legacy

*We will continue the theme of legacy in our newsletter. Your thoughts on this topic are welcome.*

### Legacy and Values

Colette Hoff

*Values are what you stand for. They determine what you want your life to be about. Values are our heart's deepest desires for the way we want to interact with and relate to the world, other people, and ourselves. They are leading principles that can guide us and motivate us as we move through life. Aspirational values are those we strive for and operational values impact daily life and the way we live.*

*Values are not the same as goals. Values are directions we keep moving in and are a continuing process, whereas goals are what we want to achieve along the way. An example: wanting to be a loving person vs wanting to get married OR wanting a better job vs wanting to apply yourself fully at work.*

*Our values and value systems are unique to ourselves, and help define who we are, really.*

# The Village eView

September 28, 2016

Colette Hoff, Editor

#### Coming Up:

Women's Concert – October 14

Pathwork – Sunday, October 9

Council – Monday, October 9

Men's Weekend – November 18-20

### ***On-Line News of the Goodenough Community System:***

**The American Association for the Furtherance of Community**

**Convocation: A Church and Ministry**

**Mandala Resource, Inc.**

**Sahale Learning Center**

**The EcoVillage at Sahale**

*There is no right or wrong answer to the questions, “What are your values?” “Who are you, really?”*

*What is important is that you know your values. This is the answer to the question, “Who am I, really?” Values also determine how we want to be remembered, ie legacy.*

*Before you can exhibit congruity, maturity, or good mental health, you need to examine and understand your behaviors and attitudes to identify the values you live from. (A worksheet developed by Hollis Ryan is included in this eView on page 4.)*

These ideas were presented at our recent women’s cultural gathering on Saturday, September 24. Women were given an exercise to identify what they consider important values at their current life stage.

As a community, we continue to identify both our personal values as well as our values as a group. In considering legacy, identifying what is truly of value needs to be identified.. Having a clear sense of values makes decision-making a deeper process into the future.

At Pathwork on Sunday, September 25, we spent the evening sharing what we valued about the depth and breadth of education, therapy (both individual and group), experiences, programs, and relationship offered through Dr. John L. Hoff that improved mental health and a much better quality of life. Concepts and experiences were shared by each participant. This conversation will be represented in the eView soon. It was valued by all.

Creativity has always been a fundamental value of the Goodenough Community. This week, Kirsten is providing an opportunity for creative expression over October 7 to 9. What a great opportunity to enjoy allowing yourself to take time for such a nurturing activity with friends!

Tradition is a value of the Goodenough Community which is most expressed during the holidays. Over many years, the community has offered our True Holidays Celebration always on the **first Saturday of December**. (You will find a “save the date” notice following.) To celebrate Solstice and have a wonderful day, we continue to offer a bus trip, **December 17**, to Leavenworth Washington including snow play, shopping, a horse-drawn sleigh-ride and a banquet. Our grandchildren love this trip! More information will be coming about Thanksgiving, Christmas Day and of course New Year’s Eve!



*Save these Dates !*

*True Holidays - Dec 3:*

We invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 3**, from 6 to 11 PM, at the Mercer Island Congregational Church. Please save the date – and watch the eView and your email for more information to come.



The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community.

During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction.

**This year again we are happy to be led in contra dancing  
by Sherri Nevins and her musician friends!**

*Winter Solstice Bus Trip - Saturday, Dec 17:* With your friends and family, enjoy this day-long journey that embraces the longest night of the year.



We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](#)  
*Additional information coming soon.*



*Weekend for Creativity*

Kirsten Rohde

The weekend of **October 7-9** is available at **Sahale** for anyone who would like to get creative in some way. Art painting, drawing, sewing, knitting, quilting, music – whatever. A couple of us will be doing painting on Friday and you are welcome to come anytime Friday through Sunday. For myself I have a half finished sewing project to complete – a perfect time to get it done! Please let me know if you plan to come: [krohde14@outlook.com](mailto:krohde14@outlook.com)

## **My Personal Values**

Developed by Hollis Ryan for the Goodenough Community's Women's Culture, 9/2016

### **As demonstrated by my actions, attitudes, and behaviors**

Please meditate on your beliefs and values, both aspirational and functional.

- With each value you identify, notice and describe your actions that demonstrate your commitment to that value.
- Notice also your behaviors that demonstrate your commitment to other versions of that value. For example, notice what you would do if no one were looking. If your actions do not fully support a value, what value do they support?
- Ask yourself:
  - Is this a value that is fully operational in my life?
  - Is it a value to which I aspire?
  - How am I making progress toward this value?
- Please be specific in describing your actions, your behaviors, and your thoughts that demonstrate each value.

#### **Example:**

##### **Honesty**

##### **I am a woman who values honesty.**

- I give straight feedback in a compassionate and helpful way.
- I breathe into feedback that is given to me so that I can receive it as if it is 100% accurate.

##### **I am a woman who values partial truths.**

- I hold back when I do not want to hurt someone's feelings; when I believe the truth is not wanted; when I feel the need to protect myself from someone else; when I do not want to reveal part of myself that causes me shame, guilt, or embarrassment.
- I reject feedback, even positive feedback, offered to me when I decide or judge the other person, does not know me well enough to understand, or does not understand the topic or situation deeply enough.
- I sometimes (not always!) reject feedback when I feel over loaded, tired, or sick. Rather than rejecting the feedback outright, I may ask for a rain check.

##### **I am a woman who values transparency.**

- This is an aspirational goal. I remind myself that there is nothing in my life, in my mind, in my home, in my relationships (etc.) that I want to hide. I try to live in such a way that my friends – and even strangers -- can examine my life and my home without causing me embarrassment. **I try to remind myself that the**

**woman I am is good enough to be fully seen in all ways.**

The following values are offered as suggestions only. You may choose to explore some of these, or identify your own.

**I am a woman who values . . .**

Honesty

A good attitude, positivity, good cheer

Independence, freedom

Delayed gratification

Health

Strategizing for the future

Discipline

Living in the present\

Intimacy

Monitoring my self-talk

Offering leadership

Collaboration

Receiving leadership

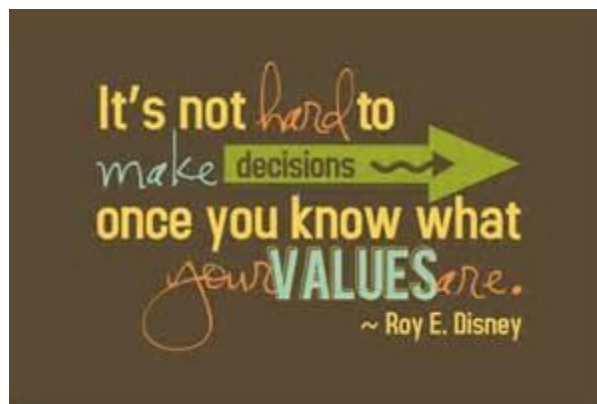
Keeping agreements, being trustworthy

Taking responsibility

Humor

Learning Personal growth, spiritual development

Sensitivity to others



## **Pathwork, Sunday, October 9, 23; November 13, 27**

On Sunday evenings for many years, John and Colette Hoff have invited individuals interested in personal growth and sharing their spiritual journeys to join in a process of "Pathwork." These evenings provide good opportunities for individual exploration in relationship to others. It is a process in which we coach and share insights with each other. This fall our focus will be on what is happening in our lives in relation to the themes of sanity, maturity, proactivity and creativity. This is a good way to continue personal work begun at Lab, for example. At our recent gathering, the Pathwork group will focus on identifying some of the building blocks of mental health we have learned through teaching and experiences provided by Dr. John L. Hoff over many years.

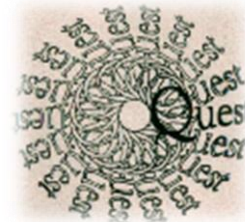
Pathwork is sponsored by Convocation: A Church and Ministry, which promotes an interfaith exploration of the journey of life. Individuals share practices that have worked for them and we often spend some time in meditation together.

**Colette Hoff** provides guiding leadership to the evenings and is joined by John in helping each person deepen their understandings. Email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) if you're coming. Pathwork meets at **7:00 p.m.** at the Community Center at 3610 SW Barton Street, typically every other Sunday evening.

## **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 or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle,** John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



Hi, all. It's time to take down the Big White Tent as Sahale; an opportunity to enjoy a little work and play together as the days grow shorter and winter approaches. As I'm sure you know, many hands make light work (and longer happy hours!!!). I'd like to invite any of you who are able to join us on September 30 and October 1 for the festivities. Please reply by email or call me at 509-933-4233 join us. Thank you, Norm Peck







## The deAnguera Blog: The Legacy of Our Actions



We have spent the last few weeks on the topic of legacy. I have thought about much of the legacy of our actions. Why do we do what we do?

You can see some of the routine things we do at Sahale. In the left hand photo Colette is once again mixing up a batch of granola. That's our breakfast cereal. Much better than the sweet stuff coming out of a cereal box. Do we know what's in boxed cereal? Maybe I don't want to know! By contrast the granola has just the right amount of everything.

In the right hand photo you can see Summer and Josh DeMers picking grapes off our grape arbor by the Kloshe hot tub. Summer is standing on the deck and you can see Josh's red coat showing above her in the grape arbor. Not a moment too soon for the raccoons have spent the last several evenings munching on our grapes. The raccoons snarled at me during the night so I whack the arbors with a stick to get them to leave.

Sahale has lots of different kinds of fruits and vegetable we pick every year. Whatever we harvest, we need to process. A lot of work has gone into processing this year's harvest.

Working outside has caused me to be really aware of the weather as we proceed through fall. The days are warm but not hot. Our lawns are greening up and will need one more mowing. Our walnut tree in the Potlatch courtyard is now dropping walnuts and large leaves. I have already raked up two cans of leaves. More leaves are now falling on the Kloshe lawn. I had better get busy raking!

I have gone through the seasonal cycle for eight years now. Sahale is more and more of a home for me. In those years I have developed working relations with Josh Demers, Evelyn Cilley, Douglas and Connie Demers. I remember when they all came to us. Then there was Pharaoh Kuykendahl. Pharaoh, Josh, and Evelyn have chopped and sawed a lot of wood for us.

Even long after Pharaoh left us for Arizona we still miss him. I remember the time we took him to Ocean Shores last year because he had never been to the ocean in his life. I loved taking a picture of him enjoying the rolling ocean waves in the dazzling sun. Happy B'day, Pharaoh!

You see? We care about each other. Sahale and the Human Relations Lab are places where we build our relationships with each other. We work and play together. This is how friendships are built and how community grows as a result of them.

Our work and play should build and deepen our friendships with each other. That was something I was never able to do at my former jobs. Even when I went to school friendships were not deep and ended when I moved on. This was partly my fault since I didn't really value the friendships I had. Why was that? Perhaps my job and school were not good enough foundations. They were just places to pass through. The Goodenough Community is the first time I really thought about my relationships.



Now there's a design for a church floor: a labyrinth! The path of life with our chairs on it. This the church I attend on Beacon Hill.



## **The 9th Northwest Permaculture Convergence, October 7-9, 2016**

NORTHWEST PERMACULTURE CONVERGENCE

Fort Flagler, Nordland, WA (near Port Townsend)

This event will bring together hundreds of people from around the Pacific Northwest who are practicing, or interested in, permaculture. The Convergence will feature workshops, keynote presentations, round-table discussions, Expo, Skillshare Village, Fruit & Nut Show, entertainment and much more.

For more information contact:

Michael Pilarski 360-643-9178

[friendsofthetrees@yahoo.com](mailto:friendsofthetrees@yahoo.com)

[Northwest Permaculture Convergence](#)





## Thinking of Our Future

Kirsten Rohde

We hope that these last few issues of the eView focusing on legacy might inspire you to think about your personal legacy as well as the legacy of our community. This might be a good time to reflect on whether you would like to remember the Goodenough Community by making a gift through your will or a revocable living trust. This is one way that some of us are ensuring that the community continues its work long after we're gone. If you are considering naming the community in your estate plans or if you have already done so, please let us know of your plans so we can say thank you!



Both Convocation: A Church and Ministry and the American Association for the Furtherance of Community can be named in your will as a beneficiary. Please contact Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com) or 206-719-5364 for more information.



On **Friday, October 14, Jami Sieber and Nancy Rumbel** are performing at the Vashon High School on Vashon Island. Their performance begins at 7:30 p.m., and **the women of the Goodenough Community will be there! We hope you will be, too.**

Jami Sieber is an electric cellist and vocalist, and Nancy Rumbel plays more instruments than we can list here (oboe, English horn, and ocarina are a few). Together, their music is lush and timeless.

This event is sponsored by our good friends, the Women's Way Red Lodge. Visit these websites to find more information and to purchase tickets:

<http://www.brownpapertickets.com/event/2586017>

[www.jamisieber.com](http://www.jamisieber.com)

<http://www.nancyrumbel.com/home.html>

You may also purchase tickets at Vashon Intuitive Arts and Vashon Bookstore.

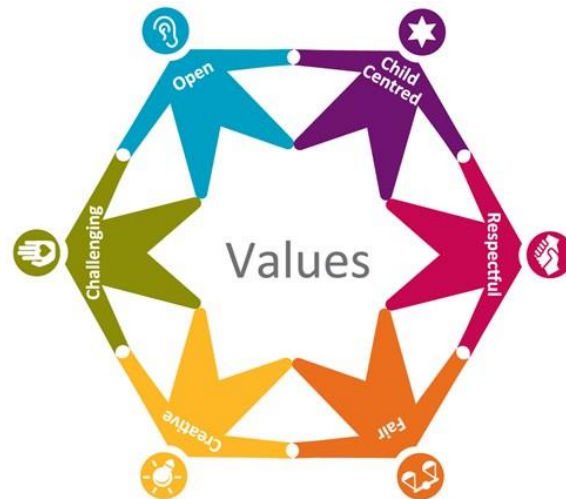
Get your ticket and let Marjorie know if you are coming. We'll consider getting together after the concert. Hope you will join!

I knew Jami decades ago when we were both nurses on the same floor at a Seattle hospital. I knew she played cello then but imagine my surprise to hear her on the radio recently! I look forward to seeing and hearing her at this event on Vashon. Always great when someone realizes their dream to do what they really want to do.

~Kirsten Rohde



- Happy birthday, **Cherste Nilde** – September 29
- Happy birthday, **Claudia Roach** – September 29
- Happy birthday, **Richard Kenagy** – October 1
- Happy birthday, **Andrew Hovenden** – October 1
- Happy birthday, **Eric Sieverling** – October 2
- Happy birthday, **Kathy Scott** – October 2
- Happy birthday - **Sophie Hoff** – October 2



Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

## Calendar of Programs and Events, 2016-2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

### Human Relations Laboratory, August 6 to 12, 2017

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually for more than 40 years.

Focal Person: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

### Women's Culture

**Concert, Friday October 14; Saturday November 19**

**Mark your calendar: Women's Weekend, May 5-7, 2017**

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)

### Men's Culture



**Men's Weekend, November 18 to 20**

Focal Person: Bruce Perler,  
[bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



### Third-Age Gatherings

**September 23**

Focal Person: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

### **True Holidays Celebration, Saturday, December 3**



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

### **Winter Solstice Bus Trip, Saturday December 17, 2016**

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

### **New Year's Eve Weekend at Sahale, Saturday December 31**

#### **Work Parties throughout the Year**

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

### **Summer Camp for Youth, June 25 to July 1**

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, [Irene\\_Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)



Watch this page – or visit our website at [goodenough.org](http://goodenough.org) – for information about these and other events and programs. Some are in town at our Community Center in West Seattle, and others are held at Sahale, our rural retreat center near Belfair, Washington.