



Village eView

October 9, 2019

Colette Hoff, Editor

COMING UP

Pathwork, October 20

General Circle, October 21

Women's gathering, September 28

Meditation Retreat, Nov 15 to 17

True Holidays, December 7

The emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation describes the dictionary meaning of joy!

As the True Holidays Celebration planning team was meeting recently, spreading joy is the intention chosen by the group for the event. From greeting on entry to our food offerings to contra dancing—will all facilitate joyful expression in an evening designed for preparing for the holidays. **Save the date of December 7!**

Joyful is also used to describe our Bus Trip to Leavenworth. A young girl begged us to reconsider the adventure we have taken into the snowy east. We are very happy to announce the bus trip will be held on **Saturday, January 11**. This event has something for everyone: snow play, time in Leavenworth, a horse drawn sleigh ride and a warm abundant dinner. (The 2017 event in December was very difficult due to the traffic around Leavenworth.)

In the study of loving-kindness in Buddhism, learning sympathetic joy is highly valued virtue. The virtue of *mudita*, (Usually rendered by unselfish, sympathetic, or altruistic joy.) i.e., finding joy in the happiness and success of others is unnatural in the west. It also must be supported by the remaining three immeasurables: compassion, love, equanimity.

Susan Salzberg writes: An alternative to feeling painfully cut off is to learn to rejoice in the happiness of others. In Buddhist teaching, this is called sympathetic joy. The term is unusual; sympathy is commonly used in the sense of feeling bad for others.

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

Learn to rejoice in the good fortune of others and your own happiness multiplies – it's the best cure for envy. Susan Salzberg

Learning to share their joy revolutionizes our thinking about where we can find happiness. Usually we rejoice in what we get, not in what others have. But sympathetic joy is a practice of generosity, and giving isn't just about doing someone a favor-it makes us feel better.

As the Dalai Lama, spiritual leader of Tibet, puts it, there are so many people in this world, it simply makes sense to make their happiness a source of our own. Then our chances of experiencing joy "are enhanced six billion to one," he says. "Those are very good odds."

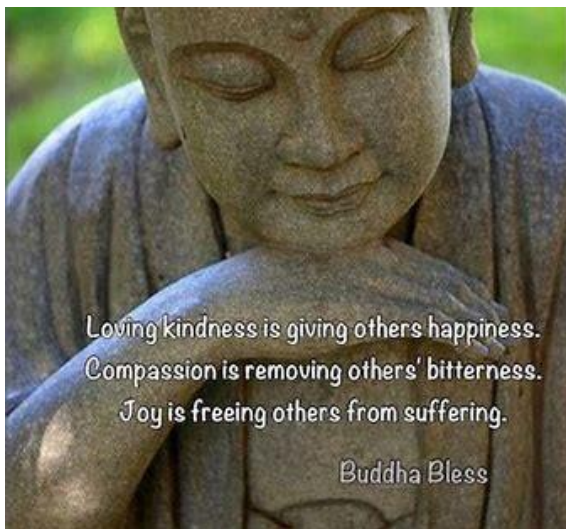
Susan Salzberg

Go to <https://www.upaya.org/2011/12/sympathetic-joy-by-sharon-salzberg/>

When you finally allow yourself to trust joy and embrace it, you will find you dance with everything. ~Emmanuel

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. Thich Nhat Hanh

Consider embracing the practice of *sympathetic joy* especially as fall moves towards the holiday season.



The manifestation of the free mind
is said to be lovingkindness,
compassion, sympathetic joy, and
equanimity.

Sharon Salzberg



Joyfully Announcing the return of a traditional event . . .

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. Bypassing the traffic we encountered a couple of years ago, and although it will not include a Solstice celebration, we are choosing January, to bring this cherished experience back! We will acknowledge the New Year!

Colette Hoff will be our guide. Be sure to wear and 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

Our cost includes transportation, sleigh ride, and a hearty dinner:

\$95 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

For more information or to register by phone, please call Elizabeth Jarrett-Jefferson at 206-313-9803 or email at elizabeth.ann.jarrett@gmail.com. Family rates are negotiable.

A time of play and relaxation with family and friends!

- At the Eastgate Park & Ride, we board a heated bus and travel through snow-laden trees, craggy mountains, and icicled streams over Snoqualmie and Blewett Passes
- Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.

- A horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
- We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
- You will be informed what time to return to the bus.
- Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM



Convocation: A Church and Ministry invites you

Quiet Your Mind, Open Your Heart: A Meditation Retreat

November 15 to 17, 2019

Sahale Learning Center



Being fully present to life ... opening to and allowing what is, without judgment ... This is mindfulness. And the central practice for achieving mindfulness is meditation.

This retreat will help you build or renew your own personal mindfulness practice.

Unique to this retreat is the long-established sponsoring interfaith community which is dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. You will be supported and encouraged by the community's open and inviting ambience.

During this retreat, which is thoughtfully designed for experienced seekers as well as for

novices, you will be encouraged to try a variety of forms of meditation:

- Periods of silence when you can become centered in yourself
- Experiences of heart-opening connections with others
- Conversations where you can share your experience, ask questions, and learn from others
- Skillfully led guided meditations, sensory experiences, chakra toning, and movement with time in the natural world.

Your central leader is Colette Hoff, M.Ed., a pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by the team of Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

The retreat will begin with dinner Friday, November 15, at 6:00 p.m. and will conclude at 3:00 p.m. on Sunday.

Your registration fee of \$220 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, *AND*

- 2 nights lodging
- abundant meals
- all learning materials

To Register on-line: Visit www.goodenough.org

Select the Convocation Link. The Registration button is at the top of the Convocation Page!



Men's Retreat and Annual Sahale Event Tent Put-away

... Friday 9/26 – Sunday 9/29

By Bruce Perler



Mostly sunny weather with a few sprinkles were the backdrop for a very fine time together this last weekend. We've been raising and lowering our Sahale Event Tent for 17 years and this year's process was as smooth and worry free as Norm, our leader, could imagine.

Working together like this has proven to be one of the best ways for us to relax, let go of ordinary worries, and come together in friendship for a common purpose. We began Friday morning with a small crew taking down, preparing and storing the side walls of Sahale's big white tent as well as preparing for the larger crew that would be joining us for Saturday's big effort of lowering the top, cleaning and storing the roof panels and disassembling the structure for storage. By Saturday afternoon we were pulling up the panels of the dance floor, storing them and moving to hang out time before supper.

In the evenings we gathered around our outdoor firepit for relaxing and sharing stories over a beer.

Then, after a wonderful meal prepared by our “cookie” Tod, we moved to Sahale’s living room space for a more formal men’s circle and intimate time for thoughtful sharing and being fully present to each other; body, mind and soul. I deeply value these opportunities to be with my brothers, from other mothers, and way we are able to engage the deeper aspects of ourselves. Such a gift of community!

Sunday morning, after an amazing breakfast of sourdough pancakes etc., prepared by our specialist Phil, we adjourned again to the living room for a last circle together before closing the weekend. I’d left my mind and heart open to what felt needed and had no specific plan for our Sunday gathering. As reliably as the sun rising, an impulse and sense of rightness about a kind of experience came to me. It had been some time since we’d sung together and even longer since we’d learned a new song. Last spring I’d attended the [Revival Gathering on Vashon Island](#) and joined a sacred fire circle where MaMuse’s [We Shall Be Known](#) was taught. The experience made a huge impression. This song has been circulating in me since and I’d worked enough with my feeling filled response to be able to sing it without choking up. We warmed up on a couple of our favorites; [Happy Birthday](#) sung to Mike and [Bread of Heaven](#) because we love that old ditty. The guys really liked the new song and after a few repetitions we were sounding quite good. The feeling in the room, a sense of recognition and timeliness of the messages rang with us and we decided this one should go in our songbook.

We shall be known by the company we keep
by the ones who circle round to tend these fires

We shall be known by the ones who sow and reap
the seeds of change alive from deep within the earth

It is time now
It is time now that we thrive
It is time we lead ourselves into the well
It is time now, and what a time to be alive
In this great turning we shall learn to lead in love
In this great turning we shall learn to lead in love

I’m deeply greatfull for all the men who came, helped, and openheartedly shared themselves at our retreat. We do this twice per year and welcome any who would enjoy such a gathering. Let me know of your interest at bruce@goodenough.org.




Women's Culture

Hollis Ryan

Our next women's gathering will be on Saturday, November 2, from 10:00 a.m. to 2:00 p.m., followed by a shower at 3:00 p.m. for Brittany Pettit, who is expecting a baby boy at the end of November. Congratulations to Hal and Hollis too!

As is usual, we will mingle over coffee before settling in for conversation, laughter, introspection, movement, companionship. We'll serve a light lunch toward the end of our time together.

I hope you will plan to attend! Please put the date on your calendar now, and let me know whether you intend to come. RSVP hollisr@comcast.net



A Little
Pumpkin
is on his way
PLEASE JOIN US FOR A
Baby Shower
HONORING
Brittany Pettit

SATURDAY, NOVEMBER 2, 3:00 TO 5:30PM
HOME OF HOLLIS RYAN
7801 SE 37 STREET
MERCER ISLAND, WA 98040

Please bring a children's book for Brittany
—an old favorite, one you had yourself, or a brand-new one--
*** We will also be collecting for a massage for Britt ***
Please RSVP to Colette Hoff or Elizabeth Jarrett-Jefferson
(hoff@goodenough.org; elizabeth.ann.jarrett@gmail.com)

A Story about the Sahale Gathering Tent



“We come together, Saturday, June 8, 2002, one year after his passing, to dedicate this cedar grove in the memory of Fred Jameson Beaver Chief Kgee-tae-luckt.”

These were the first words spoken at the first public gathering held at Sahale. Our white tent was installed with the help of the company three days prior to this memorial.

And now, the tent needs a new roof to enable Sahale to continue to offer this versatile space for retreats and events.

Since that event, our white gathering tent, also known as **Kunamokst** meaning to join, unite, meet, assemble, congregate-- has served many functions. It held Bruce and Irene Perler's wedding in July of 2002 at least 20 weddings since then. We have had 17 Human Relations Laboratories, family reunions, a large conference in 2018, Sahale Summer Camp, and many groups outside the Goodenough Community have all made use of the tent. The tent has been patched and repaired over the last few years and now a new tent roof is needed by spring 2020.

Will you help? Your donation will help us purchase the new tent roof.

AND . . .

A donor who attended the Lab reunion picnic will add \$1000 when we get to \$5000 and our stated goal is \$6700. Donations can be made on-line or mailed to:

The Goodenough Community
Box 312
Tahuya, WA 98588

Here are some details about the tent and new roof:

Manufacturer: **Rainier Industries**

\$14,000 when originally purchased in June 2002 with a life expectancy of 10 years.

40 X 60 with a wood dance floor 30 X 30.

Aluminum structures are in good condition!

3 top sheets will cost: \$6,700.00.



Sunshine in A Bottle

Drai Schindler

MMMMMMM, as I pen this paragraph to you, I am drinking what I call "**Sunshine in a Bottle**" - Freshly Pressed **Sahale Apple Cider**! Downright satisfying. When I am done writing, I will be sure to sing my thanks to the apple trees on the way to the bathtub. This is one of the times of the year that I most look forward too. Apple Harvesting Season! I have the great fortune to be part of processing our glorious apples myriad ways...Dehydrating, pie making, apple sauce and of course, the cherished Apple Cider. This is the 3rd year of cider making for me.



I love standing with other community members, in the outdoor kitchen, with the forest before me, the new 'dress colors' of the deciduous trees salted about, good music playing, laughter and the deer salivating along the borders of our work station...awaiting the stray apple tidbit.

BUT THIS YEAR, BOY HOWDY THIS YEAR, IS THE BEST YEAR FOR ME SO FAR.

This gol' dern wiz bang apple processing thingie mabobber is nothing short of the BEES KNEES!

I LOVE IT! I said a prayer of thanks this evening to both the inventor and those who enable us to acquire it! What a genius device. I love it because...

In my estimation it uses far more of the apple than what we previously did. I am hearing we are getting about 70% return now. WOW. For each 5 gallon bucket of mash the Wiz Bang musters....we are averaging about 3 Gallons of cider. Double WOW. It seems to me that the work flow is far more efficient, perhaps large degrees easier. As far as I can see the whole team is invigorated and excited about its arrival and contribution.

It is great fun to shout out "WIZ BANG" at the completion of each mash.

PS. Todd my love...thank you for your brilliance and perseverance, my wiz-bang buddy! Paul Rave, thanks for your craftsmanship!

Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod came up with the plans many years ago. Last fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it. Also, we just happened to have a carpenter/craftsman, named Paul Rave, who together with Tod Ransdell put it all together and Pedge has protected the finish.

\$\$This project couldn't come out of the general budget and we were not sure how much it would cost even with some things available here. So, while it's not our usual way, we built it and now two people are carrying the \$650 it cost. HMM that doesn't seem right.

While we have donations for \$225, with \$425 to go any contribution would be wonderful. Will you join? **Anyone who makes a donation receives a gallon of cider!**

Please mail donation checks to Box 312, Tahuya, WA OR go on line to the Goodenough Community donation button. More Cider produced faster!

Spatialist for Hire

Pam Jefferson



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



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

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

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

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



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

The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We meet Saturday mornings from 10:00 to 2:00 with lunch included. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal’s daughter Brittany. In 2020, our first gathering will be January 25 at Hollis’ home. For more information, contact Hollis Guill Ryan, hollisr@comcast.net





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

krohde14@outlook.com

The Men's Program

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



Pathwork, a Program of Convocation: A Church and Ministry On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle** -- October 20; November 3, 17; December 1, 15. Contact Colette Hoff for more information: hoff@goodenough.org
A meditation retreat, **Quiet your mind, open your heart**, will be offered **November 15 to 17, 2019**

Summer Camp for Youth

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

Contact: Irene Perler, irene_perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

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

True Holidays Celebration, Saturday, December 7, 2019

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



Work and Play Parties throughout the Year

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



Quest: A Counseling and Healing Center

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