



Contentment: satisfaction; ease of mind, acceptance with happiness; closely associated with equanimity.

The Village eView

August 16, 2017
Colette Hoff, Editor

Coming Up:

Pathwork, August 28, 7:00 PM
Third Age, September 8, 6:00 PM

This week, the word *contentment* is featured as a way to describe some of the experiences we co-created together. Some poetry and words from songs are also included. The following “post cards” are an attempt to share some parts of the Lab and life since the Lab.

Glad I Was There!

Joan Valles

Lab was superb. So much worked well under the leadership of Colette, the Lab team and many helpers--a mix of deep work, creative experiences, and play. It was hot, and that may have slowed things down for conversation, making art in the walnut grove, rehearsing music and jamming in the Swamp. There were no young children this year or dogs, which helped folks focus on their own experiences, I think. The age spread was great: teens, young adults, and all ages on up to the oldest (guess who). I'll show you the Lab workbook when we get together. Arji and Laraaji were a gift offering sound healing and music and they participated in everything. Dyanne and Chris Harshman were there for the whole week and led us in dance and music. What a treat! The theme was co-creating: for example, all those performing in the Swamp did it with at least one partner--a mix of soulful offerings, skits, and hilarity; a group art project, water drumming in the river, and naps (well



On-Line News of the Goodenough Community System:

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The EcoVillage at Sahale

some of those were solo). The Swamp has a permanent roof now and looks like a real pub: Pam and Elizabeth have been co-creating that experience for many years. Saturday morning we remembered Phil around the grieving tree in the meadow; Irene provide strips of cloth and markers for writing messages of remembrance to loved ones. It seemed to me that everyone participated in Lab this year. For me the energy was good, both grounded and uplifting. So glad I was there!



Lab is Everywhere

Pam Jefferson (QP)

You know how when you first buy a car, you then see that car everywhere? Make, model, color, everything! I'm having that experience with my mind since Lab. Looking at my mental model for a few days and then I find it all over the place. Also, those pesky learnings seem to be everywhere. There I am, minding my own business, hanging out in Pinterest and up pops a quote by [Atticus Finch](#) from *To Kill a Mockingbird*, "We drink the poison our minds pour for us and wonder why we feel so sick." Really? This is only Tuesday! I slept through Sunday and Monday so no chance of recriminations there. I miss those quiet days.

Again, this morning, minding my own business whilst eating my big bowl of oat squares for breakfast and who should have something to say to me? David Brooks' *New York Times* editorial in the newspaper. He's going on about [fighting fanaticism with modesty and moderation](#). First awareness, don't eat all of my big bowl of oat squares. Alarmed at the shallowness of my response just by reading the title, I concentrate again on the article. His very first sentence, "We're living in an age of anxiety." I have that! Now I'm piqued—stimulated and irritated at the same time! This article must be meant for me. "Anxiety is not so much a fear of a specific thing but a fear of everything, an unnamable dread about the future. People will do anything to escape it." Fear of the future, check. Escapist, check. Awareness, check. Breathe, nobody dies from reading newspaper articles. See, I'm working with my mind. Good, good.

Mr. Brooks goes on for 5 more paragraphs with an impressive list of knuckleheads in our country. Using my now friendly and open mind, I decide I'm not any of those people, and then, BAM. "The age of anxiety inevitably leads to an age of fanaticism, as people seek crude palliatives for the dizziness of freedom." I'm not pleased to find him referencing my need to self-medicate with fanatical thoughts against my mind-blowing freedom. Prove it, Buster! And does he...here it comes. Something about, "...is caused by a breakdown of intellectual virtue...[and] ability to face evidence objectively, to pay due respect to reality, to deal with complex and unpleasant truths." Come on!!! Ease up. I've only been home for 3 days. Then, it hits me, David Brooks is a Buddhist and is using the media to affirm everything Colette said to us at Lab! Ha! It's about the human race! Safety in numbers!! Neurotics unite!!! Ahem, having stepped back to see the bigger picture I now see that my mind is similar to others in today's

society (deep voice, like Marjenta). Phew, good locus of control practice, I was "we-ing" and not "I-ing."

Holding the reins of my mind, still believing I'm getting the hang of it, but noooo, he continues, "Uncertainty and anxiety throw you off the smug island of certainty and force you into the free waters of creativity and learning. As Kierkegaard put it, 'The more original a human being is, the deeper is his anxiety.'" I'm almost positive, in my positivity, there's a compliment in there somewhere. Again, as I've been taught to step back to see the wider view, what do I see? A nap. Yes, integration time! Oh, and then meditation because I promised myself I would. "Thou canst bear me through!" Let's see, where did I leave those antidotes to my favorite mind poisons? I just had them. As I ponder my depths, a song lilts through my smug mind and I remember one of them. "Come contentment, friendly guest, reign unrivaled in my breast. Thou alone wilt do." (Tks, Dyanne) Inhale, and again, from the top!



Postcard from Lab 2017

Bruce Perler

Lab this year had me facing directly into my humanity with more insight, humor and compassion than I've experienced at a lab in a while. I'm still feeling more spacious inside, less reactive and generally content.

Somewhere around Tuesday, reading through the material in our workbook on suffering and the three poisons, I found the flow of the words strangely familiar. Within an hour or so I'd created a first draft, tested it with a couple friends and was rewriting to get a final version that I might sing at the Swamp some evening. Later in the week I showed our music maestro the current version of this catchy little tune, now updated and ready for the two of us to perform. The rest is swamp magic.

It's now a couple days after Lab's close and I'm appreciating both the process and the content that got this chunk of creativity out of me and performed, in collaboration with my dear friend Chris. I hope it makes you smile too!

Cheers! Bruce

My Favorite Sins

(sung by Bruce and Chris Harshman in the Swamp)

Grasping at objects, attachment to pleasures
Grievances, anger and sought-after treasures
Taking it personally, rattlin' my bins



These are a few of my favorite sins

Assumptions and judgements and cravings and strivings
Gorging and guzzling and endless imbibings
Howling at night while I'm counting my wins
These are a few of my favorite sins

When my mind cracks
When my heart chills
When I'm feeling mad
I simply remember my favorite sins
And then I don't feel so glad

Babes in scant clothing with lustful intentions
Bikes with big mufflers like penis extensions
Ridin' like hellfire, chasing the winds
These are a few of my favorite sins

When my mind cracks
When my heart chills
When I'm feeling mad
I simply remember my favorite sins
And then I don't feel so glad



Oh, the hazards of falling off one's unicorn.

If you **must** fall off your unicorn, try not to land in a blackberry thicket! And if you do, it is best to wait for friends to help you out of the brambles, as I did. BTW, the scratches are healing nicely!
I hope everyone's re-entry is going smoothly!

Love,
Douglas



Co-creating in many ways

Kirsten Rohde

This year's Lab was the best ever. I know many of us say this each year, but isn't it great that each year builds on the ones before? I very much appreciated the workbook this year created by Colette Hoff with Hollis G. Ryan and Pamela K. Jarrett-Jefferson. For me, the readings and the concepts caused pause for thought a lot, for example that I could change patterns in my brain and therefore change my mind about how I function inside and with others.



I appreciate Margenta Gray who this year stepped into the role of coordinating all aspects of creativity at Lab. For example, she worked with Deborah Cornett and myself to design some group art experiences. As can happen at Lab, I sure learned a lot about relating well to others, first from my mistakes in how I was relating to Margenta and Deborah, and then from forming good intentions to learn more about being collaborative in a better way. After reading an article in the workbook (Finding Joy: The

Science of Happiness, by Patty de Llosa) I realized that being hard on myself for mistakes would not help me move on. Being forgiving to myself is one way to change brain patterns and have a positive approach to making change.

I'm now enjoying a wonderful time with my sister Katie traveling over the North Cascades and into southern British Columbia.

Lab 2017 Postcard from Katie

The week before Lab I took some time to look over the previous year, thinking and writing about things that had happened, and noticing what seemed most important. What stood out to me were the times I shared experiences with others joining in ways that were meaningful to us. Remembering that today, I realized that "Co-Creating a Meaning-Full Life" was, in fact, the theme of this year's Lab.



So, I am remembering a wonderful week, full of opportunities to do just that: art in the Walnut Grove, musical collaborations in the Swamp, water drumming down at the river, the "Contentment" chorus in

the white tent, the circle honoring Phil Stark at the grieving tree, cooking dinner in Potlatch... The list could go on. And it does!

Kirsten and I are having a great road trip. Yesterday, we enjoyed an evening catching up with Claudia Fitch at her new home in Mt. Vernon. Today we just had a spectacular drive across the North Cascades. And there's more to come. I'm looking forward to going home to Maine to see my friends and family. But just not yet!



Andrew is letting Colette know that the Swamp has a memorial corner for her brother, Dave Werner including his baseball mitt, high school letter, and a Budweiser logo.



The Swamp once again provided a place for merriment and skits like this one where Henry and Liza are working out the hole in the bucket.





My Tardis

By QP (Pamela JJ)

(Presented in the Swamp Friday evening)

Red cans, green cans,

Wine and olive jar

In my Tardis

These things are.



Dyanne and Sommer playing the Imbiera

Limes and lemonade

Even a hard-boiled egg

All were brought and paid

No need to come and beg.

My Tardis is full of stuff

No need to take a look

Useless information/fluff

Picture I'll post on Face Book



Processing to the grieving tree to remember our beloved
Phil Stark



Ode to Lab

By Lynette Suzan Hall (presented in the Swamp)

So it's 2017 and my second year at lab, I'll be "co-creating a meaningful life." So good-bye to DRAB!

A place where the rooster crows and the granola is FAB!

You head down to the big tent for music and dance but most importantly "living with "intent" per chance.

Next alas is small group a chance to delve much deeper...into "locus of attention" not the bug and definitely not the grim reaper!



But wait, I hear the gong, it's lunch and I smell the aroma. Right over at Potlatch and not in Tacoma.

Ah, now off to my quarters to rest and ponder. In an hour it's free time to do art, music, whatever, or head to the river down yonder.

The evenings are full, a venue of sharing with laughter, crying, and a whole lot of caring. Not tired you say, you're up for a romp. Well, pick your ass up and head to the Swamp!

The Swamp is the place where you let your wild thing go...to sing, dance, laugh and go with the flow. Remember...there's no Jiffing here, so for heaven's sake sit down and enjoy a beer.

Before you know it, Saturday will be here

With mixed emotions of happiness and tears.

Farewell Human Relations Lab of 2017, I must leave and start my meaningful life. With my new set of tools that will end my life of strife!

Is that it.....oh no, have no fear, all this great stuff is offered next year!

Suffering, Sweet Suffering

Sweet stinky sticky stupid suffering
I do not love thee but I do choose thee
Pain added to my reality.

Suffering I see you, I do not need you
My feelings not my emotions are enough.

Sahale Great Sahale
Compressor, mixer, kneader, and muse.
The sweetest water, the heartfelt songs,
The river, the tent, the Swamp.
Oh how we heart thee...

Hail great Swamp all roofed and holy
Let thy Spirit guide us all
May we drink and laugh all glow-ee
How we like the blunts thee rolls.
Pam and EJ, Pam and EJ, to Thee
Our voices loudly sing!
To the Swamp may our hearts we bring.

- **Andrew Hovenden**

EFFERVESCENCE

Elizabeth JJ

Eff – er – VES – scence!

Eff – er – ves – SCENCE!

EFF – er – ves – scence!

Oh ye Goddess of the Bubbly, the
Goddess of the sound of the Spirit;
Play through me like
Champagne on a long, hot day.

no, wait ... I stop and pause:

Play through me like, tonic,
In your gin, like,
Club, in your soda,
Like, La, in your, Croix
I take the spoon, and scoop the ice.

*When you focus
on someone's disability
you'll overlook their abilities,
beauty and uniqueness.
Once you learn to accept
and love them
for who they are,
you subconsciously learn
to love yourself
unconditionally.*

*~Yvonne Pierre
(MBA, Accountant, Inspirational writer)*



Weiners

By Angelo

Such fun in the heat of the sun
 Stretching...
 Reaching...
 Yearning...
 Craving – more than my body should
 be taking
 Perspiration adding to
 My excitation

If this is your scene

I'll see you for the weiner dog races

In Aberdeen!



deAnguera Blog: Lab 017 A Time of Contentment



What shall I say about this Human Relations Laboratory? This time I actually made some commitments with some good friends. Why now and not before? I guess we each have to be ready and no one knows

Equanimity

Elias S

Don't think of a hippopotamus
 Prescription – calmness, composure, balance
 Near cousin: apathy
 Not reacting to reptilian rage

Existential poop in the fish tank?
 Don't forget your life jacket
 Sexistential loop in your brain bank?
 Canst, canst, canst
 Wilt, won't react
 Reptilian rage, Ribbit, Rib – IT

Think Hippopotamus

Equanimous – calm composure bottomless
 Oh, beat poetry doesn't have to rhyme?
 Fine I don't care
 Why is the ghost so damn hungry?
 Equanimity is

Willow bending in the breeze

Until Tom chops it down

when we will all be ready together. Labs are a process and it can take a few Labs for some processes to take off.

So I am content that the work got done. For me the secret is having some good playmates. That's much better than "I don't like the way I am and I have to change. Somebody needs to help me change!" That feels depressing. Thinking of only what I have to change is negative. How about playing through to the change? Now that's more like it! I am fully on board for this one!

Thank heaven we had the world experts on laughter medicine: Laraaj and Arji. It is much better to laugh to worry and get a stomach ache or worse. They had us laughing in so many different ways. I never knew there was so much to laughter. This is why having teachers like Laraaj and Arji is so helpful. They can give me a perspective I did not have before. Who would have thought laughter could be medicine. Medicine is usually awful stuff I have to take to fix whatever is wrong with my body.

We had an art space in the Walnut Grove where we could do our own work and contribute to a community project that was hung in the White Tent. I used this opportunity to put symbols of my inner work on display. For me a good artist needs to work with their energy within.

I also shared some skits that were so funny they brought down the house. I particularly remember the one where Ellis Serras and I were trying to laugh. I was trying to get Elias to laugh and he sounded like a bullfrog which of course turned him into a bullfrog. I hear bullfrogs all the time around the Swamp this time of year. Guess that's why they were on my mind for the skit.

You should have seen us splashing in the river! This is something I have never done in my entire life and I am over 60 years old!

There are so many self help books about how to get better all by myself. How about prosperity thinking?

That dates back at least to Andrew Carnegie. If you think big you will become rich and a better person.

Folks, it takes community to enable people to be better. I can't do it alone and I have tried many times.

My Goodenough Community years are when I have done the most growth in my entire life. Like any other human I work much better in a supportive community.

One day all you folks out there in city land will get it and come to Lab. That's right and you will invite your neighbors too assuming you actually have neighbors rather than just folks occupying the space next to yours.



This year's Lab could put some folks into a state of deep contemplation.

Laraaji and Arji, Thank you both so much for joining our week of Lab. Your gifts are remarkable!

Appreciations go to **Nan Kreckler Scott** and **Leslie Norman** for volunteering to support Lab.

Post Lab Message

Colette Hoff

As I have learned from Hollis, opening an inspiring book can yield a powerful message. The following from *The Power of the Heart* by Baptist De Pape came as I opened the book. Fulfill your dream by listening to your heart. Remember dreams have no deadline. Do what you can and bear in mind that when things appear to be going awry, there is a reason; the cosmic plans are much more far-reaching than you can imagine. As long as your intention truly originates in the soul, the universe will lend its full support to everything you do, and money and other forms of abundance will also come your way.

A lack of money will only bother you when you are disconnected from your soul. Restore that connection and the abundance of the universe will flow your way again. Once you are truly converted to the power of the heart, you end up shining in a unique piece of theater directed by the universe.



A Multi-Cultural Re-entry

Bill Scott

I hope post-lab is going well for you all. I wanted to share that Nan and I went over to our neighborhood mosque this afternoon for their 15th annual neighborhood barbecue. A warm and grounding post-lab activity. Colette, your orientation to Islam was so helpful in understanding our neighbors and their religious practice. The Idriss Mosque was the first mosque west of the Mississippi. We spent a couple hours there which included a tour of the mosque by the President, a lovely Egyptian man, Ashraf Abdel-Rassoul. The Imam didn't speak very good English so he was just overseeing the whole event. It was very touching to hear and see how and where and when they pray and that anyone, Muslim or not, can join them at any time, including the dusk meal during Ramadan

The line for food never ended the whole time we were there. What I most appreciated was seeing the Ashraf demonstrate how the congregants line themselves up, shoulders touching shoulders, with their heels on a particular line on the carpet, before they go down to their knees to pray on this rich red well-padded wall-to-wall prayer carpet. Ashraf owned that he had not memorized the Koran, but estimated that 70-75 of the congregants had memorized the entire Koran. Ashraf is the guy in the P-I photo flipping burgers. <http://www.seattlepi.com/local/article/Mosque-s-barbecue-calls-faiths-of-Seattle-together-1246408.php>



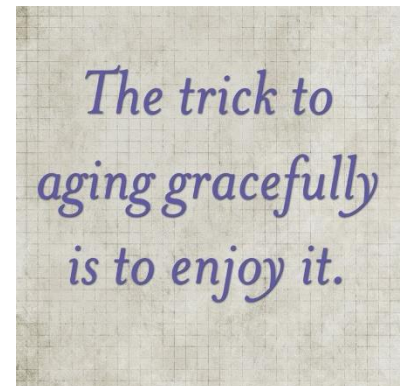
Third Age: Friday September 8th

Kirsten Rohde

Our first Third Age gathering of the fall will be Friday, September 8th.

We are planning to watch a showing of Frontline's broadcast on "Being Mortal," the highly acclaimed book by Atul Gawande. This could be the basis for some good conversation! We will gather at **Joan and Jim and Barbara's** home. See below.

The Third Age gatherings are sponsored by the Goodenough Community and are for anyone age 60 and older. We gather for a potluck dinner from 6-7pm, main dish provided, and then meet from 7-9pm.



We always make time for check-ins and then usually focus on a theme for more discussion. For several times now we have found ourselves talking about what defines well-being in the later years, and being with friends and family members who are ill or dying. We have also brought stories of the many meanings of leaving a legacy from enjoying stories of children, grandchildren and great-grandchildren, to what we have contributed that will last beyond our own lives. We also enjoy talking about what we find ourselves focusing on in these years of our lives; often what is important to us now and what we choose to give time to has changed from other phases of our lives.

Regardless of topic we find ourselves laughing and caring for each other. We are always open to newcomers. This evening only, we will be meeting at Joan Valles' home in Tukwila. For directions and to confirm your plans to come on September 8th, email Joan Valles:

joanvalles70@yahoo.com



Remembering Our Friend Phil

Nancy Lanphear

I saw the notice of Phil's death soon after it occurred and began recalling the lovely times we've spent with Phil and other friends of Goodenough Community. They are precious memories. All of us are aging, these days it seems more quickly.

I remember Phil as a gracious and kind presence. He offered much thoughtfulness and quiet leadership during our gatherings and even in more solitary conversations. True Holidays in December 2016 was the last time I saw him, as I helped him into the car when he was ready to go home. He is missed by many, his memory will stay with me.

Attached also is a song - I have begun to call it a community love song.

With love, gratitude and hugs,



What the Heart Cannot Forget

by Joyce Sutphen

<https://youtu.be/JgKh6B-o7xU>

*Everything remembers something. The rock, its fiery bed,
cooling and fissuring into cracked pieces, the rub
of watery fingers along its edge.*

*The cloud remembers being elephant, camel, giraffe,
remembers being a veil over the face of the sun,
gathering itself together for the fall.*

*The turtle remembers the sea, sliding over and under
its belly, remembers legs like wings, escaping down
the sand under the beaks of savage birds.*

*The tree remembers the story of each ring, the years
of drought, the floods, the way things came
walking slowly towards it long ago.*

*And the skin remembers its scars, and the bone aches
where it was broken. The feet remember the dance,
and the arms remember lifting up the child.*



*The heart remembers everything it loved and gave away,
everything it lost and found again, and everyone
it loved, the heart cannot forget.*

Thank you Nancy!



Cancerversary XVIII for Sam Staatz

Can you believe it has been 18 years since Sam was diagnosed with brain cancer? I can't say that the time has flown by, exactly, but the sheer number of years is amazing.

Come join us on **August 19** – that's a Saturday – from noon until 10:00 p.m. (This year, we are shutting down at 10:00 p.m. because some of us have a very, very early start the next morning.)

The party will be at our home: 7801 SE 37th Street Mercer Island, WA 98040

206 232 7027

Enjoy Sam's unique style of invitation in the message below this one, and plan to come celebrate! Hope to see you very soon – Hollis

From Sam:

Hey, y'all, Come on by **Saturday, August 19** sometime between noon and ten o'clock to help celebrate my tumor becoming old enough to vote.

And since it's new to this voting thing, bring by some tasty treats and BEvERages; perhaps you can swing its vote in upcoming elections. Er, wait, that's voter fraud, or something those lines. Anyway, do your best to convince the tumor with powerful arguments and feats of logic, such as more BEvERages and tasty treats (just enough for your group, though – share, but we don't want ten weeks' worth of blue cheese mac 'n' cheese which started out as cheddar floating around (we do love leftovers, just not the thirty weeks-worth of leftovers from the first few Cancerversaries. We're slow, but we learn). I vote y'all come by and teach this sucker in my head what's up. It'll be fun.

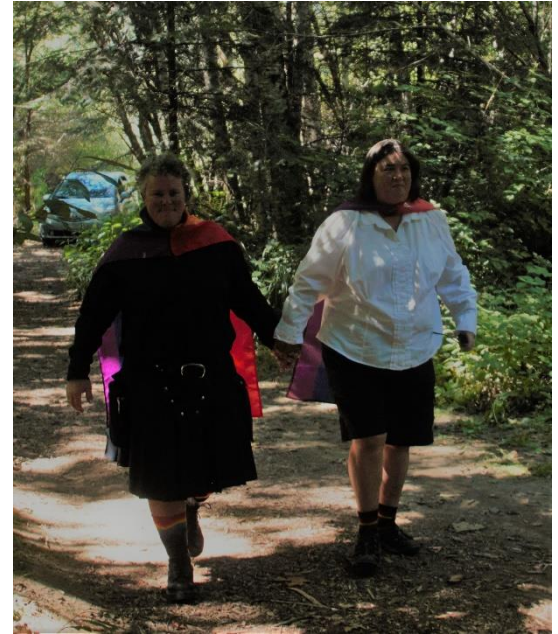
As for where, it's at Mom's on Mercer Island. There's plenty of seating and parking.

Please RSVP. This bit's important 'cause we load up on burgers, tubular meats, and chicken to augment what y'all bring. We even get some sodas. And, get this, we even get some BEvERages to kick off the fun.

Oh, if you're thinking, "Oh, I'm tired. It's a long ways to go. I'll skip it." Think again, my friends. Friends are coming from all over, including Southern Cali – I'm sure he's a bit tired, cause like me, he beat the rush and got GBM before it became all popular thanks to John McCain (thanks, John, now everybody wants a GBM of their own).

I'm looking forward to seeing y'all here, Sam

A front view of our recent brides.



Other Community News



The Logger Bar was recently voted Humboldt County's 2017 best bar - and best place to shoot pool! Congratulations and kudos to **Kate Martin** and the awesome Logger team!



Birthdays

Happy Birthday, Brynn Zebold, we love you!



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) or at Sahale - 360 275-3957. In

Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Calendar of Programs and Events, 2017 - 2018

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 Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. The first gathering this fall will be Friday, **September 8th** in West Seattle, from 7-9 pm with potluck dinner at 6 pm.

Newcomers are welcome. Contact Kirsten Rohde for more information:

krohde14@outlook.com . September 8th only, we will be meeting at Joan Valles' home in Tukwila. For directions and to confirm your plans to come on September 8th, email Joan Valles: joanvalles70@yahoo.com

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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net
Fall dates: Saturday 10 – 2 in West Seattle: October 7th and November 4th.



The men's program is 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. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the weekend as a men's gathering. **October 6-8 at Sahale.** Contact Bruce Perler for more information: 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 9:00 p.m. 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.



In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

Fall gatherings on Sunday evenings in West Seattle are: August 27, September 10, 24, October 8, 22 and November 5.

Contact Colette Hoff for more information: hoff@goodenough.org

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), 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.



Labor Day weekend: September 1-4 at Sahale. Sahale is an open weekend on the Labor Day weekend so we will be enjoying the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe.

To confirm your plans to come out to Sahale contact: Colette

Hoff, hoff@goodenough.org

Summer Camp for Youth, June 24 – 30, 2018

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



NEW DATES Human Relations Laboratory, August 5 to 11, 2018

his intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

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

Contact: Colette Hoff hoff@goodenough.org



New Year's Eve at Sahale, 2017 – 2018. Sunday will be

New Year's Eve and Monday 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.



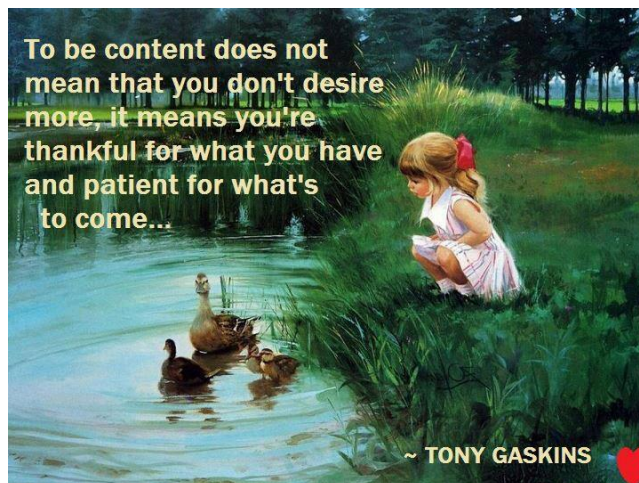
Annual Organizational Weekend at Sahale: March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

The **Goodenough Community Council** meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested:

hoff@goodenough.org

Council meetings are August 28, September 11, 25; October 9, 23; November 6.

To be content does not mean that you don't desire more, it means you're thankful for what you have and patient for what's to come...



~ TONY GASKINS