



White fawn lily in Cedar Grove at Sahale

Village eView

April 10, 2019

Colette Hoff, Editor

COMING UP

Pathwork, April 14

General Circle, April 15

Women's weekend, May 3 to 5



Environment and Ecology

Colette Hoff

With the web as a resource, the definition of environment includes:

1. the surroundings or conditions in which a person, animal, or plant lives or operates.
... the setting or conditions in which a particular activity is carried on.
2. the natural world, as a whole or in a particular geographical area, especially as affected by human activity.

The **natural environment** encompasses all living and non-living things occurring naturally, meaning in this case not artificial. The term is most often applied to the Earth or some parts of Earth. This environment encompasses the interaction of all living species, climate, weather and natural resources that affect human survival and economic activity. ^[1] The concept of the *natural environment* can be distinguished as components:

- Complete ecological units that function as natural systems without massive civilized human intervention, including all vegetation, microorganisms, soil, rocks, atmosphere, and natural phenomena that occur within their boundaries and their nature.

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

- Universal natural resources and physical phenomena that lack clear-cut boundaries, such as air, water, and climate, as well as energy, radiation, electric charge, and magnetism, not originating from civilized human actions.

Two weeks ago, our eView theme was culture and the phrase, relational environment, was used as a description of culture. For relationships to grow in marriage, family, friendships, a community, a culture of trust and warmth is essential. John Hoff used to compare the relational environment to soup and called out community members when it was like thin soup and he liked it to be thick and rich.

In studying the natural world and our relationship to it, metaphors for our inner environment and spiritual life are apparent. As illustration, the following is a description of the white fawn lily.

A beautiful lily-like plant, with interesting mottled leaves and tall stalks to 1.'

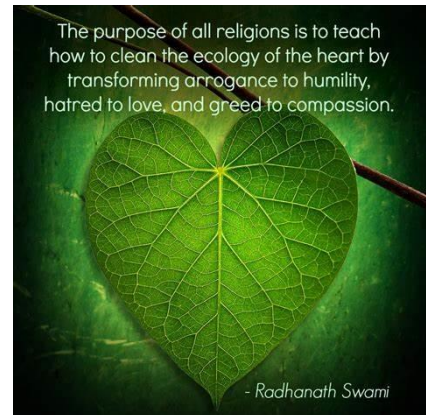
The exquisite pale yellow flowers bow timidly.

White Fawn lilies self-seed generously to ensure future blooms but be patient. Like so many of our wildflowers, they take many years to mature from seedlings to flowering plants - all the more reason to marvel at and respect our native flowers.

White Fawn lily likes moisture and a well-drained soil and does well in gardens.

It is found from Vancouver Island to northern Oregon (USDA 7-9). A remarkable population of these native perennials runs through Bush's Pasture Park in Salem, Oregon.

http://www.nwplants.com/business/catalog/ery_ore.html



As I was preparing for this issue, I had a conversation with Norm Peck who only recently retired from the Department of Ecology and is recovering well from knee-replacement surgery. His thoughts about ecology and the environment follow.

Ecology: the status (form) and flow (flux) of matter and energy in a system.

Other stuff: The gross energy source of our larger system (Gaia, solar system) is the sun/solar energy. The subtle energies are difficult to measure and qualify. :-) There is general disagreement about things like what to call the Creative Force in the Universe, as well as whether we can, and if so how we can, relate to he/she/it or if such a thing even exists. (I find it hard to comprehend how the latter position can be taken).

System size is arbitrary (i.e. boundaries). All systems are connected. The degree, timing and magnitude of connection is often difficult to discern.

The largest system is The Universe (All Creation), as it began as a singularity. The largest system we can readily measure and quantify is the Solar System.

There is much we do not know about much of the system: e.g. dark matter, subtle interactions and more. There is as much mystery (or more) than there is that which is known.

More thoughts on our conversation: When I began my college education, the term Ecology was just coming in to common use, and we were collectively really just beginning to understand and be concerned about the impact of human activities on our land, air and water. Gasoline was well under \$1 per gallon, was still leaded and most American cars got around 12-20 mpg. Much freight still traveled by rail, and very few of us flew regularly. Academics were starting to speculate about the effects of fossil fuel consumption, and note with some alarm the effects of halogenated insecticides, herbicides (e.g. Agent Orange, aka 2,4,5T), solvents and aerosol propellants following Rachel Carson's *Silent Spring*. Now more of us are aware of our collective and individual impacts, and many of us try to minimize waste, consumption and use of chemistry in our personal lives. The world population is still on an exponential growth curve, though some places, mostly in Europe and North America are slowing slightly.

One basic fact of Ecology is that any ecosystem has a "carrying capacity", the population(s) it can support without damage or severe alteration. In natural systems, the system compensated for overpopulation with starvation, disease increases, fluctuations in predator or consumer populations and even increased aggressive behavior. If we look at the world around us, we see many of these things occurring; famines, droughts, long-running and emergent diseases and armed conflicts. Yet few see these as signs of overpopulation (by humans) as they would be viewed in other natural systems. Compassion is seen as requiring treatment of diseases, saving the starving, and committing ever more land and resources to support the growing human population at the expense of fish, wildlife, plant communities, air, water and the ocean. It is in this setting that we seek at Sahale, and elsewhere in our lives to reduce our individual impacts, despite the lack of institutional and policy changes of sufficient magnitude to truly address the troubles we face.

As I understand it, one of the tenants of permaculture is to assure that we consciously choose to enhance and maintain some significant portion of the land we steward as a healthy natural system. To me this means holding something like 20% or more of the Sahale land area aside for the restoration of climax temperate rain forest and/or coastal prairie. My teachers at university uniformly stated that after major disturbance, such as the harvest practices and development that occurred at Sahale before we came to the land require up to 200 years to fully recover to a climax community including understory and mycorrhizal relationships (soil fungi and other soil microbes). Obviously areas like annual floodplains (up to about the 20-yr. floodplain level) will be subject to natural perturbations, and are more dynamic areas than more stable upland areas. Areas like 'the marsh' below the pond and streams are also more dynamic, though on different timescales. The natural course of things will have the marsh and pond senesce into bogs and ultimately seasonal wetlands then uplands. That is normally a 50-300 year process for water bodies the size of those on our land.

We have observed streams and the Tahuya River rearrange themselves annually, and the critters and surrounding plant communities are adapted to that annual and longer period flood regimens. Those water bodies are protected by law and regulation much more than other ecological elements, a significant progress from the mid-20th century. And we have helped increase the quality of at least the salmon stream through the lower campus, and by keeping activities out of the river during critical times for salmonids to migrate, breed and place redds

(nests) in the stream and river beds. Shading the water by protecting and promoting riparian tree growth will help keep water temperatures lower and dissolved oxygen higher as climate change increases air temperatures, and also help control emergent vegetation in the stream, all to the good.

At our recent Annual Weekend and Friends of Sahale meetings talking about how to manage the transitions we wish to make, while remaining aware of human resources and fiscal constraints, seeking to balance development of business and residences, use of historic resources (fossil fuels, electricity, power tools) with considerations of ecological enhancement and alternative resources. It is a delicate balance that seems to need more consideration and choices of compromise. I'm not clear we have yet fully discerned the carrying capacity of Sahale, or the final balance of land uses we're going to settle on. I do know the process of restoration will, if we make good choices, continue beyond my and our lifetimes.

Love, Norm

For more on environmental topics:

<https://www.ted.com/topics/environment>



A Natural Remedy?

Psychology Today Blog

Nature's most important therapeutic power may be to relieve anxiety and improve mood. Researchers have found evidence that walking in a city garden can lower a person's anxiety levels to great effect. Plus, employees who work in offices that nurse indoor plants may enjoy improved mood, and even mentally visualizing nature can likewise ease anxious feelings. And there is more: The awe inspired by a green forest can give a person perspective and help readjust one's view on what really matters in life

Editor's note: It is good to have science confirm what we already know about the effect of the natural world!





*You must give yourself to love
if love is what you're after;
Open up your hearts to the tears and laughter,
And give yourself to love, give yourself to love.*

Kate Wolfe

You Are Invited to ...

The Goodenough Community Women's
Weekend

Give Yourself to Love!

May 3-5, 2019

Sahale Learning Center, near Belfair, Washington

In our lives we often feel surrounded by all things opposed to love, yet we yearn to be loved and to love. Wise people tell us to open ourselves to love, but how can we do that in “real life”? We are told we are by nature filled with love, yet at times we cut ourselves off from our own loving energy. With so much opposing our efforts to love and be loved, what's a woman to do?

Please join us for a weekend of womanly companionship as together we search out barriers to loving energy and explore ways to open ourselves to love. You can count on experiencing friendship and laughter, deep silence and introspection, warmth and nurture, all in the natural tranquility of Sahale Learning Center. Enjoy hearty, healthful, home-cooked meals and rest in comfortable accommodations.

The women's program of the Goodenough Community 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.

More information will be posted on our website, Goodenough.org. You may let us know you plan on attending by sending an email to Elizabeth Jarrett, elizabeth.ann.jarrett@gmail.com

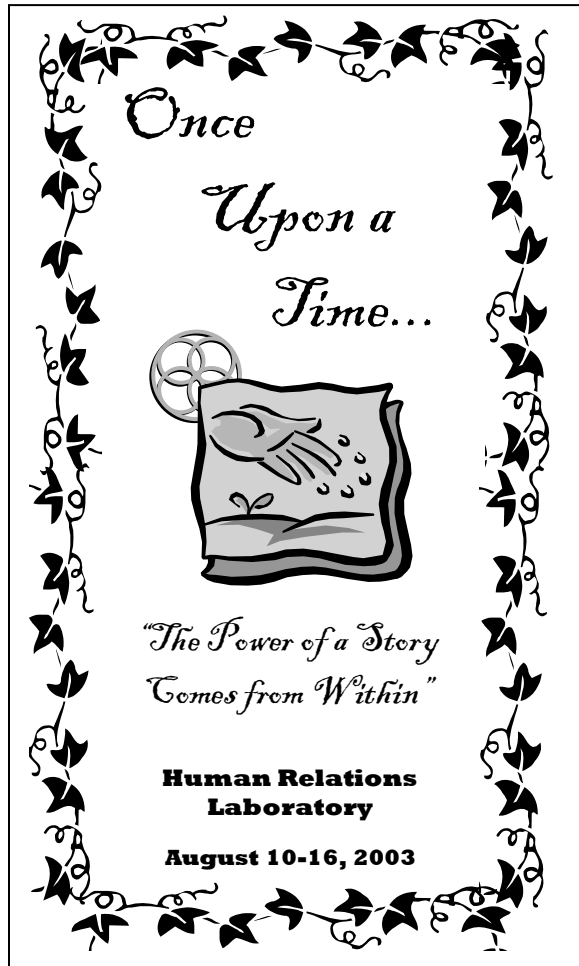
We hope you will be with us May 3 – 5!

The women's leadership team: Colette Hoff (Key Faculty), Hollis Guill Ryan, Elizabeth Jarrett, Joan Valles, Marjenta Gray, and Rose Buchmeier



Celebrating 50 years in 2019, we will look back at themes from previous years over the next few weeks.

The 2003 Human Relations Laboratory flyer



...in a place uncertain, a group of people found themselves heirs to a tiny Seed. This Seed was so tiny it was invisible to the human eye. Everyone enjoyed caring for this Seed. They watered it, they fed it, they protected it, and they made sure it got lots of Light. And, they insisted that the Seed was growing and that someday it would be a mighty Tree.

One summer I spent a whole week with these people, caring for the Seed and watching it grow. A rational woman by nature, I never did see the Seed. Yet, I did experience the Seed much as they described it. It appeared within me as my own desire to grow and my own longing to learn, and my own fascination with the miracle of

life. I began to feel the truth that within the tiniest acorn a mighty oak tree lives. I began to know that I had come from a tiny Seed and that if I cared for my Seed I could become more than ever I thought or hoped.

You too have the Seed of Self deep within the soil of your life. Have you ever wondered at the miracle of your own life and growth? Isn't it amazing how much you have changed thus far? Have you noticed there are some people who know about Who is within you? They act like gardeners as they encourage you to think about what kind of Seed you are, and care for you as someone precious, mysterious, and potentially of great significance. Sometimes they dig around your roots and trim your

branches, and, while it hurts a little, you find yourself growing even more.

Would you join me in this story of how acorns become oak trees and how little children become great people? Spend a week with me as we read and remember, speak and enact the stories that feed the Seed and celebrate the Life that brings us to our best and fullest.

The Power is the Story

The power of the story comes:

- From the **tale** itself which is real and powerful.
- From the **teller** who experiences her reality in the power of expression.
- From the **listener**, who in the search for truth and power, receives the story as a hungry person receives food.

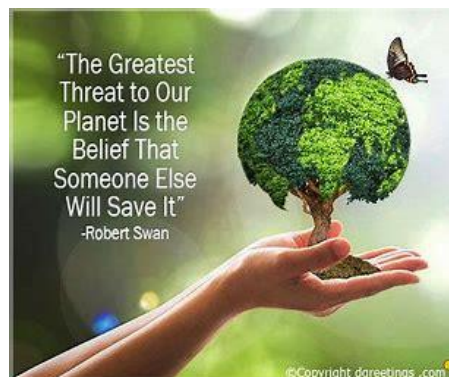
The Human Relations Laboratory Story

"The Power of a Story Comes from Within is the theme of the annual Human Relations Laboratory sponsored by the Goodenough Community of Seattle." For more than 30 years, Lab has provided a setting in which to focus on personal development and on improving relationships with spouse, family, and the friends.

Each Lab creates a unique world of circumstances and shared understandings in which to learn. Some who attend liken it to experiencing a "non-ordinary reality" similar to a native or tribal experience. Experiential learning is both practical (skills building) and exciting (offering the liveliness of authentic intimacy). Lab is a safe place to experiment with living from your true nature or conscience. A human relations laboratory is a process that encourages you to become the best version of your self.

The transpersonal perspective of the staff assures that you learn not only about your self, but also about your relationships and the importance of a right attitude. The experiments and experiences we build collectively lead us to a place no one of us can reach alone—a week of feeling more and more at home and empowered.

Its rare these days that people have the chance to experience a community with decades of history and a highly developed culture. People tell us that sharing this laboratory week is a very special way to test their own interest in community life. The purpose of the Goodenough Community is to demonstrate how living in community can both transform individual lives and bring about social change.



The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function.

Future themes of the eView include:

April 17 – **Patience**, Elizabeth, editor

April 18 – **Earth**, Colette editor

A Moving Experience

We are asking **AGAIN!** for your help to help us get our home ready to sell and our belongings packed.

If you have any time, we'd love it if you dropped in. I am sure we could tailor something to your desires. We're making progress but it's definitely all about slow, steady progress.



Thanking you in advance,

Your friends,

Pam and Elizabeth.

Next opportunity is April 13

Please let Pam or me know if you can join us (adventuredog@hotmail.com; elizabeth.ann.jarrett@gmail.com).



Pathwork, April 14

Colette Hoff

Our Pathwork Circle will meet again on **April 14 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126th St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.

Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.

Pathwork will continue to meet April 28, May 19, June 2 and July 14.





The deAnguera Blog: Healing



Two photos of John Schindler. Message from the Divine? Max Fain is in the right hand photo. John is our master inventor.

I am recovering from gall bladder removal. If you want to get details, I'll share them with you. Right now I feel compelled to write this article as part of my healing.

In Pathwork we are each exploring our own spiritual paths. Mine is somewhat different with lots of testing, failure as any good work worth doing will show.

Are you ready? Okay. Jesus created this lifetime for me. We are the best of buddies from who knew when. Did I make him up? Well, in a sense I did because there is only one of Us here. All the rest including my family and community are supportive character roles. We are all in a state of Grace forever. That is our nature as humans. None of us needs to be saved from anything. Heaven is our nature. With something a little more added just to make life fun. Adversity.

Earth is a BLESSED place, not a cursed place. So unlike a good many Christians I don't look forward to a happy hereafter. Happiness is here not there. This is it. As an immortal I forget myself and become shallow. So I come here to fill out as a character.

We each have a mortal body as an exploration vehicle. We got it at conception. Why? Life is an adventure. A nice tasty adventure where most of us will marry and raise children. That was not my chosen destiny. I am still in denial about Asbergers as my brother Paul will tell you. Maybe this is what is required to be a sage. I suppose this was all carefully explained to me by Jesus. (Jeshua Ben Yosef).

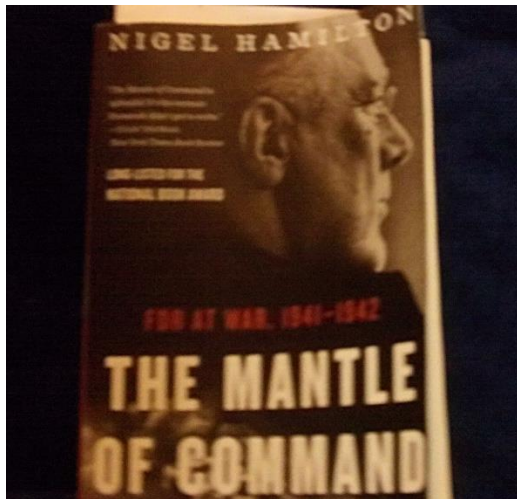
Why him? I have bibles all over the place including our family bible published in Philadelphia over 100 years ago. It was given to my grandmother, Wilhelmina by her mother on her wedding day before World War I. My mother's side of the family: Wolatz.

Did Jeshua put me into a trance which is this lifetime? I suppose it is possible. He would be Messiah while I am an ordinary person in a mortal body. He of course doesn't need one as he is the master storyteller. He is everywhere including each other. When did he return? At Pentecost just like he promised. He is HERE, not there. So why do we still look to the heavens to see him come as an avenging angel. We wrote the Bible. Edited ,chopped, re edited and regurgitated. Full of violence and Judgement.

So the Christian Era has seen a lot of Pagans murdered, a lot of Wiccans burned. Violence and Judgement. What can I say? Toxic religion. Just ask Draai Schindler. Put it out with the garbage.

Hm . . . church can be a great place for us all to come together. It is a fellowship of the living and dead. Actually all living and no dead. Better? It is where we all started (maybe just me? The ultimate narcissist. Let's not go there.)

Many thanks to Amanda Lovett for all the care she showed me during my illness. Thanks Norm for being a good fellow patient.



A warrior President, Franklin Delano Roosevelt, paralyzed from the waist down because of polio in 1920. He fought wars in the Pacific and Europe. My Dad served in India. FDR is my companion for now. This is a picture of the very dense book I'm reading.



Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod came up with the plans many years ago. This fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it.

💰💰 This project couldn't come out of the general budget and we were not sure how much it would cost all together 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 a donation for \$200, with \$450 to go any contribution would be wonderful. And another \$75.00 has come in. Will you join?

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

Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now and strategize the many steps it will take to get there.



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**.

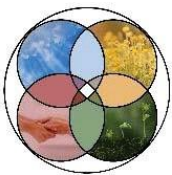


Programs and Events of the Goodenough Community

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 Mondays at 6:30 for light dinners & business at hand. The next meeting will be April 15 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meetings are April 29, May 6, 20, June 3, July 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 are announcing the annual women’s weekend, **May 3 to 5 at Sahale Learning Center**. Contact Elizabeth for more information.



The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting. 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. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men’s *right of passage* experience preceded by a smaller group vision quest. These two events will be scheduled for this spring, the vision quest component centered around a small group backpacking trip into the Olympic National Park.



For more information, contact me: 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, Mar 24, April 7, 28, May 19, June 2 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

**New dates for Summer Camp 2019:
Wednesday, June 27 to Tuesday July 3, 2019**

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 4 to 10, 2019

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 (May 24 to 27)** 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.