



August 19, 2015

Colette Hoff, Editor

### Upcoming Events

Labor Day at Sahale, Sept 4 to 7  
Community Development Weekend, Sept  
11 to 13

Third Age, Sept 18

Women, Sept 19

See the last two pages of this eView  
for additional announcements about  
our fall program and

## The Self Understands

John L. Hoff

Our theme in this edition of the Village eView is **Self**. Self-Understanding is a capacity of human beings to be conscious of their entirety and is committed to their own fullness. The word *Self* is usually reserved to describe a human being's essential nature. Accepting yourself is largely an awareness of being responsible for all aspects of your conduct—inner and outer—as an integrated whole. There is however a maturing of the Self that is very reliant on the development of the human “animal” which is used to describe the larger class of which we are an identified part. “Selfhood” is the curriculum of a human being from womb to tomb. However, human beings tend to forget this curriculum and get caught up in the “trance of ordinary life.”

Learning about Self and improving our capacity to act-as-Self is an ancient way of organizing and valuing human beings.

---

# The Village eView

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

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

**Convocation: A Church and Ministry**

**Mandala Resources, Inc.**

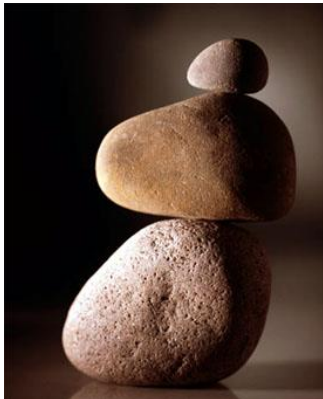
**Sahale Learning Center**

**The EcoVillage at Sahale**

For most cultures, their laws are structured to value personhood and require that respect be institutionalized

It is the Self that seeks out other *Selves* and creates an experience called *community*. True community is a joining of *Selves* so that there is an almost equal recognition of “the social Self;” that is, the Communal Self which provides common ground. Unity is created and people speak of the way they belong at a heart level much like in a family. For instance, you and I are taking seriously our coming together (each inwardly) in the task of trying to learn about our own natures and the meaning of the way we feel about this—we are trying to understand what is most helpful to us in becoming a better person with a fuller sense of Self.

The Goodenough Community was organized as a group of people interested in self-development and wanted to build a learning community (1988) that focused on supporting each person’s human growth as well as support for marriages and families. The culture of the community has largely featured learning practices and created events, such as the Human Relations Laboratory, that enables Self-Development.



A part of Self-Development involves training in a variety of tasks which become programs and services provided by the community. Most of the programs are devoted to supporting people with problems of living: learning to communicate, handle anger and aggression more skillfully, learning to organize one’s life, and to organize life together as a couple, family, shared living group and/or work team.

Self is not only an affirmation of the being, it is also a statement of “direction” or intention. When we live intentionally we become more aware of how others are intending something around us.

The Self is:

- ♥ The organizer of inner awareness and desire
- ♥ The organizer of life into patterns and purposes
- ♥ Desires to bring the inner and outer together and intends to integrate all aspects of life
- ♥ Desires connection and seeks the company of others. Shared values makes socializing possible as a satisfying and peaceful interchange.



The Expression of Self:

*The Pleasure of Service*  
(Submitted by Bill Kohlmeyer)

*All of nature is a yearning for service:  
The cloud serves, and the wind, and the furrow.  
Where there is a tree to plant, you be the one.  
Where there is a mistake to undo, let it be you.  
You be the one to remove the rock from the field,  
The hate from human hearts,  
And the difficulties from the problem.  
There is joy in being wise and just,  
But above all there is the beautiful,  
The immense happiness of serving.  
How sad the world would be if all was already done.  
If there was no rosebush to plant,  
No enterprise to undertake.  
Do not limit yourself to easy tasks.  
It's so beautiful to do what others dodge.  
But don't fall prey to the error that only  
Great tasks done can be counted as accomplishments.  
There are small acts of service that are good ones:  
Decoratively setting a table,  
Putting some books in order,  
Combing a little girl's hair.  
That one over there is the one that criticizes,  
This other one is the one that destroys.  
You be the one that serves.  
Serving is not a labor just for inferior beings.  
God, who gives fruit and light, serves.  
His name could be rendered thus: He Who Serves.  
And he has his eyes on our hands,  
And he asks us at the close of day:  
"Did you render service today? To whom?  
To a tree, to your friend, to your mother?"*

*~Gabriela Mistral*  
(1889 to 1957 Chilean Poet)

*received the 1945 Nobel Prize for Literature.  
This poem is from the collection Tala  
recited on the occasion of the 100th anniversary  
of José Martí's birth, in January 1953).*

**Themes for Future eViews:**

August 26: Simplicity

September 2: Order

September 9: Faith

## The Philosophy of Self

The **philosophy of self** defines the essential qualities that make one person distinct from all others. There have been numerous approaches to defining these qualities. The self is the idea of a unified being which is the source of consciousness. Moreover, this self is the [agent responsible](#) for the thoughts and actions of an individual to which they are ascribed. It is a [substance](#), which therefore endures through time; thus, the thoughts and actions at different moments may pertain to the same self.

Current views of the self in psychology position the self as playing an integral part in human motivation, cognition, affect, and [social identity](#).<sup>[2]</sup> It may be the case that we can now usefully attempt to ground experience of self in a neural process with cognitive consequences, which will give us insight into the elements of which the complex multiply situated selves of modern identity are composed.



The self has many facets that help make up integral parts of it, such as [self-awareness](#), [self-esteem](#), [self-knowledge](#), and [self-perception](#). All parts of the self enable people to alter, change, add, and modify aspects of themselves in order to gain social acceptance in society. “Probably the best account of the origins of selfhood is that the self comes into being at the interface between the inner biological processes of the human body and the sociocultural network to which the person belongs.”



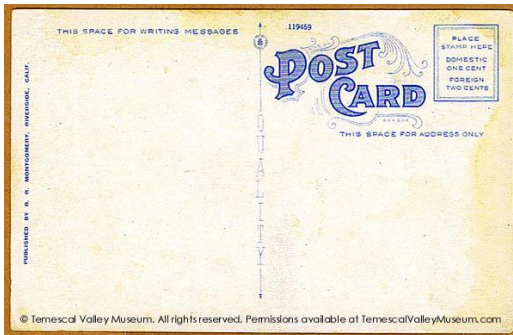
## Postcards from HRL 2015

---

### The Communal Self became Present

Colette Hoff

The processes and model of the 2015 Human Relations Laboratory enabled the Communal Self to be present. There was a felt sense of closeness, a deep willingness to be known, truth-telling in the moment, and sustained, intimate, intergenerational conversation.



### The following are “post cards” from the 2015 Human Relations Laboratory:

I feel the circle holding strong, and it lifts me to feel the friendship that bonds us. Through this year's lab, I've received the gift of a much deeper sense of understanding and awe for transpersonal work. I've walked through much of my life while intentionally keeping distance from others... even over these past 4 years of studying and living in

communities, it has been all too easy to hide behind an investigative facade, or to move on before relationships deepen. Well let me tell ya, What the Hell? That mysterious intelligence... you know, the Soul of the World, must have heard me ask for something bigger in life; something filled with more heart and less loneliness, more touch and less cynicism, more growth and less distraction.

Well here it is. I'm grateful for these precious friendships forged in lab. I hope to keep the fire alive, and I thank you all for the love and support shared. Yako



I don't know if I will also get a “post card” assembled, but I hope you can print this thank you note. I don't remember what I said in the white tent in thanks, so this is a fresh start, and is briefer. I do not know who is putting the EView together this week, so I'm sending to every editor I can think of.

I've been enjoying Lab-induced ADD, which (fortunately) is passing. I “wake up” staring into the fridge, wondering what I am looking for, then remembering I am looking for a mixing bowl, and I probably won't find it in the fridge ... that sort of thing. Plus, I'm experiencing the “oooh, shiny!!” syndrome. Whatever takes my eye is where my attention goes.

I'm beginning to sharpen up, and I hope I'll be in the saddle again mentally by the time I head to work tomorrow. Love to you each! Hollis

## **The Lab Model Works!**

Kirsten Rohde

Every year I think, this year's Lab is the best ever. I experienced being part of a group that was energized by working together on our inner lives, our relationships and our ability to join all together to empower all types of learning experiences. The weather cooperated in ways that only Mother Nature knows how to do. The theme of stuckness gave us a starting point to explore. I was working on the ways I have become settled on some lethargy and boredom post retirement and then being disappointed that I didn't do the things I most wanted to do in a day. I found that being stuck there couldn't be solved by will power or better to-do lists (definitely not better to-do lists). With friends' help I found that I was sounding judgmental and hard on myself for how I was living life. This wasn't a good path to feeling free.

I'm impressed with the power of a circle made up of people with the intention to learn and be good people together. When we are joined anything can happen – conversations become deep, we feel joined, we are simultaneously laughing and crying. We help each other gain insight and choose to change. I felt energized and continue to carry this sense of energy and purpose forward into my daily life. I'm having fun putting in place days that give me what I want out of life. What a gift!



## **Postcard from Lab**

Barbara Brucker

Nearly every year at the end of Lab someone says it was the best one ever! I've been to a lot of labs and for me, this one will go down in history. Mother Nature provided an enormous rain, thunder and lightning storm at the very time that everyone was attempting to have an intimate conversation in the tent, and somehow the conversation happened in spite of the storm. Then there was the wedding. A lab first, I believe. I was deeply touched that Carolyn Gage and Andrew Hovenden wanted to have a ceremony at Sahale witnessed by the community of the Lab – a community that means a lot in their lives and one they bring a great deal to.

Those special occasions are noteworthy; however, the magic of lab 2015 went way beyond those. Part of the magic was having another (younger) generation of participants in the mix. The energy the 20 to 30-somethings bring with them is a fresh breeze blowing through our life. I also found myself amazed as I looked at the family connections at lab. It is heartwarming to see the work of our lab living itself out in families who are at lab together. And then it is just true that everyone got in and did their work. Altogether I experienced a deeply connected community of the week with lots of truth telling and a sense of mellowness that I thoroughly enjoyed. I cannot say enough thank-yous to John & Colette and the others who worked with them to design and implement this lab.



Dear Friends, I had a great time at Lab this year. My small group helped me get unstuck and then stuck again. I really let go of out-dated ideas and then I got stuck on some new ones- mainly ones

of acceptance and belonging, trust and forgiveness. My heart is wide open and my desire to be a friend is strong. I witnessed courageous and powerful acts of honesty in conversation: in friendships, siblings relationships, marriages and families and long time friendships. I cried and I laughed and I felt like there was no end to the caring of our whole circle. I know that this loving container is still working its way out into our individual and collective lives even though the circle has opened up. I hope that those of you who couldn't make it to Lab this year, will enjoy meeting up with someone who did and share stories about your lives, and please consider coming next year for some of the grace that is possible from our 46 year old community basket. Love Irene=



### **Postcard from lab**

Wish you were there, being seen and seeing. Poet Louis Jenkins' comment on stuckness is that "There are moments when a person cannot be seen by the human eye." The rigor of Lab is to work against those moments, inside ourselves, among our friends and in the larger Lab culture. Jenkins goes on, "No one understands how this happens, but some people remain invisible for long periods of time.....They have learned to ride the moment, as a surfer rides the long curl of a wave. How exhilarating to ride like that, a feeling of triumph to move from room to room unseen, only the slightest breeze from your passing." On Friday, we had a deafening tent-pounding thunderstorm on the outside and on our inside we were opening up to some very delicate gender sensitivities. The tenderness of the conversation increased as we shouted louder and louder to be heard and to amplify softer voices for everyone to hear. The Swamp Penguin wasn't with us in that triumphant surfing moment and appeared sad afterwards. But he was back to his old penguin Self in no time. Bill



This was an uplifting Lab for me: My small group was stellar – each of us came because we were eager to work, to share, and to love, and we felt it all deeply, the pain and the joy. When I reflect on the whole of the Lab, the key ingredient was youthful energy. I loved having the children there. Without the truth telling, courage, talent, and passion of the younger adults, this would have been an entirely different Lab. For this, the weather's pyrotechnics, a week with my dearest friends, the Lab band, a wedding and so much more, thank you! *Joan Valles*



Wow. Some of Lab this year was more or less what I expected; that is I got to work on what I came for, working within myself and some others on the uncomfortable amount of belongings my house (under my care or lack of it) has accumulated. It's literally hard to get around in, and far from attractive. What I didn't expect to get to was the gift of shouting intimately over a driving, drumming rainstorm complete with thunder and lightening about my wounds from relationships, how my male and sexual energy was reacted to...and hearing heart-wrenching stories of those topics from many others in the Community of the Lab this summer. I have found myself

saddened about what each of us has felt and lived with, and heartened by the seeming release telling my story has allowed. That seemed to be true for others as well.

I came home to a smoky Kittitas Valley, although the fires are not near here, and taken a few days being some gentle on myself, caring for my garden, watering my lawn, catching up on laundry. To my surprise some ginkgo seeds I'd planted last fall and given up for dead sprouted while I was away at Lab. I'll be repotting them soon. I'll also email and talk with my friends with whom I've agreed to stay in conversation with about how we are each doing with 'our stuff'...right after I take a very large box of several sets of clothes and shoes to Goodwill!. I can now actually move clothes back and forth on my closet hanging rod...impossible before Lab.

Love, Norm

~~~~~

*If you want to be a complete human being,  
if you want to be genuine  
and hold the fullness of life in your heart,  
then failure is an opportunity  
to get curious about what is going on  
and listen to the storylines.*

*Don't buy the ones  
that blame it on everybody else,  
and don't buy the storylines  
that blame it on yourself, either.*

*~Pema Chodron  
(1936 to pres., Buddhist Teacher*

**Save these Dates:**

**September 20: A Celebration of Mike deAnguera's 60<sup>th</sup> Birthday!**

**November 15: Celebrating the 80 years of Jim Tocher**

3610 SW Barton St. Seattle





## The deAnguera Blog: Lab 2015



Lab 2015 was the time we really got into what made our relationships tick. It's easy for relationships to be just on the surface. Much safer too. That's one major reason why so many of us are stuck. I was not willing to risk going deeper because it is just too dangerous.

As you can see from the photos above we worked at getting ourselves comfortable together. It's wonderful sitting and lying down on the pillows in the center of our White Tent circle. Relaxing is the first step to getting real.

We grieved the passing of Kirsten Rhode's brother, Karl and the increasing physical challenges of Irene Perler's mom. These things are part of life here yet they are never easy. They can really work us over. That's frequently when I realize just how important somebody like a parent or sibling is to me. This life is temporary. I need to make the most of it especially with the folks around me.

According to Chris Harshman we are like an orchestra practicing together. As a practicing musician he picks up an instrument **every day**. When somebody makes a mistake in an ensemble, nobody looks at the person. If you do, you could be next! The whole ensemble is in it **together**. In small groups as well as the larger plenary sessions, it is important we practice playing, working together. We support each other.

Do we always stay in tune? No. We are all constantly working to get back in tune. I know definitely that's true for me not only during Lab but the year following until the next Lab. In fact I tend to drop back into old habits taking other people for granted. Dropping back isn't necessarily bad. I believe it is a step allowing the work to sink in deeper. There is no question about it. Every Human Relations Lab results in some change inside me. Part of the change will be permanent.

Part will be temporary. Old habits tend to kick back in. It's like a dance where I take two steps forward and one step back. I do this with everybody I know.

By Thursday we got into some areas where strong feelings surfaced. The Earth Mother joined us with strong winds, torrential rain and thunder. Our first real rain in months! The White Tent shivered as we quickly closed up one section open to the outside. The rain was cool and refreshing – a definite change from the preceding stifling hot weather. I wondered if the Earth had been stuck right along with us.

Is being stuck a way of life? I believe so, especially with our religions. They are designed to keep things the same. Maybe that's why we have religions in the first place rather than a way to come together in being more helpful to each other.

We also live in a culture where our social evolution appears to be driven largely by our technological evolution. This kind of evolution is unconscious in that we adopt the technology without considering its impact on us.

Lab is one of those tools helping us evolve consciously by forcing us to consider our impact on others.



What could be more beautiful than a wedding in the Cedar Grove? Andrew and Carolyn Hovenden exchanging vows to share the rest of their lives together.

## ***Special Announcements***

### ***Consider:***

#### **Where does lab come from?**

Colette Hoff

Lab originates each year through the initiation of the Goodenough Community Leadership Council. Each year the Council digs into themes and issues that are currently in our shared life.

We need a good talk about what we want from the community and what we are willing to offer in organizational support. How should we shape the future of the Goodenough Community?

We are proposing using the weekend of **September 10 to 12** with this plan: The current **Leadership Council will meet on Friday evening at 8:00 p.m. at Sahale and 10:00 a.m.** Saturday morning for all who are interested in joining this group of leaders. Perhaps you are willing to serve in a role, have interest in a board, and want to make sure that the lab continues in the years to come. The weekend will close at 3:00 on Sunday Sept 12. More to come!



## **News from Members and Friends**

*By Elizabeth Jarrett-Jefferson*



*Slaphappy*, including **Gabe Harshman**, shall perform in Henry the tent on **August the 21st, at 8pm** by the Moon's journey around the earth.

Thou shalt be there,  
Or thou shalt be square.



## Y'all've been warned: Now y'all're invited to Cancerversary XVI.

By Sam Staatz

**Where:** Mom's House. It's a couple of blocks south of the Mercer Island Post Office. For you detail oriented folks, the address and directions are towards the end of the invitation.

**When:** Saturday August 22, 2015 from noon until midnight. No, you don't have to be here the whole time (but it would rock if you were), but the party is that long because it gives everyone a chance to drop in at their leisure (that's what we tell you just to be polite – the real reason is that if you'd survived brain cancer for XVI years, wouldn't you want to party for XII hours, too? – so stop by).

**What:** If you hadn't surmised by now that we're celebrating surviving a brain cancer, you're a fellow brain cancer patient.

**How:** Arrive between noon and midnight at Mom's house with something to share and a BEvERage. It is a potluck, after all. We will provide some burgers, chicken, hot dogs, and some soft drinks; but please bring something to share. And please bring only enough for your party. We love leftovers, but two gallons of six-week-old macaroni salad gets a little tiresome (and probably a little dangerous – I know, I pick every year, but I really do like us out, please RSVP so that we how many burgers, hot dogs,



on mac-salad the stuff). To help have a handle on and Coke products we need to stock up on.



**BYOWhole Enchilada to  
Sam's Party**

**Who:** You, silly.

**Why:** Because I can. It's because I'm not pushing daisies.

And for you detail oriented folks, the address and directions:

**7801 SE 37th St.  
Mercer Island, Washington**

## **Labor Day Weekend at Sahale, Friday August 29 to Monday September.**

All are welcome to come play, relax, and enjoy the Swamp. Creativity encouraged. Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to register when you will be arriving, when you will be leaving, and how many in your party. As always, snacks and beverages to share are most appreciated.

## **Creativity Weekends at Sahale**

Kirsten Rohde

At the Human Relations Lab this year there was much enthusiasm about finding more times to get together and explore creativity – music, art, movement, poetry, drama, writing, quilting, and more. Musicians are especially eager to get together and play more; artists and quilters enjoy the company and sharing with each other, and so forth. I for one want to learn, again, to play my violin with others and I love doing art with others. (I also have a shy interest in learning to write and recite poetry.)

Therefore we have scheduled three weekends in the fall at Sahale for anyone to come for a creative time together. Open to all. A donation to help with the cost of food is suggested.

Here are the weekend dates (in addition to labor day weekend):

September 25-27

October 9-11

November 13-15

Please contact me for more information or to RSVP about any of these weekends.

[krohde14@outlook.com](mailto:krohde14@outlook.com)

206-719-5364

*Passion is one great force that unleashes creativity, because if you're passionate about something, then you're more willing to take risks.*

[Yo-Yo Ma](#)

## **Another Opportunity to Serve**

On the weekend of September 25 to 27, we will be taking down the big white tent at Sahale.

This is an annual Community event brought on by the fact that the rains will soon come upon us and we don't want to tempt fate and leave the tent up all through the winter.



Our schedule will be similar to the past: On Friday, **about 10 AM**, we will begin the take-down process. Depending on the weather and how many able bodies we have on Friday, we should have the roof frame on the ground and the side curtains wiped down and ready to store. I expect that some of you poor souls will be employed on Friday, but I hope you can join the party on Saturday at 10 AM when we will complete the process. You are welcome to come out to Sahale on Friday night if you can't come out on Thursday night.

As usual, we expect that we will eat well and have great "happy hours". Please let Norm Peck [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com) know if you can come.



## Cultural Programs & Events in 2015

*For the Goodenough Community, cultural life is an arena for creative expression. All programs and events are open to the public. We welcome your interest and participation.*

*Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.*

"Community is a word that captures the fullness and wholeness of humans together."

■ Colette Hoff

## Programs & Events:

*Third Age Gatherings*

*The Conscious Couples Network*

*Family Enrichment Network*

*The Men's Culture*

*Women's Culture*

*Human Relations laboratory*

*Sahale Summer Camp*

*Relational Weekend, page*

## Third Age Gathering

### Joan Valles

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.



**Sept 18, October 23, and November 20** are the remaining 2015 dates.

Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com)

## Women's Culture



Hollis Guill Ryan

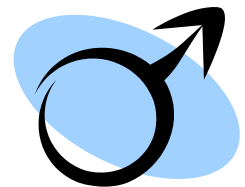
**In September** we began a new year in the women's culture, a year of exploring our journeys as women on “the path from Stuckness to freedom.”

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: Saturday, September 19; October 24; and November 24.

## Men's Program

**Theme: Friendship among Men**



The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as “are there characteristics of sound maleness that should be lifted up and taught to other generations of men?” The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men's group and here is an announcement from him about a planned weekend this fall. -JLH

***The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall October 9 to 11. Please let [Bruce Perler](#) know of your interest.***

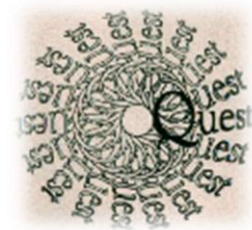
## Announcing . . .

**October 2 to 4, 2015**

A Quiet Retreat with a focus on meditation and spiritual development, offered by John and Colette Hoff at Sahale Learning Center.

### **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 (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957.**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.