



Free•dom

(ˈfri dəm) *n.*

1. the state of being free or at liberty rather than in confinement or under physical restraint.
2. exemption from external control.
3. the power to determine action without restraint.
4. political or national independence.
5. personal liberty: *slaves who bought their freedom.*
6. exemption; immunity: *freedom from fear.*
7. the absence of or release from ties or obligations.
8. ease or facility of movement or action.
9. frankness of manner or speech.
10. a liberty taken.
11. civil liberty, as opposed to subjection to an arbitrary or despotic government.
12. the right to enjoy all the privileges or special rights of membership in a community.
13. the right to frequent, enjoy, or use at will.

[before 900; Middle English *freedom*; Old English *frēodōm*]

The Village eView

May 20, 2015

Colette Hoff, Editor

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](#)

Upcoming Events

Relationship Group – Tuesdays – 7:30pm

Memorial Day Weekend – May 22

Pathwork, May 31

Tent June 5 & 6

Women's gathering, June 6

Freedom for and freedom from

John Hoff

Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry his/her own weight, this is a frightening prospect. ~Eleanor Roosevelt



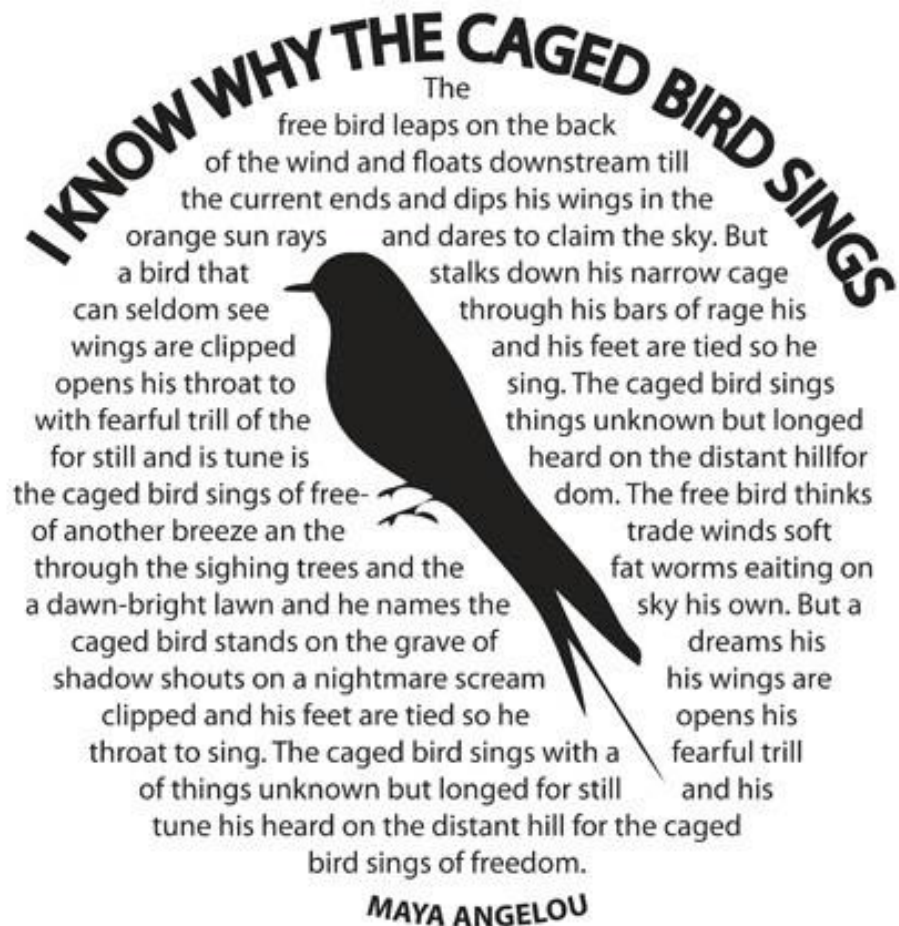
Colette and I have been discussing how we have tried to write about freedom over the past few years and in doing so we have found it necessary to differentiate freedom for something from freedom from something: There is a freedom that is *freedom from* distractions, old ideas, caring about what other people think, and inner conflict. *Freedom for* has to do with goals and objectives, dreams and plans. Freedom is actually being who you want to be in your own future. For most of us being freer has to do with having more time, freed up; to do what is called for in the moment. Eleanor was right! Freedom requires human development and discipline. It takes inner and outer work to be free.

To spend much time around communitarians is to be exposed to people actively talking about freedom. The intentional communities movement which has become an increasingly strong since the Second World War. As soldiers returned from other countries, cultures, and conversations they found that there was a lot of interest in what helped us feel freer as individuals. There was much agreement that freedom was easier to attain and celebrate in a country that had known the loss of its freedom. In the United States we talk a lot about freedom yet we act as though our freedom is fragile and that we could easily let go of it. As you explore this issue of the Village eView, let yourself know how free you feel and notice how quickly you give your freedom away to others.

*Sometimes people get very rigid
and tense trying to be good,
disciplined, and ethical.
Tension can also arise
when we become more aware
of the immense amount of destruction—
seen and unseen,
intentional and unintentional—
that our mere physical existence causes.
From a spiritual point of view,
however, this is what it means
to be born into suffering,
and this is why we need
to attain freedom from suffering.*

*~Khandro Rinpoche
(1967 to pres., Tibetan Buddhist Lama:
one of only 3 or 4 dakinis, female tulkus,
in the Tibetan tradition)*

Submitted by Bill Kohlmeyer



Me laddies and me lassies, it be time for me to write once again with my 2 cent insight. I discovered about a year ago what emotional freedom was, for me. I had just finished reading the book Nonviolent Communication by Marshall B Rosenberg. As I was pondering it, I realized I was the only person responsible for what I chose to think, feel, say, or do in any given circumstance. And even better, I realized the flip side of my not being responsible for what any one else chooses to think, feel, say, or do. That for me was quite a breakthrough having been raised in an emotionally manipulative environ as a kid. Pharaoh (intern at Sahale)



John Lawrence Hoff

It's your 80th Birthday!
We're going to celebrate on
Sunday, July 5,

Sahale Learning Center
Games and Play at 3:00
Dinner at 5:00 p.m.

RSVP

You are welcome to celebrate the 4th at Sahale. Come anytime beginning Thursday July 2. The Tahuya Day Parade begins at 1:00 Saturday, July 4.

Email hoff@goodenough.org with your plans.

Themes for Village EViews

We have been putting out this on-line newsletter for many years. We have agreement among us that it could be improved by having more stories and personal information from our lives. We are encouraging you to help us by suggesting words that might serve as useful anchors in your life, something to help you ponder and reflect on your own thoughts. For instance, we will appreciate your ideas, dreams, brief messages and concerns you want us to know about. The Village eView has a purpose to encourage communication among us and to make sure that ideas and concerns get talked about in our everyday lives. As a community we continue to learn that the path to a better community involves communicating more. Consider taking a pause and write out words you would like more clarity about. Next week's theme is **dream** and we invite your contributions of favorite or helpful dreams from your life. This summer we are going to be talking about words that are key in describing our community and its purpose in our lives. We welcome your contributions to this as well. Thanks for helping!



The Thirteenth Annual

Memorial Day Weekend Play/Work Party

Friday, May 22 to Monday, May 25, 2015

Working our land and preparing our buildings and paths . . .

Well-organized work parties will have plenty to do for all abilities and we will seek a balance between work and play. There will be wholesome meals, outdoor play, hot tubing, and relaxation. The only charge will be a donation for food.

A Goodenough Community Tradition!

Sahale's Gift

*Walk this land and be silent
It will heal you day by day.*

*Be still and listen
To all she has to say.*

*Go slow and gentle
You will know your way.*

*Walk this land and be silent
And she'll heal us day by day.*

*Composed by Greg Garbarino and the members of the Goodenough Community
at our annual weekend, March, 2002*



A small fairy ring, November 2013

Available for Rent: A Private Suite at 3610 SW Barton St.

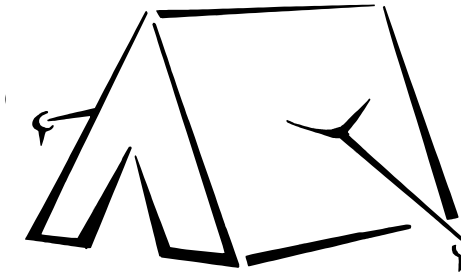
Very large walk-in closet

Beautiful bathroom with large soaking tub and lots of cupboards

Large bedroom with lovely west view of Puget Sound

While we shared space at the Community Center for a couple of months, we are again looking to someone to share space in the Fauntleroy neighborhood. The rent is \$950 per month including utilities and a beautiful shared kitchen.

It's that time again!



June 5 to 6, 2015

We will again gather to work together to put up our tent. Please let me know if you can make it.

THE BIG TENT ERECTION IS COMING SOON

Jim Tocher

In fact, we are putting up the big white tent on Friday and Saturday, June 5 and 6.

You probably know the drill. Friday morning we start about 10 AM moving tent poles and plywood flooring and hauling out those monstrously heavy bags with the roof sheets in them. Then we go on to erecting the aluminum frame and follow that by pulling the roof sheets over the frame. Then comes the big lift and stabilizing the whole thing. And on it goes.

The process has typically taken 6 hours on Friday and about that same amount on Saturday. Those of you who can show up on Friday morning are essential to getting us off to a good start. We welcome anyone who can show up on Saturday for another day of work. If you are new to the process, you should know that we take lots of breaks and nobody has to work harder than they themselves feel comfortable. We have lots of chairs for us old folks. This is not a contest, but a really fun, well organized event. You will be amazed by our smoothness and team skills.

This year we have *hired* Norm Peck to lead the experience. He is coming all the way from Ellensburg to provide his leadership skill for the project. He can be reached at shkwavrydr@gmail.com .

Please respond to either Norm (or Jim Tocher at jamestochoer@earthlink.net) as to whether or not you can join us (and when you are coming). Norm and I are dreadfully poor at reading your minds, so be a little birdie and whisper in our ears about your plans.



Gratitude to the Goodenough Guys!

A note from Irene Perler- land steward for the Ecovillage at Sahale

On behalf of all who live at the Ecovillage at Sahale, the guests who enjoy it and friends and family, I really want to appreciate the men's culture for the work that was done this weekend in service to Sahale. There are so many beautiful places at Sahale to enjoy and one of those is the walk around the big pond. Since we started enjoying Sahale, over 14 years ago, the pond has been a feature of beauty offering tranquility and places for intimate conversation. John Hoff and others led an initial effort to create a place for walking, resting on a bench and viewing of pond life. A beautiful sanctuary of a Thai stage offers another element inviting meditation and reflection. Initially, the pathway was quite open and sunny and easily walked. In the last few years, the trees and shrubs have been maturing and changing from the young planting that we initially enjoyed. It has become clear that trees needed pruning and pathways needed cleaning up to allow passage. A few were even leaning into the pond or pathways or blocking views. The path itself was a challenge to walk, with potholes created by busy beavers tunneling beneath the path to get to the pond and branches or brambles that reached out to each attempt to enter. Several hours were dedicated to a thoughtful and collaborative plan for restoration of these walkways and plantings. The guys worked effectively, safely and efficiently together and included clean up in their planned work time. I sneaked a little peek, but mostly I could sense a really good vibe. The result is wonderful. It is inviting now to go around the pond and the further beautification work can more easily be done in the next few months as we'll fine tune some further pruning and path maintenance. There is more firewood drying and materials for another hugelkulture to give the blueberries a better growing medium. Give yourselves a pat on the back and take in the satisfaction of a job well done! Thank you, Thank you!



As A Man among Men

John Hoff

We celebrated men together by sharing a weekend at Sahale. Almost 20 guys assembled in the living room of Kloshe and spent the time noticing the themes and issues they would like to deal with throughout our program year. The months of June, July and August offer us many opportunities as men:

- To join the work/play party on Memorial Day weekend
- To help with putting the white tent up at Sahale (June 5 & 6)
- There are always lawn to be mowed, trees clipped and the usual maintenance around buildings. Any man wanting to help can let Bruce know to find yourself among a group of men with a job to do. Bruce has been asked to provide leadership to men and if you haven't talked with him about how to be more involved, **now** is a good time to do it.



Lifelong Learning Begins Early!

Were you able to attend the women's weekend early in May, at Sahale? If so, you will know that at the end of the weekend, women called for another gathering, reluctant to go all summer without being together and continuing to learn together.

So, on June 6 while the Big Tent is being set up, the women will gather at Sahale from 10:00 a.m. until 5:00 p.m., and I hope you can be with us.

I invite you to join me in a group of women who are intent on continuing to learn the lessons of their lives.

Please come!

Please come ... whether you attended the weekend in May, or not.

Please come ... whether you have attended Goodenough Community women's events before, or not.

Please come ... whether you are staying for the whole weekend, or just part of it.

In meditation, in friendly discussion, and in free time, we will examine our own development, noticing where we are whole and where we are stuck. Using the resource of the day-long community of women, we will choose ways to get un-stuck and move ahead in our life-long learning.

As is usual at our women's gatherings, we will provide lunch, and we invite you to stay for dinner. And, as usual, there is no charge. We will gratefully receive donations.

It would be helpful to know whether you are planning to attend, so please send me a note to let me know. But, don't stay away just because you didn't send an RSVP!

I hope to see you at Sahale on June 6! Warmly, Hollis

Psyche Helps Women with Developmental Tasks

May Women's Weekend

By Marjenta Gray

On the weekend of May 1-3, 18 women came together at Sahale Learning Center to learn about their next steps on their developmental life journeys, while enjoying the company and support of other women.

Arji Cakorous helped set the stage for the weekend. Mother of Yako, one of Sahale's interns, and partner and collaborator in sound healing with Laraaji NadaBrahmananda, Arji talked of her life's journey and gifted the group with a sound-healing experience Friday evening. On Saturday morning, she facilitated a group enactment of a woman's dream. The woman cast the roles, and directed the cast's actions. One woman played the narrator. Some women were cars, others a mound of dirt, while others were chaotic partiers. This was a bonding group experience, sparking insight in many women, as well as Barbara. Arji's leadership set a deep and intimate tone for a weekend of sharing and insights.

Psyche Myth

The work of the weekend was largely framed by the myth of Psyche, as analyzed for its symbolism in Robert Johnson's book: *She: Understanding Feminine Psychology*. The myth was used as a teaching tool and as an impetus for conversation about the current issues in participants' lives. Moving into the upcoming Human Relations Lab theme of "Moving from Stuckness to Freedom," the myth helped shed light on stuck places, or where more freedom was desired.

In the story, Psyche, a mortal of unequalled beauty, falls in love with Eros, son of Aphrodite. The name "Psyche" means Soul. Her journey is the embodiment of the inner world. The seemingly impossible tasks Aphrodite, her mother-in-law-to-be gives her, symbolize the tasks each woman must complete in her life, to become whole, individuated, and capable of sustaining mature, conscious relationships.



Sorting, Creating Order

The first task that Psyche was given was to sort a huge pile of many different seeds, all mixed together. The task must be completed by nightfall, or the penalty would be death.

Just when Psyche is despairing, and on the verge of giving up, an army of ants comes to her rescue. They sort the seeds with great industriousness, and complete the task by nightfall.

Johnson says this "sorting" is the task of creating order in a woman's life. This task can involve sorting which inner voices to listen to. It can be choosing to make rational decisions, rather than



giving in to emotional responses that could spiral into chaos. It can mean ordering the details of life, from prioritizing and accomplishing the tasks that are required in managing a household, a timeline for a work project, or an outline for a manuscript. Many modern women juggle a family, a home, work and often kids, pets, and everyone's schedules.

The task of sorting was one many women at our weekend could easily relate to. Some admitted they were indeed in need of "an army of ants." Johnson says women are more naturally equipped to do this "sorting" work, on both the inner and outer levels, than men are. "Ant nature" is the primitive, instinctive, quietly industrious ability that can order tasks in "small bites" and break the impasse of "too-muchness" on both the inner and outer realms.

It is significant that Psyche received help, and that it was from "an army of ants." Contemporary women tend to think they need to achieve the incredible balancing of life all by themselves. Part of women's development is discerning when it is best to ask for help, how to delegate, and when to sit back and receive. How many modern women would not like help (if they could admit they need it!) balancing and sorting the complex responsibilities of their lives?

The Necessity of Growth

The tasks Aphrodite set out for Psyche seem cruel and impossible, fueled by jealousy and rage. This myth is a dramatization of how each woman must complete some seemingly impossible developmental tasks, in order to refine her raw, feminine Aphrodite nature in a mature, earth-bound woman's life. The natural response to doing these difficult tasks is usually somewhere between reluctance and despair, but there is no way around them.

When I think of my own developmental journey, I think of early relationships, where my jealousy and rage, my own inner Aphrodite, caused damage, and made it clear that I needed to ask for help in embarking on my inner Psyche journey of growth and healing.

Approaching Power and Masculine Energy

Psyche's 2nd task is to go to a field across a river, and gather some of the fleece of the golden-fleeced rams pastured there. Again, if she does not complete the task by nightfall, she will be put to death. These are no ordinary golden-fleeced rams; they are huge, fierce ones who will surely tear her to shreds with their dangerous horns if approached directly.



Despairing, on the verge of throwing herself in the river, the reeds on the edge of the river speak to her and give her advice.

The wise reeds that live where the water meets the land (or where the unconscious meets the conscious, perhaps) tell Psyche not to go near the rams during daylight. They advise her to strategically go at dusk, and gather wool that has been brushed off by brambles and low-hanging tree-limbs.

The ram represents the great, instinctive, masculine quality that can erupt unexpectedly, like an invading force, within a personality. The lesson here is that it is more effective to be strategic in approaching power, within ourselves or in the outer world. Johnson says, "Since power is such a double-edged sword, it is a good rule to take only as much as one needs—and that as quietly as possible. To underdo power is to remain dominated by interior voices. Overdoing power can quickly become abusive and rampage about, leaving behind wreckage and destruction."

A woman needs to remain centered in her feminine identity and use her masculine energy as a conscious tool. In negotiating her way in a masculine, power-oriented world, it is more effective to use strategy rather than forcefulness.



Vastness, in Small Sips

For the 3rd task, Aphrodite tells Psyche to collect a crystal goblet of water from the river Styx, again before nightfall. This river tumbles from a high, jagged mountain, disappears into the earth and the depths of hell, and then flows back in a circle up to the top of the high mountain. It is guarded by dangerous monsters, and the terrain is much too rough to get near the water to fill the goblet.

Again Psyche collapses in despair, when an eagle sent by Zeus appears as if by magic. The eagle asks Psyche for the goblet, flies to the center of the raging river, lowers the goblet and fills it, returning it to Psyche. Again her task is achieved.

This task instructs women how to relate to the vastness of life, to not be overwhelmed with all the vast possibilities of experience. Psych may only take one goblet of water from the river of life and death. "The feminine way is to do one thing and do it well and in proportion. She is not denied a second or third or tenth activity but she must take it one goblet at a time, each in good order." The crystal goblet could represent the human ego, a small, fragile vessel that can only hold a small portion of life-changing insight before shattering. The broad perspective of the eagle, homed in on the best spot to draw from the swirling waters can guide us in our selection of where to focus, even when holding the view of the vast range of possibilities.

Marrying Heaven and Earth, Masculine and Feminine

Psyche's 4th task is the most important and the most difficult. According to Robert Johnson, few women reach this stage of development. Aphrodite directs Psyche to go to the underworld and



ask Persephone, goddess of the underworld and queen of mysteries, for a cask of her beauty ointment. Psyche is to deliver the cream to Aphrodite.

This time the helper is a man-made structure, a tower, rather than a natural being. This represents the importance of being aware of the cultural legacy

of the women who came before. The tower instructs Psyche how to enter the underworld and what to take with her, and gives her instructions for preserving her energy and maintaining her focus.

Psyche's journey leads her "down the pathless way into the dark recesses of the inner world." She is given resources for navigating the journey, coins for the ferryman, and biscuits to distract the evil 3-headed dog which guards the gates of Hades. She does make her way to Persephone, and is given the ointment. However, Psyche disobeys her instructions, and looks inside the container, thinking she would take some of the ointment to please her lover, Eros. To her astonishment, she finds nothing in the box! The nothingness puts her into a deadly sleep. The deepest interior mystery is without form, more valuable than any quality that a name or label could be given to. If a woman takes the divine feminine element for her own selfish use, her development will be limited, and she will be made unconscious.

Eros finds his way to her, wipes the deathly sleep from her eyes, and instructs her to proceed with taking the ointment to Aphrodite. The final outcome is that Eros persuades Zeus to allow him to marry Psyche. Even Aphrodite relinquishes her competition, and joins the celebration. Psyche is granted immortality, she and Eros are wed, and she eventually gives birth to a child named Pleasure.

By uniting her own masculine and feminine energies, a woman can become whole, seemingly immortal. Psyche's victory is the synthesis of opposites. A well-balanced woman brings heaven to her earthly life.

How Was the Myth Helpful?

The tasks in the Psyche myth are "Maiden's," tasks, which young women must achieve to progress to mature womanhood. Focusing on these developmental tasks did spark lots of insight among the women at the weekend. Many women found attitudes and beliefs donned in younger years that have impeded growth as happy, effective women. Some of the issues that emerged were:

- needing to negotiate with a young, uncooperative sub-self,
- sorting how to proceed with a relationship, balancing individuation with relationship,
- grieving a past relationship, claiming intention to be open to new, mature relationship,

- grieving dying or recently passed parents, learning from those relationships,
- creating inner and outer order,
- asking for, and receiving help,
- recognizing how early relationships perpetuated beliefs that have caused pain
- allowing re-charging and comfort from the compassionate company of other women.

An Invitation

To continue the conversation begun on the Women's Weekend, there will be a follow-up women's gathering on Saturday, June 6th, at Sahale. See the weekly eView, or check our website for more details: <http://www.goodenough.org/>.

*Your soul
is rooting
for you*

Mother's Day and Appreciating the Women's weekend

Irene Perler

I have been giving myself a fair bit of time this week for solitude. I have been reflecting on the Women's weekend and how meaningful this year's experience has been for me and how it continues to effect me. Put simply, the leadership offered by Hollis, Colette and the team Elizabeth, Rose and Margenta and the experience brought by Arji allowed a safe place to look within and to be held as we "dug down deep". The safety of our circle and the objectivity of using a good story as metaphor for our own lives, helped me and others to really look at our inner work and sort through any number of challenges we face in our relationships with ourselves and others; places we are stuck. It is true that "trust" is at the core of every person's development. Without it, relationships are challenged and very limited. I can see more deeply how 5 generations of women in my family have had difficulty living in trust and security. As far back as I can go, I know that the mothers and daughters often had challenges and while my own mother is very kind overall, I do not have strong models of security and wholeness going back through time...rather there was fear, anxiety, intimidation, harshness with some physical and emotional abuse and also mental illness. The women were fierce and could cope, but not without a great deal of challenge and effort and not generally accomplished in relationship with others so much as becoming independent. I respect the paths of these women in my family AND I want something a little different for myself and the future generations of women I will leave ahead of me. It is no wonder really that I can see the healing I want to do and I hope I do it well enough that my



children can benefit. It is my work to make for myself a stronger and kind inner mother...one that can calm me down, reassure me when I am fearful and help me plan and strategize and also one to encourage me to be kind and gentle yet firm when needed so I don't fold or become intimidated by life's challenges. This is good warrior work...female style. I have been doing it for a long time, but I don't think I've quite valued it in the same way as I am today. I had a good mother's day even though I didn't end up with my Mom. I will be with her very soon and instead I chose to work on this inner mother that I need. I'm open to hearing from others how you've done this for yourself and how you see me as a mother. I know I am a better mother outside than I am inside, but that needs to change! Thank you to all who have been nurturing to me...some of you know my gratitude, but truly there are so many who are supportive in my collective "Goodenough" life and I am grateful for your encouragement over the years. Thank you for the good processes from the leadership team and for all the participants of the women's weekend who dove in fully to create a great heart-space. I'm still feeling warm and open.

See below...

Spring at Sahale

Irene Perler

A few photos as the gardens begin to take off and spring is all around...

Tonight's salad picked from the garden.





The deAnguera Blog: Barbara's Freedom



What is heaven? I used to think heaven was the place we went to after we died. But now I know that heaven is getting your life back after a threatening illness. It is creating a heavenly setting with all your friends in the midst of turmoil. Yes, Barbara Brucker we were there for you over the last year. You were not alone. You are never alone. You now have a chance at a wiser life than before. You learned to trust the Divine in a way you probably never did before. We celebrated Barbara's victory over her cancer at the Community Center. The place was packed! I was amazed that Barbara should have so many friends and associates who came to see her. There was a lot of food as you can see.

Later, Hollis helped us give a toast to Barbara. She let us know what Barbara has meant to her and to all of us.

The Divine will give me what I need to face whatever happens in life. I should know that from my experience with the loss of my computer career and my new life out here at Sahale. I trust the Divine much more than I ever did in my life because all the things I relied on in the past were taken away. What's going to happen to me as I get older? What should I do? I have learned to live one day at a time. If I live in fear I am living only half a life. Facing death sets me free. I think that's one reason why Buddhist training focuses so much on death. I am convinced life without death is not life. Life here is about being challenged by many things without and within. Happiness would have little meaning without the sorrow.

I am quite sure Barbara has learned to take it one day at a time. For me trying to handle a life threatening illness like a brain tumor one day at a time would be extremely difficult. I need the support of all my friends.

Thank you Hollis for all those many nights you spent with Barbara at the hospital. I remember when Kathleen Notley was in a coma after an auto accident. Most of the Community members were at her bedside 24 hours a day. She told me sometimes she was aware of it and it is probably one of the reasons she survived.

My friends are extremely important. My brother Paul and his wife Pat gave me the strength to help manage the last years of my mother's life. We all knew what it was like to stay at Mom's bedside. She also brought us together in a very deep way we had never known before.

A life threatening illness can strike any one of us. That's especially true for the older years.

People like Barbara and Joan have taken the journey through the Valley of the Shadow of Death.

They can give me the strength to take the same journey if I ever have to.

Thank you Barbara for sharing your story with us.



As Barbara knows happiness is sharing your life with your friends. And getting your picture taken with sister Bev and her husband Rand.



Celebration of Gratitude

This poem captures what was experienced on Sunday at the Celebration for Barbara. Barbara is indeed a strong woman. As Mike has shared, it was a splendid party

A strong woman works out every day to keep her body in shape ...
but a woman of strength kneels in prayer to keep her soul in shape...

A strong woman isn't afraid of anything ...
but a woman of strength shows courage in the midst of her fear...

A strong woman won't let anyone get the best of her ...
but a woman of strength gives the best of her to everyone...

A strong woman makes mistakes and avoids the same in the future...
a woman of strength realizes life's mistakes can also be Spirits' blessings and capitalizes on them...

A strong woman walks sure footedly ...
but a woman of strength knows Spirits will catch her when she falls...

A strong woman wears the look of confidence on her face ...
but a woman of strength wears grace...

A strong woman has faith that she is strong enough for the journey ...
but a woman of strength has faith that it is in the journey that she will become strong...
~unknown



May 31 Pathwork: A Circle of Trust

Colette Hoff

Our next Pathwork gathering will be Sunday May 31 and we will continue to use the theme of Authenticity.

See eView from April 22, 2015 for readings.

Pathwork is a commitment to encouraging people to their fullest development. This means encouraging:

1. **Maturity** an awareness of one's age and the responsibilities to act accordingly or even a little better, being aware of developmental tasks of all ages and being responsible to them including a conscience on fulfilling one's own intentions.
2. **Sanity** or being proactively responsible for your mental and emotional life. Sanity also has to do with the choice to be in relationship and to care for other people's experiences.
3. **Awakeness** as Self to the energetic quality of life in a body.
4. **Intellectual** preparation or an approach to learning about your own intelligence and how to make the most of your mental capabilities.
5. **Compassion** (learning to feel) and a sense of **service** to others.

The Pathwork Circle meets on Sunday evenings at 7:00 at our new Community Center at 3610 SW Barton St. in West Seattle. You are welcome to join!

Pathwork Schedule for Spring 2015:

No Pathwork May 24 (Memorial Day Weekend Work Party)

May 31 Pathwork

June 7 Pathwork (last for summer)

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

Seven rich days of experiential learning and social creativity within a community environment

Sahale Learning Center

Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)

360-275-3957



Useful for your marriage, a resource for your family and a kick in the pants for your personal development.

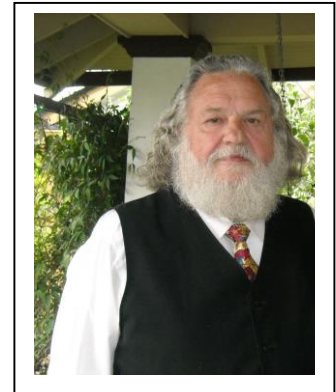
Inviting People to the Lab

We have learned over the years that people who attend this Lab have been personally invited by a member or old friend of this community. We ask you to give some thought to people you know who could use the lab as an encouragement to personal growth and as a social opportunity to meet some new people who are taking their development seriously. There is more information about Lab on our web site, www.goodenough.org There will be an **Open House about the Lab at our Community Center on Monday, July 20**. This is a good opportunity to introduce friends to the Laboratory model.

This Summer's Human Relations Laboratory

John L. Hoff

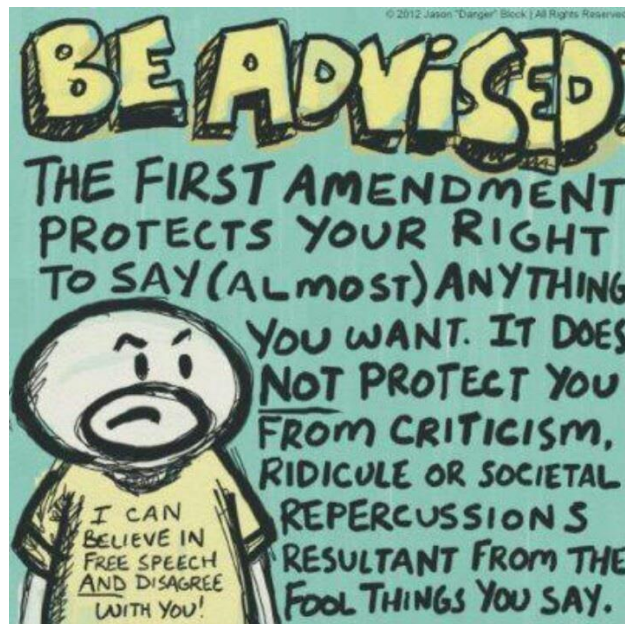
Our community is preparing for the Human Relations Laboratory which will be held from **August 9 to 15, 2015**. We have been gathering for a human relations laboratory for 46 years. We call it a human relations laboratory because we focus for the week on improving our relationships. However, our primary focus is to encourage the human development of each person. While we are highlighting human development, we utilize our relationships as a way of supporting personal growth as well as calling each of us to our own growth and health. Most people that visit with us decide to come back a for the Lab week and they all seem in agreement that the lab is part of what has made our experiment in community valuable.



By the time the Lab week begins, we will have reviewed the problems that need to be addressed and we will have re-visited the goals and purposes to be a learning community. Our emphasis this summer will be to see ourselves as life-long learners and we are pausing again to reflect on our intentions to develop ourselves. The Lab is a collection of people who are there both to develop ourselves as individuals and to help each other improve our relationships and efforts toward life-long learning.

The title of this Lab is: **The Path from Stuckness to Freedom** in which we are both reviewing the problems we are having in our own personal development **and** we are learning how to help each other be released from what holds us down or keeps us stuck, and the lab program allows us the opportunity to help each other be freer to become unstuck and more committed to developing our personal sense of freedom. If it is true for yourself or someone you know—this lab, HRL 2015--will be an unusual opportunity to talk about what is holding you back and to ask for help in choosing freedom and growth. The people who have become staff for this event are intellectual studying how to emphasize freedom and transcendence while at the same time encouraging each other to do the same. This will be a resource for couples and families and friendships of all kinds. Our on-going conversations indicate that we are motivated to make this a rich celebration of experiential learning.

Dyanne and Chris Harshman will be with us this summer with all their musical talents and accomplishments. They are helping with the design of the Lab, along with son Gabe who is enabling us develop a rich culture of music and dance and full of surprises.



News from Members and Friends

JR Fulton: We wish a speedy recovery to JR, who is recovering from some recent health issues.

More from Claudia Fitch in Berlin

A Berlin “bust” – from Claudia’s ceramic residency. That’s our Claudia!



Birthdays & Anniversaries

By Elizabeth Jarrett-Jefferson

- Hollis Ryan & Hal Smith Anniversary - # 20! – May 27. **Congratulations!**
- Lee Benner and Richard Kenagy – Happy Anniversary - # 38! **Congratulations as well!**
- Happy birthday, Phil Buchmeier – May 29!

Soldiers in Heaven Little Jake asked his mother during the Memorial Day Parade: "Mamma, don't soldiers ever go to heaven?" "Of course they do!" protested his mother. "What makes you ask?" "There are so many soldiers with beards but I never saw any pictures of angels with beards." he replied The mother responded "Oh, that's because most vets who go to Heaven get there by a close shave."

Upcoming Events

15th ANNUAL

Fairy & Human Relations Congress

Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms

JUNE 26-28, 2015

Skalitude Retreat, Twisp, WA.

<http://www.fairycongress.com/>

"Greening Our Neighborhoods With Permaculture."

Permaculture Convergence, the weekend of August 28, 29 and 30.

This year's Convergence will be in the River Road Neighborhood, 3 miles northwest of downtown Eugene, Oregon.

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.

Programs & Events in 2015

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: Next Meeting May 15, 2015

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

Announcing:

Women's Culture, Upcoming Gathering: Saturday, June, 6, 2015

Hollis Ryan



At the end of the women's weekend, a suggestion was made to re-gather and continue some of the work that was begun over the weekend.

So while some friends are putting up a large white tent, the women will be meeting together as well as helping with meals. We will gather beginning at 10:00 Saturday until 5:30 p.m. You are welcome to negotiate for a spot to spend the night.

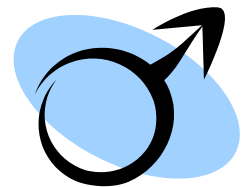
Attendance in the most recent weekend is not required. Come join us!

RSVP Elizabeth Jarrett-Jefferson

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community had a great weekend this spring, Please let [Bruce Perler](#) know of your interest. In the future



Memorial Day Weekend, May 22-25, 2015

at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for 9 to 12 Year Olds

June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 10th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13- to 17-year-olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.

Human Relations Laboratory

August 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957



Sponsored by

The Goodenough Community –

An event designed to encourage human development

- This event can inspire your own desire to be a better person.

- We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.*

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

