



The Village eView

March 28, 2018
Colette Hoff, Editor

Coming Up:

Pathwork, April 8

Council, April 9

Women's Weekend, April 13-15 at Sahale

Sociocracy Workshop, April 26 to 30

Annual Membership Meetings, Monday
May 7, West Seattle Community

Spiritual Regeneration

Craig Russell

For the writer, the spiritual is a practical matter. It is about getting right our relationship with those who are poor, with those who are different and with nature. The fruit of such spiritual practice in our own neighbourhood will be community development.

Community development cannot happen without the exercise of the imagination. How can we connect reflection and action into a method that has spiritually rooted into community development? Can we open up new creative ways to integrate imagination into the cycle of experience - analysis - reflection - action?

At its most basic level **empathy** begins as we imagine the life of someone else. Community development has to start with the move beyond ourselves and into someone else's shoes. This is essential if collective experience and language is to be established. Building this idea into an appropriate methodology is especially important in a diverse, multi-cultural and individualistic society. How do we develop the skills for this task with the greatest sensitivity and in the most empowering way?

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

Imagination is needed as we fit together an analysis of a particular area and map out the needs and strengths with which we must work. Making connections between incidents, people and attitudes demands that we go beyond the immediate, and start forming pictures to help us to see what is going on. Can we find effective ways to discern what are the dynamics of a community and gain direct means to test these out?

Reflection demands imagination as we assess the everyday life of our communities against the values, faith and principles that we hold. Prayer is an act of the imagination. As we bring our material reality into the spiritual realm we can only make sense of what we are doing if we use our imagination. Faith is also an act of the imagination. Faith is real if rooted in practical realities, but it will not survive unless it sees beyond those realities and holds a vision of what could be.

Earth knows no
desolation. She smells
regeneration in the moist
breath of decay.

George Meredith
PICTUREQUOTES.COM

To know what action to take to bring about change we first need to **see things differently**. We must have a solid grip on the nature of our time and place, but we must also learn to enhance our perception of how to *renew*, *regenerate* and *reaffirm* the life around us. Perception links reality to vision. Vision has to be at the heart of all good community development. As well as cultivating our own powers to create visions of our communities and how they may develop, we need to have the skills to encourage the power to envision within other people, and create the methods by which visions can be shared and built up collectively. How do we make real our faith in our communities and how do we bring them closer to what our world needs or our Creator desires?

Community Development and Spirituality-A Motive

Spirituality is about the imagination but has to be about practical material realities if it is to mean anything. Smells, bells, chants and candles have been used for centuries to evoke the spiritual in a material world. They have received a revival in a truly materialistic way as the secular consumerist spirituality of 'Gregorian Girl Bands', gift shops and candle manufacturers attempt to grab the action.

Spirituality is not a higher plain, it is the world in which we all interact. A deeper spirituality is making connection with the other. This has to be more than just contact, for that can be creative or destructive, and is rarely neutral. The spiritual connection will be judged by its material outcome. Selfishness, abuse, exploitation and cultural imposition will soon be revealed through the nature of the contact. Spirituality is about motive, intent, respect for the other and these can produce beautiful and succulent fruit, but fruit can

Of all the beautiful truths
pertaining to the soul None is
more gladdening or fruitful than
to know You can regenerate and
make yourself what you will.

William James

be grown that is deadly or tasteless. Love, joy, peace, patience, kindness, goodness, faithfulness, humility and self control are fruits of the spirit. Jealousy, self pride, arrogance, greed would be the start of a list to identify seeds that would produce poisonous or ugly fruit.

Otherness can be understood in many ways. Here it is explored in three ways that relate to community development. The first of these are the socially and economically marginalised. The realisation that our spiritual health is determined by our inclusion of the poor and excluded is a central tenet of many faiths. This teaching has to be applied individually, communally and in society as a whole.

The second element for spiritual growth concerns the acceptance and celebration of those who are ethnically and culturally different from ourselves. There may be a challenge to our perceptions, values or even faith through a genuine meeting with people who we have to connect with through a leap of the imagination. It is this that can stir our emotions and even disrupt our balance. This is what can lead to fear of the other and on to anger and hatred. The challenge can also develop into an interest, an admiration and a creative interchange and relationship. All the nuances of the two sides to this same experience of meeting the other need to be part of our awareness as we work towards community and spiritual understanding. The importance of the stranger is recognised in almost all faith traditions as an expression of spirituality.

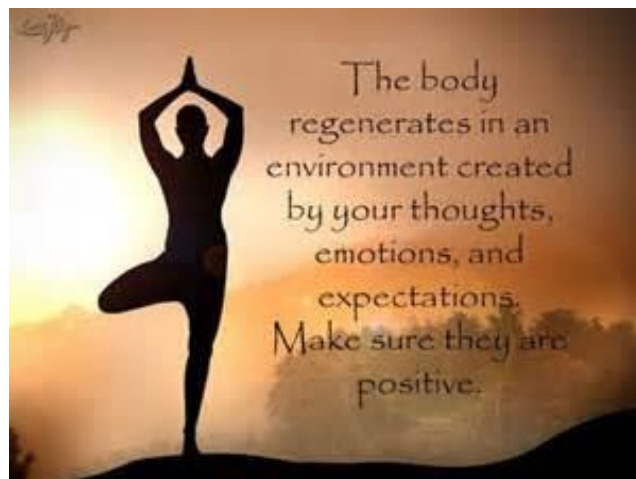
Unlearn what is redundant and regenerate through new learning in order not to be redundant.

- Adrian McGinn

Ecological commitment is the third area that provides a sustenance and expression for the spiritual. Our relationship with the rest of creation has to move beyond that of exploiter and even of steward to accepting an integrated role for humanity.

You will be right to think that this form of spirituality is very earthbound, material and practical. Spirituality is found everyday in the commonplace. It is usually in those actions that bring about liberation from selfishness, ego and pride and that build justice, harmony and sustainability.

www.aislingmagazine.com/aislingmagazine/articles/TAM30/CraigRussell.html An Irish Magazine



Definition of REGENERATE

1 : formed or created again

2 : spiritually reborn or converted

3 : restored to a better, higher, or more worthy state

Synonyms

freshen, recharge, recreate, refresh, refreshen, rejuvenate, renew, repair, restore, resuscitate, revitalize, revive

Related Words

make over, overhaul, reclaim, recondition, reconstitute, redesign, redevelop, redo, reengineer, refurbish, rehab, rehabilitate, remake, remodel, renovate; refill, replenish, resupply; modernize, update

Nature has an incredible capacity for regeneration and growth, but we can't experience it if we stay fearful and focused on lack.

Frances Moore Lappe



Regeneration and Loss

Colette Hoff

While I have quite a journey to endure all the manifestations of grieving, I hear John's voice saying get on with it now. The article above emphasizes the work of putting words in action. Learning to see things differently, developing empathy with non-judgment, applying imagination are essential for making the connections needed for growing a thriving community.

Regeneration is visible in the spring (especially at Easter) and in our community as we prepare for a workshop led by an outside leader on a new form of community governance – Sociocracy. The workshop is full with a wait list. The Goodenough Community Council is ready to engage something new and are pleased so many members and friends are choosing the experience led by Diana Leafe Christian.

The **Northwest Intentional Communities Association** (NICA) will have a spring weekend at Sahale and is open to anyone even just a little interested in life in community. September 14 to 16, Sahale will host the **West Coast Communities Conference** (WCCC) with the possibility of gathering over 100 people from many different kinds of communities. A long-standing dream, Bruce, Elias and Syd Fredrickson are collaborating with others to put a good conference together. These events will draw regenerating energy to our community and Sahale.

For a YouTube video about the WCCC conference go to:

<https://youtu.be/Yq9Wu89dDM8>

This video was created by Elias Serras and Anthony Jepson

My personal life seems to be regenerating—I'm saying yes to most all offers of activities I might not have chosen in the past—two hikes, fishing, walking in the mornings. I'm more sensitive, open and heart-centered with a great deal of appreciation for each day. Order and simplifying are now a priority and I continue to clear old possessions that no longer serve. Poetry means so much more to me. Notice the poem titled, When Great Trees Fall on page 14. I value my life in community at this stage of life more than ever and my words are inadequate for the love and support I continue to receive.

I know how important it has been for John Hoff to know the community would regenerate itself to meet the needs people have now while holding communitarian values that have been and continue to be important.

What is regenerating in you this spring? What are you cultivating within yourself? Happy Spring!



Goodenough Community Annual Meeting is scheduled for May 7th in Seattle

Kirsten Rohde

Originally scheduled for March 17th, we have rescheduled the community's annual meeting for **Monday May 7th from 6:00 - 9:30 PM** with dinner included. The meeting will be in **West Seattle at the community home, 3610 SW Barton St.**

This year we are having an in-town more brief annual meeting to cover reports and plans for Convocation: A Church and Ministry, The American Association for the Furtherance of Community, and Mandala Resources, Inc. This is a good time for everyone who is able and wishes to attend to come. Our community is entering into a new phase of its life. John Hoff, founder of the community has recently died. Colette Hoff has increasingly been assuming the central organizational role for our community life especially over the last two years. We intend to present an updated role description for her and provide all our support for her willingness to step-up even more. As the cofounder of the community, Colette demonstrates her commitment to community as a healing and activating focus for good lives.

The Community's cultural, financial, and spiritual life will all be brought present at this annual meeting. Sahale is entering into a busy season which include 5 events with a specific focus on community. This includes the Sociocracy workshop in April, a retreat by our sister community, Songaia, and a retreat for the Northwest Intentional Communities Association (June 1 to 3). In the fall two events are scheduled, one of which is the West Coast Communities Conference (Sept. 14 to 16). These are all events that will bring other communities and people interested in community together at Sahale. This will no doubt increase interest in our work as a community.

On May 7th we will also evaluate the program year that concludes with the Human Relations Lab in August and look at the upcoming program year 2018-2019. The Sociocracy workshop will be before this annual meeting and we can use what we learn at the workshop to look at our organizational life and method of governance. Your input on what you would like to see will help us shape our future.

Please RVSP and for more information, please contact Kirsten Rohde, krohde14@outlook.com



For Peace of Mind, Change Your Mind

You are invited . . .

To join the women of the Goodenough Community's cultural program for the

Women's Weekend, April 13-15, 2018

Come to the Women's Weekend and spend a full weekend celebrating who you are as a woman!

In the company of other women, you will find time for deep and stimulating conversation, a chance to become better acquainted with yourself and with other women, and encouragement to reach a greater connection with your inner source of feminine strength. You will have the opportunity to observe thoughts and beliefs that trap you in unhelpful attitudes and behaviors, and you will receive guidance to introduce changes that can bring peace to your inner world.

This weekend workshop will take place at the **Sahale Learning Center**, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity. Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening, April 13**, and our weekend will formally end at **3 p.m. on Sunday, April 15**.

Please see registration information attached to this newsletter.





The Uses of Sorrow

(In my sleep I dreamed this poem)

Someone I loved once gave me
a box full of darkness.

It took me years to understand
that this, too, was a gift.

Mary Oliver
from *Thirst*. 2006.



Pathwork

Our Pathwork Circle will meet again on **April 8**. Due to the nature of the time we are in, all are encouraged to come. Pathwork provides many with a feeling connection so necessary for a good life. We will continue to talk about our work with our selves as provoked by John's teachings. Please consider coming if you are a little curious.

We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.



*Respect Mother Earth.
Love one another.
Be truthful.
Give to your brothers and sisters.
Be gentle with each other.
Be happy.
Everything is so simple,
and we make everything
so complicated.
That's why we're confused.*

*~Vickie Downey
(Tewa//Tesuque Pueblo Elder)*



The deAnguera Blog: Regeneration



I went to services at the local Episcopal Church in Tahuya last Sunday. Irene Perler knows these people well. She is conversing with one of the women in the left hand photo. They are very nice people. Both Irene and Colette Hoff enjoy their Tahuya friends. Good community connection for us. Connecting with our neighbors is a major part of our work. I believe the Divine is bringing us altogether so we can be helpful to each other.

Don't you like the picture of the earth from space? A miracle if I ever saw one.

Organizations built around ideals religious or not fascinate me. I want to know why people are attracted to certain organizations such as churches. I also want to know how people relate to each other in these organizations.

For me a powerful way to define oneself is in relationship to others. In fact I believe my relationship with others is a major part of my self-identity.

Thanks to the good folks at the Goodenough Community I can have a middle class lifestyle on a poverty level income. Somebody cooks dinner almost every night here at Sahale. My little room is not in isolation from other people unlike my Bellevue condo.

In my new environment I feel regenerated from the person I used to be. Isolation in my own home was not good for me.

Our community can regenerate itself by simply valuing what we have and sharing our good fortune with others. The Human Relations Lab can show people just how critical good human connections are to one's success. We can appreciate the full mystery of our existence as shown by the space photo.

I suspect the Christian Church got started as a community building movement centered on a Jewish rabbi with very different ideas about the Divine. We could all access the Divine whom Jesus referred to as his Abba or Daddy. Originally God was present by an altar behind curtains. Only a priest could talk to Him.

Now a service in a Christian church is a fixed ritual with many symbols. Often people gather in church because it is a way to relate to each other.

Can the message a church is giving out expire but the ritual remains? I am sure this has happened many times. Regeneration means getting back to the Christian message. The message itself needs to be inclusive and value all people.

I see all of us journeying back to the Divine which is at the center of all of our lives. This is the Being energizing all of living creation including us. The closer we get to the Divine, the closer we come to each other. The great universal truth is there is just one of Us. Therefore what we do for another person we do for ourselves. Increasing awareness of this truth will regenerate our culture. This is why we do our Human Relations Lab. We learn to be real with each other and tell each other our truth.



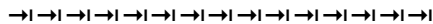
What can regenerate one better than fresh oysters? Thanks Tyler, our newest workaway friend and John Schindler.



Spatialist for Hire

Pam Jefferson

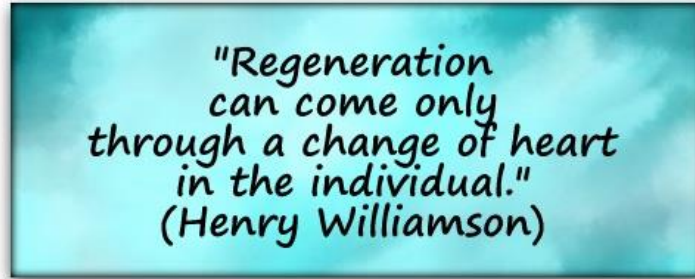
Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at 206 372 9801.



Free FRUIT TASTING!

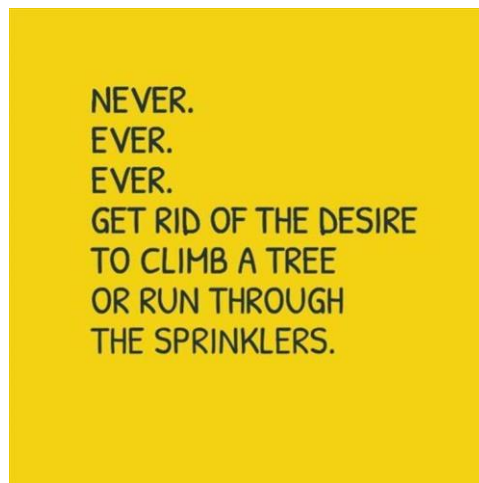
MarketFreshFruit.com
eat healthy at work

Seattle's local office fruit delivery service



- ◇ Happy birthday, **Janet Walker** - March 28.
- ◇ Happy birthday, **Chris Harshman** – March 30.
- ◇ Happy 29th wedding anniversary, **Phil and Rose Buchmeier** – April 1
- ◇ Happy birthday, **Larry Hoff** – April 6, and
- ◇ Happy second birthday, **Wiley Aylward** – also on Uncle Larry’s birthday – April 6
- ◇ **Bruce Tarlo** – happy 70th birthday! – April 6 as well

Love to each and all!!



NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.



Communities magazine – Life in Cooperative Culture

I'm writing to request your help spreading the word about our new issue (#178, Spring 2018), "Class, Race, and Privilege." For the first time, we are making the **digital edition available for [download by donation](#)** of any amount (starting at \$0). We are hoping to spread this content--focused on themes of critical importance in today's world--as widely as possible while we experiment with a "gift economy" approach. Please share this news with your friends and networks, however you are able, so that we can expand readership, increase the impact of the magazine and the FIC, and hopefully transition to a new model where expanded donor support for our efforts allows us to offer our resources more freely.

*There is no force
in the world
better able
to alter anything
from its course
than love.
~Father Greg Boyle
(1953 to pres., Jesuit Priest)*

Calendar of Programs and Events, 2017 - 2018

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

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

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.com

The women’s program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.**

Women’s Weekend: April 13-15 at Sahale.



The men’s program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. October 6-8, June 8-10** at Sahale. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Pathwork, a program of Convocation: A Church and Ministry. On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

Gatherings are at the Community Center in Seattle: Mar 25, Apr 8, 22, May 6, 20, June 3, 17. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership. Contact: Irene Perler, Irene_Perler@hotmail.com

Human Relations Laboratory, August 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



Annual Goodenough Community Meeting in Seattle: Monday,

May 7,

2018. This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten

Rohde for more information. krohde14@outlook.com

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



Council meetings are Mar 26, Apr 9, 23, May 7, 21, Jun 4, 18

True Holidays Celebration, Saturday, December 1, 2018

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

Contact: Kirsten Rohde, krohde14@outlook.com



Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 25 – 28, 2018), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



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

When Great Trees Fall by Maya Angelou



When great trees fall,
rocks on distant hills shudder,
lions hunker down
in tall grasses,
and even elephants
lumber after safety.

When great trees fall
in forests,
small things recoil into silence,
their senses
eroded beyond fear.

When great souls die,
the air around us becomes
light, rare, sterile.
We breathe, briefly.
Our eyes, briefly,
see with
a hurtful clarity.
Our memory, suddenly sharpened,
examines,
gnaws on kind words
unsaid,
promised walks
never taken.

Great souls die and
our reality, bound to
them, takes leave of us.
Our souls,
dependent upon their
nurture,
now shrink, wizened.
Our minds, formed
and informed by their
radiance, fall away.
We are not so much maddened
as reduced to the unutterable ignorance of
dark, cold
caves.

And when great souls die,
after a period peace blooms,
slowly and always
irregularly. Spaces fill
with a kind of
soothing electric vibration.
Our senses, restored, never
to be the same, whisper to us.
They existed. They existed.
We can be. Be and be
better. For they existed.

— Maya Angelou