

**"ineffable
[in-ef-uh-buhl]"
— (adjective) In the list of one
of the most 100 beautiful
words in the English
language, ineffable's beauty
lies in its flowing sound and
meaning. Ineffable describes
the sentiment of being
unable to express something
in words because it is too
extreme to communicate;
words cannot possibly do
justice at this particular
moment.**

Village eView

January 30, 2019

Colette Hoff, Editor

COMING UP

Pathwork, February 10

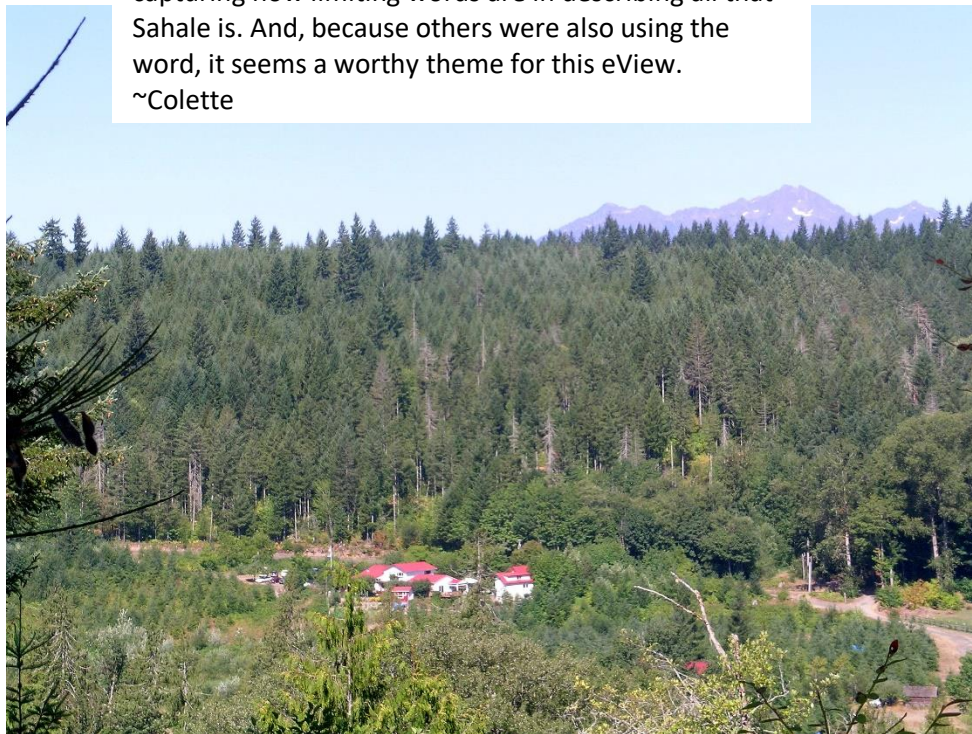
General Circle, February 11

Couples' Weekend, March 1 to 3

Annual Goodenough Community Meeting,
March 15 to 17

The word, ineffable, has come up several times, most recently by Pedge Hopkins at our annual Friends of Sahale weekend, January 18 to 20. Many were taken by her use of the word in reference to Sahale, capturing how limiting words are in describing all that Sahale is. And, because others were also using the word, it seems a worthy theme for this eView.

~Colette



Sahale and the Olympics, 2003 picture taken by Pam Jarrett-Jefferson

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

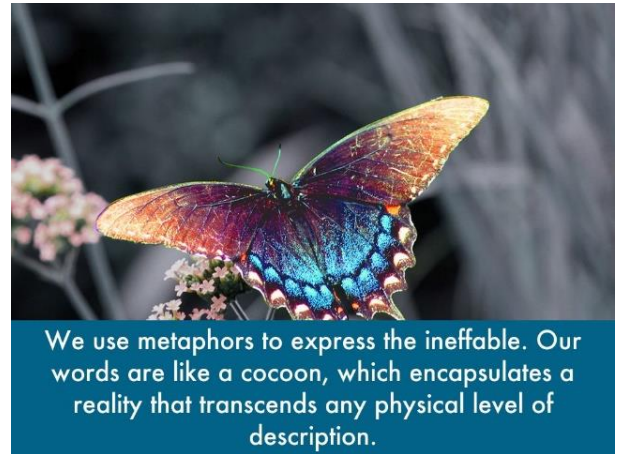
Exploring Ineffable

Colette Hoff

Earlier humans were in awe of the thunderstorm. They saw all of creation in the glistening surface of the seemingly endless sea that supplied them with food, tools and decor. They listened to the lapping, splashing rivers and the tingling whispers and caresses of the winds. They knew that there was something moving them that moved in everything else, something they could not see, but rarely, that they could yet feel and see the result of.

There was once a greater sense of the ineffable – of that which is unknowable and unspeakable. Now humans are obsessed with themselves and with “knowing” and speaking, labeling, explaining, defining, compartmentalizing, and have been for ages.
<http://witchesandpagans.com/pagan-paths-blogs/eclectic-elementals/elementals-and-the-ineffable-gods-not-in-our-image.html>

In the exploration of this word, ineffable, I found mysticism, many interesting papers, and of course, many sites offering the ineffable in relation to our search for God/dess.



We use metaphors to express the ineffable. Our words are like a cocoon, which encapsulates a reality that transcends any physical level of description.

William James America's great psychologist provided a description of the mystical experience in his famous collection of lectures published in 1902 as **The Varieties of Religious Experience**. In Lectures 16 and 17 he stated:

"...propose to you four marks which, when an experience has them, may justify us in calling it mystical...:

1. Ineffability
2. Noetic Quality
3. Transiency
4. Passivity

www.bodysoulandspirit.net

Articulating the Ineffable: Explorations into the Spiritual Lives of Old Women by Lydia K.

Manning from Durham, North Carolina was very interesting. (editor's note: I was offended by the use of the word "Old" rather than older . . . but I don't know what the author intended.) It is a fascinating study and the reference can be found at:

www.researchgate.net/publication/234031512_Articulating_the_Ineffable_Explorations_Into_the_Spiritual_Lives_of_Old_Women

Another paper brings science and spirituality together, titled **The Ineffable Nature of Our True Self - Starts With Science and Transcends Into Spirituality** By [Roger J Curley](#) | Submitted On June 17. This paper can be found at ezinearticles.com/?The-Ineffable-Nature-of-Our-True-Self---Starts-With-Science-and-Transcends-Into-Spirituality&id=9731727

As I thought about the word and its relation to spirit, I remembered many experiences when video taping was happening at a lecture as the most important aspect was being formed, the tape would break or another disruption might occur in which the ineffable could not be caught. At Pathwork this past Sunday, we watched a video by Eckhart Tolle titled **The Deepest Truth of Human Existence**. We had a good conversation about his points and valued the experience. I was preparing to send out the link to a number of leaders and when I went to the site, the specific video was taken down! I will attempt to find it again but the learning is again the ineffable is hard to reproduce. It is usually a NOW experience.

However, at Sahale we live with a sense of “beyond words” in the air, land and people. Pedge Hopkins captures the essence of the word describing her experience. And you will find another description of the ineffable as mystery following Pedge’s article. Mike also captures his sense of the ineffable at Sahale.

The Ineffable Quality of Sahale

Pedge Hopkins

Someone recently asked me what the word Ineffable means and I responded ‘that which is not articulable’ (at least in English!). Pondering it some more I thought of the phrase, ‘the whole is greater than the parts,’ or the idea of two disparate things coming together and a new third thing emerges, wholly new, perhaps unintended or wonderfully surprising. Ineffability lives in between the lines of these notions for me. Certainly beyond reasoning. It lies in the land of Mystery.



Living in the Meadow Cabin, or ‘the Shabin’ (cross between shed and cabin) I have a catbird seat as witness and imbiber of what I’ve come to feel as the ineffable quality of this land called Sahale. On the surface two things came together; the land and its timeless history and aliveness and the most recent people to call her home....us folks. This joining of a group of people carrying wisdom, good intent and a desire to add to the health and wellbeing of the land, and all those whose path finds themselves here for however long is the alchemical, mysterious third thing. The ineffable quality shimmers through.... there’s something more going on. I’ve gotten glimpses of it this year through the eyes, energy and beingness of our guests whether as AirBnB people or people attending weddings and other events. For me, the shift in them is dramatic when they are people who don’t subscribe to ideas of Mystery or naturally embrace feelings that arise from places that the mind can’t catalog or offer some reason for. It is very satisfying to witness! I know it by the quality of their smile that shows through their eyes. The words they try to find after they’ve been on a good walk around the land, enjoyed time with us in Potlatch and the opening of their hearts. I’ve felt it after a tour of the property for prospective event customers, even in the heart of a rainy winter’s day. When groups arrive that know this ineffable quality when they feel or sense it, I hear phrases like, “I feel like I’ve come home.”

And still it isn’t articulable to me. These examples are felt clues of Mystery’s presence. There is

Alchemy afoot! How deeply satisfying.

O Mystery *Music and Lyrics by Jeremy Geffen c. 1981*

It lives in the seed of a tree as it grows
You can hear it if you listen to the wind as it blows
It's there in a river as it flows into the sea
It's the sound in the soul of a man becoming free

And it lives in the laughter of children at play
And in the blazing sun that gives light to the day
It moves the planets and the stars in the sky
It's been the mover of mountains since the beginning of time

Oh Mystery, you are alive, I feel you all around
You are the fire in my heart
You are the holy sound
You are all of life, and it is to you that I sing
Grant that I may feel you
Always, in everything.

And it lives in the waves as they crash upon the beach
I've seen it in the gods that men have tried to reach
I feel it in the love that I know we need so much
And I know it in your smile, my love, when our hearts do touch.



But when I listen deep inside, I feel you best of all
Like a moon that's glowing white
And I listen to your call
And I know you will guide me, I feel you like the tide
Rushing through the ocean of my heart that's open wide.

Oh Mystery, you are alive, I feel you all around
You are the fire in my heart
You are the holy sound
You are all of life, and it is to you that I sing
Grant that I may feel you, always in everything
Oh grant that I may feel you always, in everything
Oh grant that I may feel you, always, in everything.

Oh Mystery
Oh Mystery...



Couples Weekend, March 1 to 3



More Is Possible

A Weekend for Committed Couples

AT *Sahale*

MARCH 1-3, 2019



More energy. More connection. More communication. More passion.

For many years, the Goodenough Community has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and in long-term, partnered relationships. Leadership has been provided by John and Colette Hoff, marriage and family counselling professionals. They have encouraged couples to learn about themselves as an individual within their relationships, and how to be a more effective partner with support from other couples.

**This weekend will focus on increasing emotional intimacy,
building connection and improving communication.**

You will receive guidelines for enhancing your physical relationship, including addressing chronic issues. We will explore the role of sexuality in relationship and new understandings of orgasm. The workshop leaders will help you and your partner identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.



Designed for committed couples over 40 years of age, each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present although optional.

Leadership is offered by Colette Hoff and Rich McGrue.



COLETTE HOFF, M.Ed Since her husband John's passing, Colette has felt called to continue their work of 38 years with couples and offer this weekend.

Couples need other couples to relate to. Many couples live with less relationship than they could have and Colette wants to be an agent

for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication. Colette has offered leadership to the Goodenough Community's annual Human Relations Laboratory and serves as key faculty for the community's Women's Culture for over 35 years. Having worked as a co-therapist with her husband, she is very skilled in working with the issues of long-term relationships.



RICH MCGRUE (a friend to the Goodenough Community) is the founder of the New Greenwood House in Seattle, an eight-person, two-year-old intentional community founded on the principles of: Tantra, consciousness & social justice. Rich is a retired Army Officer and Boeing executive; a non-profit executive director; former Pastor of over 20 years and a

professional mediator, who has counseled hundreds of couples and individuals in various states of marital discord.

His healing skills include alternative spiritual modalities such as Reiki, Tantra, Orgasmic Meditation, Professional Cuddlist, Erotic Healing Massages and Non-Violent Communication techniques. Rich joins Colette to facilitate this vital experience for couples.

What you can expect

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap Peninsula on the Tahuya River about a mile from the Hood Canal. We encourage you to spend time in the natural world, alone and with your partner. Small groups are an essential part of the weekend, providing a place where you and your partner can practice in relationship, giving and receiving feedback with other couples in your group. We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 pm on Sunday.

THE COST The cost of the weekend is \$350 per couple which includes room and board and learning materials.

SPONSORSHIP for this weekend is offered by Convocation: A Church and Ministry which is an inter-faith church within the Goodenough Community System.

UPON REGISTRATION you and your partner will receive a questionnaire and a phone interview will be arranged. Please register as soon as possible.

Couples weekend registration | \$350 Per Couple

Name _____
Phone () _____
Age _____ Email _____
Name _____
Phone () _____
Age _____ Email _____
Number of years in relationship _____

PLEASE PAY & REGISTER ONLINE. Visit www.Goodenough.org. This event is the first announcement on our homepage. Click the online registration button.

OR Enclose a check and mail. ☐ Check Amount _____

MAIL PAYMENT & FORM TO: Couples Weekend
2901 NE Tahuya River Road
Tahuya, WA 98588



Couples can consider this experience a gift to their relationship. If you know anyone interested, please pass on the flyer attached to this eViewSpace is limited for this weekend. Please register your intention to attend soon. To register for this event, go straight to the Convocation Form for the couples weekend.

Ineffable

Pathwork, January 27, 2019

Colette Hoff

Our Pathwork Circle will meet again on **February 10 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126th St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life.

Pathwork will continue to meet February 10, 24, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.

Ineffable



The deAnguera Blog: Ineffable



Life can bring many interesting experiences but it takes our ineffable relationships to produce these examples on this page. What can they be compared to? Even the words on this page are not enough.

Cooking? Mike and Draí Schindler are having such a good time cooking together. Ineffable right?

Of course Presley, John Schindler's step daughter took me on a tour of the USS Turner Joy, a museum destroyer on Bremerton's waterfront. I loved sharing her dreams about a possible Navy career. She was very excited to be on the destroyer with me. What could compare with this experience? We felt like family.

I have been watching movies with Presley, Draí, John, and Marley such as *The Dirty Dozen* and *Monty Python's Holy Grail*. Draí and John generously let us use their wonderful yurt in the woods. Yesterday Presley and I watched *Top Gun*, a war movie from the 80s at the Homestead Cabin. The old VHS set still has a good color picture as well as sound system.

The movies we see here surrounded by woods at Sahale can't be compared with anywhere else. The setting is magical, especially when shared with friends. Is this what heaven is like? Yes because anything heavenly can't be compared with anything else. That's the essence of heaven.

Sharing life here at Sahale actually gives me a much more powerful sense of myself as a person. It can serve as a base for me.

Having a heavenly experience can help me see why I chose this life on Earth. This knowledge is priceless for it gives me a chance to see my life from a higher perspective. Further, my sense of myself actually now includes the other people around me. In a very real sense I am Sahale.

Every day I am having wonderful ineffable experiences. Joan Schindler has even offered to take me oystering. How about freshly shucked oysters with hot sauce?

Today Amanda Lovell and I made my mother's chicken baked in Kellogg's cornflake crumbs. It not only brought back memories of my mom's dinners but was a hit with the rest of the community.

I am reminded of the Trapp Family Lodge in Stowe, Vermont. It all happened because of Maria Von Trapp's ability to draw out the family with her guitar. She was assigned to them because she could not fit in as a nun with the other nuns of her abbey. Her musical talents, especially working with the Trapp children set the whole family on their musical career. Eventually they moved from Austria to Vermont creating the fabulous Trapp Family Lodge.

We are on a similar journey here at Sahale. People are discovering the magic of this place and of our Human Relations Laboratory. What might arise here? Stick around.



What could be more ineffable than a tree crashing down the middle of the road? John Schindler brought this tree down.

Ineffable

A Moving Experience

Dear Friends,

With a plan set in motion almost three years ago, and in collaboration with our community friends, Pam and I are on schedule to move to Sahale and build a home there. This spring, our plan is to put our Mercer Island home on the market and formally begin our transition.



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

In collaboration with Colette and the community calendar, we have established work parties from late January through early spring.

We would truly appreciate your help and good will – this has been my home for 45 years, and Pam’s for 23. It truly will be a moving experience. Any and all help will be gratefully received. Please let Pam or me know if you can join us (adventuredog@hotmail.com; elizabeth.ann.jarrett@gmail.com).

All Days Are Saturdays, 10am to 2pm, except as noted

Location: 3446 77th Place SE, Mercer Island 98040. Lunch and beverages happily provided.

- | | |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> February 2 | <input type="checkbox"/> March 23 |
| <input type="checkbox"/> February 9 | <input type="checkbox"/> April 6 |
| <input type="checkbox"/> March 9 | <input type="checkbox"/> April 13 |
| | <input type="checkbox"/> April 27 |

Warmly,

Pam and Elizabeth Jarrett-Jefferson





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

<https://www.gofundme.com/global-earth-repair-conference>

More info at <https://www.earthrepair.friendsofthetrees.net>



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**.



MarketFreshFruit.com
eat healthy at work

Seattle's local office fruit delivery service

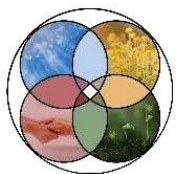
Seattle's local office fruit delivery service

Programs and Events of the Goodenough Community

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

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

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



The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be January 28 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meetings are Feb 11, 25, Mar 11, 25, April 8, 29, May 6, 20, June 3, July 15.

Weekend for Couple, March 1 to 3, 2019

More is Possible - More Connection - More Communication - More Passion

More is possible in your relationship now! This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



Annual Goodenough Community Meeting March 15 to 17, 2019

This gathering is foundational to all programs and events within the community. We 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 Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We are announcing the annual women’s weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information.



The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program 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. 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 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle, Feb 10, 24, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth, June 23 – 29, 2019

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

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



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404) to make arrangements.