



# The Village eView

January 21, 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:**

[Conscious Couples Network, January 23](#)

[Joan's 80<sup>th</sup>, Joan's 80th](#)

[Pathwork, January 25](#)

[Relational Group, January 27](#)

### **A Community Focused on Improving Relationships**

John L. Hoff

Our community began approximately 40 years ago and has maintained its focus on improving relationship ever since. Each summer we have a Human Relations Laboratory in which the entire community assembled. All who come are encouraged to accept responsibility for improving their relationship to others. We accomplish our goal first by placing people in small groups where "practicing" is possible and necessary. We also have educational offerings that help people improve their skills in making agreements and resolving conflicts.

Most of our programs serve the relationships that are present by giving information and offering a chance to practice skills of relating. For instance, in the women's program women are placed and replaced in the same dyads and small groups they have worked in prior years. We have felt the common sense of a community's emphasis on relationship skills. We have a variety of encouragements for couples and a core of strategies and skills we teach families that deepen family bonds. There is a general theme for improving relationships by valuing them as friendships. In the first three months of a new year, we emphasize the theme of friendship and encourage friendships to have goals for improvement. In January, February and March our organizational groupings are encouraged to value each other as friends. What the Goodenough Community has experienced over many years is that our community is a primary source of

encouragement to friendship. I think you, by now, will sense how an emphasis on relationship shapes our community, organization and program.

As one of the long-lasting leaders in this community I am very grateful for the education and practical guidance that has been given me. This is a learning community. You will notice this newsletter contains several “digests” of articles from the web on aspects of relationships ranging from possible New Year’s resolutions to guidelines for improving marriage.



### **The Conscious Couples Network presents:**

### **An Evening for Committed Couples**

*We will explore the joys*, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples. This group will meet at the home of **Pam and Elizabeth Jarrett-Jefferson** on Mercer Island.

New dates for 2015: **January 23**, May 29, Sept 11, October 6 to 9, November 13.  
**A weekend for relationship will be March 6 to 8.**



## **Relationship Help**

**Advice for Building Relationships that are Healthy, Happy and Satisfying**

**Authors: Melinda Smith, M.A., and Jeanne Segal, Ph.D. Last updated: December 2014.**

A strong, healthy relationship can be one of the best supports in your life. Good relationships improve all aspects of your life, strengthening your health, your mind, and your connections with others. However, if the relationship isn't working, it can also be a tremendous drain. Relationships are an investment. The more you put in, the more you can get back. These tips can help keep a healthy relationship strong, or repair trust and love in a relationship on the rocks.

### **How to strengthen your loving relationship**

Everyone’s relationship is unique, and people come together for many different reasons. But there are some things that good relationships have in common. Knowing the basic principles of healthy relationships helps keep them meaningful, fulfilling and exciting in both happy times and sad:

What makes a healthy love relationship?

- **Staying involved with each other.** Some relationships get stuck in peaceful coexistence, but without truly relating to each other and working together. While it may seem stable on the surface, lack of involvement and communication increases distance. When you need to talk about something important, the connection and understanding may no longer be there.
- **Getting through conflict.** Some couples talk things out quietly, while others may raise their voices and passionately disagree. The key in a strong relationship, though, is not to be fearful of conflict. You need to be safe to express things that bother you without fear of retaliation, and be able to resolve conflict without humiliation, degradation or insisting on being right.
- **Keeping outside relationships and interests alive.** No one person can meet all of our needs, and expecting too much from someone can put a lot of unhealthy pressure on a relationship. Having friends and outside interests not only strengthens your social network, but brings new insights and stimulation to the relationship, too.
- **Communicating.** Honest, direct communication is a key part of any relationship. When both people feel comfortable expressing their needs, fears, and desires, trust and bonds are strengthened. Nonverbal cues—body language like eye contact, leaning forward or away, or touching someone’s arm—are critical to communication.

### **Relationship advice tip 1: Keep physical intimacy alive**

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Touch is a fundamental part of human existence. Studies on infants have shown the importance of regular, loving touch and holding on brain development. These benefits do not end in childhood. Life without physical contact with others is a lonely life indeed.

Studies have shown that affectionate touch actually boosts the body’s levels of oxytocin, a hormone that influences bonding and attachment. In a committed relationship between two adult partners, physical intercourse is often a cornerstone of the relationship. However, intercourse should not be the only method of physical intimacy in a relationship. Regular, affectionate touch—holding hands, hugging, or kissing—is equally important.

**Be sensitive to what your partner likes.** While touch is a key part of a healthy relationship, it’s important to take some time to find out what your partner really likes. Unwanted touching or inappropriate overtures can make the other person tense up and retreat—exactly what you don’t want.

### **Relationship advice tip 2: Spend quality time together**

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You probably have fond memories of when you were first dating your loved one. Everything may have seemed new and exciting, and you may have spent hours just chatting together or coming up with new, exciting things to try. However, as time goes by, children, demanding jobs, long commutes, different hobbies and other obligations can make it hard to find time together. It’s critical for your relationship,

though, to make time for yourselves. If you don't have quality time, communication and understanding start to erode.

### Simple ways to connect as a couple and rekindle love

- **Commit to spending quality time together on a regular basis.** Even during very busy and stressful times, a few minutes of really sharing and connecting can help keep bonds strong.
- **Find something that you enjoy doing together,** whether it is a shared hobby, dance class, daily walk, or sitting over a cup of coffee in the morning.
- **Try something new together.** Doing new things together can be a fun way to connect and keep things interesting. It can be as simple as trying a new restaurant or going on a day trip to a place you've never been before.

Couples are often more fun and playful in the early stages of a relationship. However, this playful attitude can sometimes be forgotten as life challenges or old resentments start getting in the way. Keeping a sense of humor can actually help you get through tough times, reduce stress, and work through issues more easily.

### Relationship advice tip 3: Never stop communicating

Good communication is a fundamental part of a healthy relationship. When people stop communicating well, they stop relating well, and times of change or stress can really bring out disconnect. As long as you are communicating, you can work through whatever problem you're facing.

### Learn your partner's emotional cues

Each of us is a little different in how we best receive information. Some people might respond better to sight, sound, or touch. Your partner's responses may be different from yours. Take some time to learn your partner's cues, and be sure to communicate your own as well. For example, one person might find a brief massage after a stressful day a loving mode of communication—while another might just want to talk over a hot cup of tea.

So much of our communication is transmitted by what we don't say. Nonverbal cues—such as eye contact, leaning forward or away, or touching someone's arm—communicate much more than words. For a relationship to work well, each person has to be receptive to sending and receiving nonverbal cues. Learning to understand this "body language" can help you better understand what your partner is trying to say. Think about what you are transmitting as well, and if what



you say matches what you feel. If you say “I’m fine,” but you clench your teeth and look away, then your body is clearly signaling you are not.

### **Question your assumptions**

If you’ve known each other for a while, you may assume that your partner has a pretty good idea of what you are thinking and what you need. However, your partner is not a mind reader. While your partner may have some idea, it is much healthier to directly express your needs to avoid any confusion. Your partner may sense something, but it might not be what you need. What’s more, people change, and what you needed and wanted five years ago, for example, may be very different now. Getting in the habit of expressing your needs helps you weather difficult times, which otherwise may lead to increasing resentment, misunderstanding, and anger.

### **Use your senses to keep stress in check**

If you’re not calm and focused, you won’t be able to communicate effectively. The best way to [reduce stress quickly](#) and reliably is through the senses. But each person responds differently to sensory input, so you need to find things that are soothing to you.

## **Relationship advice tip 4: Healthy relationships are built on give and take**

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If you expect to get what you want 100% of a time in a relationship, you are setting yourself up for disappointment. Healthy relationships are built on compromise, and it takes work on each person’s part to make sure that there is a reasonable exchange.

### **Recognize what’s important to your partner**

Knowing what is truly important to your partner can go a long way towards building goodwill and an atmosphere of compromise. On the flip side, it’s also important for your partner to recognize your wants and for you to state them clearly. Constantly compromising your needs for others’ will build resentment and anger.

### **Don’t make “winning” your goal**

If you approach your partner with the attitude that things have to be your way or else, it will be difficult to reach a compromise. Sometimes this attitude comes from not having your needs met while you were younger, or it could be from years of accumulated resentment building up in your current relationship. It’s all right to have strong convictions about something, but your partner deserves to be heard as well. You are more likely to get your needs met if you respect what your partner needs, and compromise when you can.

## Learn how to respectfully resolve conflict

Conflict is inevitable in any relationship, but to keep a relationship strong, both people need to feel they've been heard. The goal is not to win but to [resolve the conflict](#) with respect and love.

- Make sure you are fighting fair.
- Don't attack someone directly; use "I" statements to communicate how you feel.
- Don't drag old arguments into the mix.
- Keep the focus on the issue at hand, and respect the other person.

## Relationship advice tip 5: Expect ups and downs

It's also important to recognize that there are ups and downs in every relationship. You won't always be on the same page. Sometimes one partner may be struggling with an issue that stresses them, such as the death of a close family member. Other events, like job loss or severe health problems, can affect both partners and make it difficult to relate to each other. You might have different ideas of managing finances or raising children. Different people cope with stress differently, and misunderstanding can rapidly turn to frustration and anger.

## Relationship advice for getting through life's ups and downs

- **Don't take out your problems on your partner.** Life stresses can make us short tempered. If you are coping with a lot of stress, it might seem easier to snap at your partner. Fighting like this might initially feel like a release, but it slowly poisons your relationship. Find other ways to vent your anger and frustration.
- **Some problems are bigger than both of you.** Trying to force a solution can cause even more problems. Every person works through problems and issues in his or her own way. Remember that you're a team. Continuing to move forward together can get you through the rough spots.
- **Be open to change.** Change is inevitable in life, and it will happen whether you go with it or fight it. Flexibility is essential to adapt to the change that is always taking place in any relationship, and it allows you to grow together through both the good times and the bad.
- **Don't ignore problems.** Whatever problems arise in a romantic relationship, it's important to face them together as a couple. If an aspect of the relationship stops working, don't simply ignore it, but instead address it with your partner. Things change, so respond to them together as they do.

## Romantic relationships require ongoing attention

Many couples focus on their relationship only when there are specific, unavoidable problems to overcome. Once the problems have been resolved they often switch their attention back to their careers, kids, or other

interests. However, romantic relationships require ongoing attention and commitment for love to flourish. As long as the health of a romantic relationship remains important to you, it is going to require your attention and effort.



### **What was the biggest insight about marriage?**

What surprised me the most? Gottman’s research reveals that **major differences of opinion don’t destroy marriages, it’s how a couple deals with them.**

69% of a couple’s problems are perpetual. These problems don’t go away yet many couples keep arguing about them year after year:

***Most marital arguments cannot be resolved. Couples spend year after year trying to change each other’s mind – but it can’t be done. This is because most of their disagreements are rooted in fundamental differences of lifestyle, personality, or values. By fighting over these differences, all they succeed in doing is wasting their time and harming their marriage.***

How do good marriages deal with issues that can’t be resolved? They accept one another as-is:

**These couples intuitively understand that problems are inevitably part of a relationship, much the way chronic physical ailments are inevitable as you get older. They are like a trick knee, a bad back, an irritable bowel, or tennis elbow. We may not love these problems, but we are able to cope with them, to avoid situations that worsen them, and to develop strategies and routines that help us deal with them.** Psychologist Dan Wile said it best in his book [After the Honeymoon](#): “When choosing a long-term partner... you will inevitably be choosing a particular set of unsolvable problems that you’ll be grappling with for the next ten, twenty or fifty years.



### **What is a Healthy Relationship?**

**Studies show that people who have healthy relationships are happier and have less stress.**

*Information compiled from: Sojourner House’s Healthy Dating Relationships Resource Guide and SEALS II: Self-esteem and Life Skills, Too by Kathy L Korh-Khalsa, Estelle A. Leutenberg and Stacy D. Azok*

Healthy relationships encourage individuality and freedom, and provide room for personal growth. Every relationship is different, but there are a few characteristics that make healthy relationships possible.

### **Mutual respect**

- You can say “no” without feeling guilty about it.
- Your partner does not try to change or control you when you disagree.
- You and your partner acknowledge how great the other person is.
- Mistakes are accepted and learned from.
- Boundaries are respected and your partner listens to you

### **Support**

You and your partner are there for each other to celebrate when things are going well and to help when things are not going well.

### **Trust/honesty**

- You trust each other. You feel trust and you have reason to trust. You each work hard to be trustworthy for the other.
- You feel safe and comfortable with each other.
- There is a willingness to take risks and be vulnerable.
- You and your partner are honest with each other.

### **Good communication**

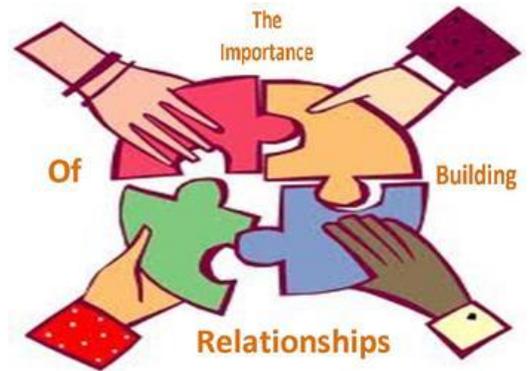
- Communication is open and spontaneous. You listen to each other and feel that you are heard. You make decisions together.
- You can express your feelings without fear of your partner’s reactions.
- Feelings and needs are expressed, appreciated, and respected by both.
- Conflict is faced directly and resolved with win-win outcomes.
- Rules and boundaries are clear and defined, yet allow for flexibility if you desire change. Both of you feel free to express your needs.

### **Separate identities**

- You can be together as a couple without losing your sense of self. Each person feels self-confident and secure in his/her own worth.
- Personal growth, change, and exploration are encouraged for each and by each partner.
- Each person can enjoy being alone and requests for privacy are respected.

### **Fairness/equality**

- Partners are fair when they work things out.
- Tolerance — forgiveness of self and others — is present.
- You each take responsibility for your own behaviors and happiness. One doesn’t blame the other for feelings or things that happen.
- You are able to let go of the need to “be right.”
- There is a balance of giving and receiving in your relationship. Equality is both affirmed and celebrated.



## The New Year, the New You and Relationship Resolutions

Jill P. Weber, Ph.D.

### **Start the year off by "doing you."**

Instead of criticizing yourself today for whatever you perceive you are lacking in terms of relationships (stressful marriage, fear of a life alone without love, lack of meaningful friendships, contentious work relationships, difficulty with your children or parents) take a step back and closely examine how you deal with yourself. Building your relationship with yourself will have far reaching impact on improving the quality of your romantic relationships and friendships, as well as enhancing your motivation and drive to get what you want out of life.

**Resolution 1. Resolve to build greater self-compassion.** Far too often people beat themselves up for not handling a particular relationship adequately, for causing distress to another, or for not doing enough for someone else. In my experience this kind of self-criticism means people try harder for a bit, only to regress to the same problematic patterns. In reality what helps people to be truly present and understanding of others is being deeply compassionate with themselves. Self-compassion means self-acceptance, faults and all. And, it means recognizing that your experience of life is connected to the larger collective human experience.

**Resolution 2. Resolve to look at your 'failures' or setbacks as opportunities for growth.** It is common when faced with failure to give up and remind yourself of all of your other failures and to dwell on why it is you will never get whatever it is you truly desire. This thinking writes the script for a self-fulfilling prophecy of failure. Improving the way you treat yourself means when hardship and disappointment are present, you do not pull the covers over your head and turn against yourself. It is very powerful to re-write the script, drop gloomy resignation and resolve to work toward greater self-determination. Do not globally write yourself off. Sure, list specific weaknesses you have (fear of commitment, procrastination, chronic tardiness, fear of change), but also list ways to challenge yourself to mitigate these weaknesses and grow.

**Resolution 3. Resolve to search each day for a sense of peace and wellbeing even if at first you can only sustain it for a few moments.** Whatever feeling we carry in our bodies, we radiate out to others in our life. This can often set the theme for how interactions will go. If you are always busy, frazzled and never at peace, others pick up this frenetic energy and will not be at peace with you in your presence. If you carry sadness or anger, those you want to connect with will feel these same emotions in your presence. Work to find moments where you can connect with yourself, without obsessive thinking about what needs to be done next. Look for moments when you can concentrate on purposeful breathing and other physical sensations. Meditating goes far when it comes to dealing with others in your life. Resolve to connect with a peaceful feeling inside your own body and you will begin to extend this composure to all of your interactions. Being self-possessed will help you to appreciate others, stay in the present and even infect them with the same sense of wellbeing.

**Resolution 4. Resolve not to take responsibility for other people.** There is a difference between listening and connecting with others vs. taking on emotional work they need to do for themselves. The critical thinking and judgments of others are not opportunities for you to work harder to gain approval or to help them to your detriment.

**Resolution 5. Resolve to become more alive through connection.** As a psychologist I talk to people frequently who live a double life. To their friends, family, spouse, they may seem to have it all together, while, deep down they harbor anger, negative thinking, anxiety or despair. It is a part of the normal human experience to struggle with negative thoughts or upsetting emotions; however, internalizing this negativity is toxic. Give up the fear of what others will think of you if they knew who you really are and what you really feel--remember most everyone has a dark side. Just as you are not responsible for other people, they are not responsible for you and the healthy ones will support and listen to you. The benefit of expressing yourself openly far outweighs the miniscule impact of someone having a negative perception or judgment about you.

**MARRIAGE IS LIKE A  
DECK OF CARDS.**



**IN THE BEGINNING ALL  
YOU NEED IS TWO HEARTS  
AND A DIAMOND.  
BY THE END, YOU  
WISH YOU HAD A  
CLUB AND A SPADE.**

**Forget resolving to 'be a better person' instead, resolve to treat yourself as you wish others would treat you.** As you improve your relationship with you, much of the rest of your life (including enjoying those you love most and coping with those that are harder to deal with) will reflect the ease and wellbeing you feel within.

*Dr. Jill Weber is a clinical psychologist in Washington, DC and author of [Having Sex, Wanting Intimacy -- Why Women Settle for One-Sided Relationships](#).*



## **The Science Of “Happily Ever After”: 3 Things That Keep Love Alive**

As Daniel Jones, author of [Love Illuminated](#), explains: we spend youth asking “How do I find love?” and midlife asking “How do I get it back?”

**Anyone in a relationship or who plans on being in one needs to know how to keep love alive over the long term.**

But how do you learn the secret to this? Everyone is happy to explain “how they met” but few give the details on “how they stayed together.”

So let’s look at what science has to say.

**\*“Happily Ever After” Ain’t Easy**

Aside from being the epitome of lazy writing, “happily ever after” is not simple.

**So the real stat is two-thirds of marriages do not live “happily ever after.”**

## Why is marriage so hard over the long term?

**One of the main reasons is what science calls it “habituation.” Which is a fancy way of saying *we get bored*.**

[Robert Greene](#), author of [The Art of Seduction](#), explains that surprise is key to romantic feelings:

Seduction involves a degree of surprise, which is generally the first thing that disappears after you’ve been in a relationship, and why there’s no more seducing that goes on. Everything is familiar and you’re no longer surprised by the other person.

## So is there any way to bring those tingles back?

**Research shows expecting a fairy tale relationship is a prescription for disappointment.**

Via [100 Simple Secrets of Great Relationships](#):

Elements of fairy tales such as Cinderella were present in 78 percent of people’s beliefs about romantic love. Those people were more likely to have experienced disillusionment, devastation, and angst in their relationships than were those who gave less credence to fairy tales. – Lockhart 2000

### **\*Don’t Fix The Bad. Increase The Good.**

Look at your spouse as something you purchased “[as-is](#).” **Research shows [trying to change them](#) doesn’t work:**

...when participants ( $N = 160$ ) focused their relationship improvement attempts on changing the partner, individuals reported more negative improvement strategies, lower improvement success, and, in turn, more negative relationship evaluations... results suggest that targeting the partner may do more harm than good despite that relationship evaluations pivot on whether the partner produces change.

[John Gottman](#), researcher and author of [The Seven Principles for Making Marriage Work](#), says 69% of a couple’s problems are perpetual.

These problems don’t go away yet many couples keep arguing about them year after year.

Via [The Seven Principles for Making Marriage Work](#):

Most marital arguments cannot be resolved. Couples spend year after year trying to change each other’s mind – but it can’t be done. This is because most of their disagreements are rooted in fundamental differences of lifestyle, personality, or values. By fighting over these differences, all they succeed in doing is wasting their time and harming their marriage.

### **\*The best relationships are more about [increasing the good than reducing the bad](#).**

Divorce may have less to do with an increase in conflict and more to do with a decrease in positive feelings.

**\*Forget Romance. Think Excitement.**

Excitement from any source will be associated with the person you're with, even if they're not the cause of it.

As happiness researcher [Sonja Lyubomirsky](#) explains, **excitement experienced mutually brings the tingles back.**

Via [The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does](#)



## A Relationship Workshop, March 6 to 8:

### Relationship Isn't for Sissies

*John and Colette Hoff*

**A**t Sahale, Colette and I have the privilege of talking with many groups and communities that utilize our space.

Over time we are becoming more and more aware that one of the uniquenesses of our community is that we are focused theoretically, technically, and practically on learning how to do relationship intentionally and to a standard. When we review the workshops, formal relationships, and the Human Relations Laboratory, we are reminded that most of our programs encourage people to be learning from their relationships by consciously communicating what it is that we are trying to help each other with. It occurs to us that the world presents us with few opportunities to learn from the relationships we are in while we are in them. I don't think we know how to be in a marriage or in a family "automatically" or "unconsciously"; and most of our families of origin and the parent-demonstrations we experienced were inadequate training for our lives and our partners. Thus it is as grown-ups in marriages and families, we have to allow ourselves to start learning again about being more effective as partners. The Goodenough Community, and especially the work that Colette and I have done in teaching relationship, are our first experience of being in a learning environment that focuses on helping everyone learn about relating better. Relationship has a theoretical purpose, and that is to help people learn about themselves as they go along. It is learning by doing. It is experiential learning with each other and from each other.



**There have been several studies** of relationship that were done in the last ten years and they draw a similar conclusion:

- Long-lived relationships value most the friendship that has grown.
- *Friendship* is defined partly by the ease with which partners live with each other and partly by the thoughtfulness with which partners tend to each other's needs.



There is always a lot of value in practicing together and noticing how the same skills are practiced by different personalities and in a variety of situations. We are convinced that trying harder doesn't help as much as consciously developing skills does. Could **your** relationship use a tune-up and some support from others?

### **What You Can Expect at This Workshop**

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 Hood Canal. You will be able to hike and get some exercise. You will also be paired with small group (partners will be placed together) where you can practice and be observed and receive feedback. You will also have several **sessions which will allow you to** practice skills and explore ideas alone and with others. 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 with the formal session beginning at 8:00 p.m. The weekend will conclude at 3:00 on Sunday

**Cost:** The cost of the weekend is \$175 per person or \$350 per couple which includes room and board as well as learning materials.

*See registration form attached to this email.*



## **Having-Moved-but-Still-in-Transition FAQs**

*By Elizabeth Jarrett-Jefferson*

Greetings, everyone! This article is a follow-on to last summer's "On the Move FAQs" that detailed some of the specifics of our Community Center move and the relocation of John and Colette's home to Sahale. While some of the dust has now settled from the move, our community remains in transition and change. Read below, and please read further in this *eView* and recent editions that speak about this period and process.

**Q: If the move is completed and John and Colette have relocated their home to Sahale, why do you say the community 'remains in transition and change'?**

**A:** The move out of the community center was but one event in a larger period of transition in our community, where our founders are transitioning from some of their organizational roles as other leaders are stepping up and into those roles. The Leadership Group, which meets every Monday evening, is in sustained conversation with the Hoffs to discern and learn about those roles. Such is not a speedy process. Remember that both John and Colette have been professional leaders and trainers in our community for 35+ years.

**Q:** **Thirty five years? That's hard to believe. Are they still maintaining their counseling practices?**

**A:** Yes! We are just talking about their roles within the organizations (e.g., the American Association for the Furtherance of Community and Convocation) that are in transition. They welcome new and returning clients. *Colette's cell phone is 206-755-8404, and John's is 206-963-4738.*

**Q:** **Without a home and office (I assume), where do they practice?**

**A:** Well, remember John and Colette do have a home; it's just now located at Sahale, as are some of their office functions. However, John and Colette continue to see clients in Seattle and in the Seattle area; sometimes they drive to clients' homes or meet them for coffee; sometimes they meet in community member homes. They are eager and willing to see clients in Seattle or in the Seattle area. They also see clients at Sahale if that's more convenient.

**Q:** **I can see that's quite a change from their practicing in their home and then being able to remain there between appointments, meetings, etc. It must take a toll energetically not to have a place to "land" in Seattle.**

**A:** Well, John and Colette land for the nights they are in Seattle at their son and daughter-in-law's home in Burien, then drive north into Seattle for appointments, meetings, clients, etc. It's the time between those activities that is challenging & tiring. None of us are young bucks anymore, including the leadership team and yours truly. Well, maybe a couple of them could be considered younger bucks, now that you mention it..

**Q:** **I didn't mention it; you did.**

**A:** Sorry. See how caught up I get in a good conversation?  
And yours is a statement, not a question. Let's stick to the process.

**Q:** **So, what can be done?**

**Q:** **Why didn't you get this in place before the move?**

**A:** The answer is complicated. There were differences of opinion in the committee formed to address the move and transition; we weren't sure if we needed such a facility, could afford it, what exactly we needed, or how life would be after the move. As it was, the move was a 6-month process in and of itself, allowing community members and friends the much-needed opportunity to absorb & process this immense

change, and giving the Hoffs and organizations time to transition their offices and home. It wasn't just about hiring a moving company to come in and pack boxes; the extended packing and moving process allowed us all to absorb the immensity of what was happening. (We still are.) We also weren't sure about the financial ramifications. The community center also had 35+ years of community files and records that needed consideration and an alternate storage location, so there was also that other huge process before us. The extended transition time was partly made possible by the landlord, Jim Tocher, who had his own set of deadlines.

**Q: Holy cow. I'm exhausted. Are you?**

**A:** No, but we are eager to find a new community center locale in Seattle. Let us know if you see any promising leads! The Committee formed to find an in-town "presence" includes [Colette](#), [Kirsten](#), [Nan](#) and [myself](#).

**More next week!**

### **Shared Housing: Are you interested?**

**Colette Hoff**

**For many, many years** our community was centered in the Mt. Baker neighborhood of Seattle—a big old house that contained offices and meeting rooms and spaces where most of us could gather. We no longer have this place and are looking for a rental space that:

- Would enable some people who wish to live together
- Would have some rooms useable for meetings and gatherings
- Would have some guest rooms for people who need to stay in the city when they come in from Sahale.
- Would have private space for counseling

Thus it is that we are looking for anyone who would enjoy sharing this space with us. A team has formed to consider the best location and the best space available for our community's needs. John and I will be desiring the use of such a space as a home away from home for 2 to 3 nights per week when we come in from Sahale. This works best economically if others need and want to live in a community setting. If you have some ideas about this, please talk to either Colette or me, Elizabeth or Nan (from the committee, which includes Irene and Kirsten). We are now needing to make this a "urgent" priority and are asking your help. Thank you!



## January 19, 2015 – Barbara Brucker - “Back with Matilda”

Jan 19, 2015 6:11pm

**S**o today is the beginning of my final chemo run. Room 1262 (12 East, Swedish Main Campus-use east elevators) will be my home for the next 3 - 4 weeks (or more). The chemo runs for the first 4 days - one drug continuously and the other for about 2 hours every 12 hours. The nurses here are great and we have been talking about coordinating the schedule for minimum sleep disruption. I truly can't complain that

they wake me up multiple times per night. It's usually once, or maybe twice, but that's it, so pretty civilized for a hospital.

I made excellent use of the time waiting for this admission. Since my MRI I have been to a chamber concert and 2 symphony concerts, one being Itzak Perlman. All concerts were ones I previously had tickets for, and it was great to get to use the tickets. Perlman is such a magnificent presence in addition to being an incredible violinist. It's always a joy to see/hear him.



**Mt Stewart & the Stewart Range**



**Mt St Helens**

In addition to attending concerts, I managed to get in two more days of skiing. The coverage is still marginal so it involves some rock dodging; nevertheless, both days boasted beautiful weather and good snow - one in spring conditions and the other with a fresh dump of 8 - 10". I am posting some pictures from the spring-like day. The views were spectacular. I could see all the way north to Mt. Baker, then Glacier Peak, Mt. Stewart, Mt. Adams, Mt. St. Helens, and, of course, Mt. Rainier. Truly spectacular. What a gift both to be able to get out and to have such great conditions.

For now, goodbye to the outdoors and I'm settling in for my stay here. I have a good view looking east toward the Cascades and to the south I can see Mt. Rainier when she comes out, which presumably she will do some time in the next few weeks. I have a bluetooth speaker for my Ipod, so I can listen to music or the radio, brought my Kindle because it's so much easier to read than paper books, have my laptop, books on my phone to listen to when I walk or bicycle, and an assortment of "projects" to keep my occupied, as well as a bunch of DVDs to watch - and my knitting. I'm as ready as I can be.

AND the chemo just got started, so the adventure begins!



**Fog in the Valleys**



**Mt Rainier & Yours Truly**

1

## Progress Report from Tod

Tod reports that he is “making steady progress toward recovery” with his latest surgery to insert an “ICD.” A ICD is an implantable cardioverter defibrillator, a small device that's placed in the chest or abdomen to help treat irregular heartbeats. Tod also reports he’s returned to work today, and continues to excel in his rehab routines and regimen. His body is still in some discomfort and his sleep is not sound as yet. [Tod](#) would welcome your greetings, and we are thrilled with his report! [Click here to send Tod a greeting.](#)



## Work Resourcing Needed!

by Marjorie Gray

**M**any of you know I am seeking work. Do you know of any jobs available, or people who work in any of these areas, that I could contact for information interviews?

- Writing (brochures, website content, blog posts, articles, marketing)
- Graphic design (for web or print, layout, image selection, photo editing, Adobe Creative Suite)
- Web design & maintenance (front-end, information architecture)
- I am also interested in finding out more about recreational therapy, as a completely different direction.



If you know of anyone I could contact about any of these, could you please let me know? Also feel free to give out my contact info:

**email: [m.dancingriver@gmail.com](mailto:m.dancingriver@gmail.com)**

**Phone: 206-300-1315**

## Rent a Marjenta!

In the meantime, I would love to help you with any household needs:

- Cooking
- Organizing
- Cleaning
- Color consultation and interior painting

-

Thanks so much!

***Majorie/Marjenta***

***This Sunday, January 25<sup>th</sup>***



***Remember this beautiful woman when we  
celebrated her birthday 10 years ago?***

## **You Are Invited**

To an Open House Honoring the 80<sup>th</sup> Birthday of

**Joan Valles**

**Sunday, January 25, 2015**

**3 to 6:30 PM**

**[7723 13<sup>th</sup> Ave SW](#)**

**[Seattle, WA 98106](#)**

**Wine, Appetizers & Desserts**

Please RSVP to [Elizabeth Jarrett-Jefferson](#)

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## - The deAnguera Blog: MLK March 2015

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- The Martin Luther King Rally and March is one of the big events held here in Seattle every year for the last 33 years. I believe this is my 5<sup>th</sup> march.
- I participate in the MLK March because this is part of what community building is about. If we are to make major change in this country, it needs to be in our relationships. This has been acknowledged by a number of keynote speakers.
- As usual there were workshops followed by a huge rally in the Garfield High School gym. I always loved this part of the rally. There's something about climbing the bleachers to find a place to sit down in the huge echoing gym that gives me goose bumps. It felt like the right place to be.
- This year the keynote speaker was Jelani Brown a community organizer from Ferguson, Missouri, scene of last year's police shooting of a black unarmed teenager. Just seeing him there in the gym gave me a sense of connection with the events in Ferguson. He referred to the military style response by the state government. They were obviously scared by what was going on.
- Every year holding the march seems to be getting more and more difficult. Loss of vision? Lack of meaningful progress especially for young people? We have not had a firebrand like King to lead us. But young people are speaking up. We heard several teenagers at the rally. That's a very good sign.
- I noticed the lack of meaningful friendships in my church and in the Freedom Socialist Party. I know people in both places but don't have any friendships with them. Friends are folks one can hang out with. That's what helps build a strong foundation. Is it possible friendship is not valued by our culture and people just let the culture determine the kinds of relationships they will have?

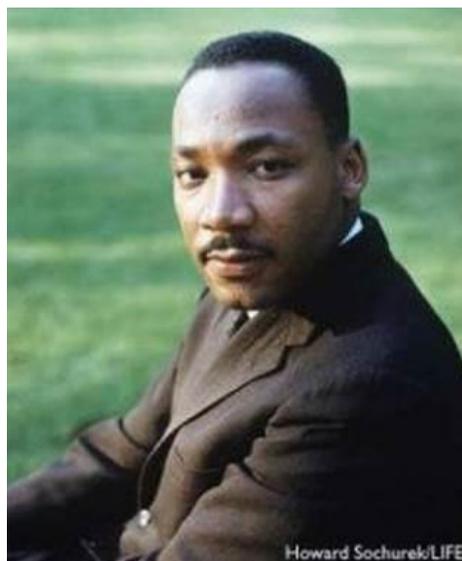


***This march was so important even a Dachshund was present!***

- I know from experience when I am isolated from people around me, I can feel very insecure. I am fearful. Politicians and other power people manipulate those fears to get us to go against our own best self interests.
- On the internet I saw a speech given by Ronald Regan in 1961 warning of the terrible perils of socialized medicine. I also remember how the first President Bush used the case of Willie Horton, another black teenager to make people afraid. When we have no community we are vulnerable.
- For me community is the missing element. Maybe that's why
- the MLK March gets harder every year. Friendship enables everything else to work. It is something we need to be trained in. Community building our work, our mission. The new world we all want can only be built one person at a time.

- Thanks to Bill Kohlmeyer for the following:

- *I refuse to accept the view*
- *that mankind is so tragically bound*
  - *to the starless midnight*
  - *of racism and war*
  - *that the bright daybreak*
  - *of peace and brotherhood*
  - *can never become reality.*
- *I believe that unarmed truth*
  - *and unconditional love*
  - *will have the final word.*
- 
- *~Dr. Martin Luther King, Jr.*
- 



**And this selection was sent by Hollis Ryan**

- Today's selection - from *A Testament of Hope: The Essential Writings and Speeches of Martin Luther King Jr.* by Martin Luther King, Jr., edited by James M. Washington.
- 
- Martin Luther King, Jr. speaks on the subject of non-violence. Dr. King, as Gandhi before him, had advocated non-violent protest -- but believed it was not enough merely to be non-violent. For King, there was a higher standard, and that was that you must love the person that harms you. In the following excerpt, King was speaking in 1961 to white liberals from the "Fellowship of the Concerned" at their annual meeting. He knew that many among them objected to student "sit-ins" and "freedom rides" and preferred a more gradual approach -- in part because of the savage beatings being inflicted on them -- and that his task was to persuade these veteran white liberals to see the student movement as a natural outgrowth of their own work and his own teachings:
- 
- "Those who adhere to or follow this philosophy [of non-violence] must follow a consistent principle of noninjury. They must consistently refuse to inflict injury upon another. Sometimes you will read the literature of the student movement and see that, as they are getting ready for the sit-in or stand-in, they will read something like this, 'If you are hit do not hit back, if you are cursed do not curse back.' This is the whole idea, that the individual who is engaged in a nonviolent struggle must never inflict injury upon another.
- 
- "Now this has an external aspect and it has an internal one. From the external point of view it means that the individuals involved must avoid external physical violence. So they don't have guns, they don't retaliate with physical violence. If they are hit in the process, they avoid external physical violence at every point. But it also means that they avoid internal violence of spirit. This is why the love ethic stands so high in the student movement. We have a great deal of talk about love and nonviolence in this whole thrust.



**Bit O' Birthdays**

By Elizabeth Jarrett-Jefferson

**80<sup>th</sup> Birthdays**



**Joan Valles - January 25. Happy birthday, Joan!**



**John Hoff - July 7 - Happy birthday, John**



**Jim Tocher - November 11 - Happy birthday, Jim!**

# The Goodenough Community:

## 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

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*Third Age Gatherings*

*The Conscious Couples Network*

*Family Enrichment Network*

*The Men's Culture*

*Women's Culture*

*True Holidays Celebration*

*The Winter Solstice Bus Trip*

*New Year's Eve Weekend at Sahale*

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## Third Age Gathering: Next Meeting January 16, 2015

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.



Third Age meets on Fridays—February 27; April 24; Sept 18; October 23; November 20 are the remaining 2015 dates.

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

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## Women's Culture, Upcoming Next Gathering: March 21 (A Change!)



The women's culture meets on Saturdays: March 21, September 11, October 24 and November 21, from 10am to 2pm. There will be a weekend **May 1 to 3**. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It's a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us this **Saturday, January 17, from 10:00 a.m. to 2:00 p.m. at the home of Rose Buchmeier** where we will gather to share our lives and to learn from each other. As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn't respond!!

We appreciate a contribution of \$20 toward the women's program, and trust that you will give what you feel is right for you.

Rose's address and phone number:

**9033 13th Avenue SW  
Seattle, WA 98106  
206-764-0193**

I hope you can come. I will be happy to see you!

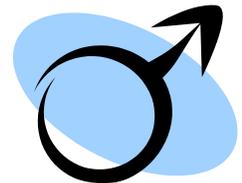
- *Hollis*

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## Men's Program

**Theme: Friendship among Men**

The men of the Goodenough Community will be meeting for a weekend this spring, **May 8 to 10, 2015**. Please let [us](#) know of your interest.



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## Introducing . . .

**A Workshop offered by John and Colette Hoff  
April 17 to 19, 2015**

**Saving your Own Soul . . .**

**Growing your self up . . .**

**Maturing . . .**

This is a weekend for remembering your own journey and your story of trying to develop your self. Each individual will review where they are in their story and in their growth. We will become a supportive circle. Guided meditation on our lives will be a primary method the Hoffs

will be using to in leading the workshop and we will practice meditation as a whole group. Small group interaction will also be utilized.

Email [hoff@goodenough](mailto:hoff@goodenough) to express your interest.

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## 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.

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## 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](mailto:irene_perler@hotmail.com).



## Human Relations Laboratory

August 9 to 15, 2015

*The best event to experience the Goodenough Community*

Seven Fun-filled Days of Social Creativity & Experiential Learning about Friendship and Effective Relationship

**Sahale Learning Center**

A 68-acre retreat on the Kitsap Peninsula

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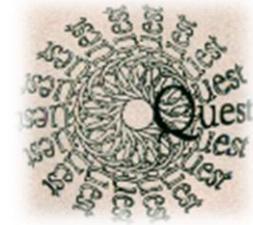
## Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 or email [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com). Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

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## Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships. Call John (206 963-4738), Colette (206-755 8404).



### Where are you working, you might ask?

Currently, John and Colette are doing home visits and utilizing community homes for individual sessions and group meetings. We are especially appreciative to Pam and Elizabeth Jarrett-Jefferson and the West Seattle household of Joan, Phil, Jim and Barbara.

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### Classifieds:

#### Classy, Racy 32-year-old Looking for New Digs!

**1982 Mazda RX-7, good condition, one owner.** After 3 decades of fun with my sports car, I am ready to part with it. This car is fun to drive, even by very tall people! My 6'3" son is able to drive it with comfort. I've driven it mostly around town, with 2 cross-country trips, so it has low mileage for its age. The car needs some work done, but nothing major, and is in good condition overall. I've treated it with care, so it has had regular tune-ups, check-ups, and oil changes. I am selling it as is, and am asking \$2,000.



**Please call: 206 232 7027  
and ask for either Hal or  
Hollis**

### ANNOUNCING . . .

We've hot running water as of last Friday. It's even better than we remember.  
Love, Bruce & Irene

