

Village eView

November 14, 2018

Colette Hoff Editor

COMING UP

Sahale Site Planning with Tom Gaylord,
Weekend of November 16-18

General Circle, November 5, 6;30

True Holidays Celebration, December 1

Facilitation

The Study and Implementation of Sociocracy

Colette Hoff

Sociocracy is intended to eliminate power dynamics and recommends four distinct roles for circles: operations leader; representative; circle administrator; and facilitator. The facilitator role has the essential function of creating and maintaining equivalence. In a round, each person in a meeting is given an equivalent opportunity to speak. The facilitator should begin the round by asking a person to speak first. Each person will continue (or pass) moving clockwise or counter-clockwise around the circle. The facilitator should sometimes choose a person across the circle and sometimes to the right or left. This allows the facilitator to speak in the middle of a round, instead of first or last, and a different person to start each round.

It is a mistake to ask, "Who would like to start?" First, the facilitator should lead and the circle will be more comfortable with clear direction. Second what if the person who volunteers to start is in a horrible mood and has a negative impact on the tone of a meeting? Or no one wants to start? Or perhaps several people want to start? Choosing between them affects one key purpose of the round—to establish equivalence. A random choice by the facilitator is usually most effective. In a circle meeting, rounds of process ensure that everyone has an opportunity to speak with the expectation that everyone should participate.

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

In open discussion, the facilitator tracks which person wants to speak next. Discussion can have the advantage of allowing ideas to build quickly although a disadvantage is some people might dominate and others might not speak up. A round will reestablish equivalency.

The sociocracy meeting format both produces and contains the heat of chaos. The opening round creates energy and is very important as the first action of a meeting because the meeting then belongs to each person in the room and builds group awareness. If the facilitator begins the meeting with announcements or a discussion of the agenda, the unintended effect is to establish that the facilitator has power over the meeting which undercuts the purpose of conducting circle meetings as peer decision-making forums.

Excerpted from *We the People; Consenting to a Deeper Democracy* by John Buck and Sharon Villines.

Next week our discussion will focus on the role of operations leader.

Five Common Mistakes Facilitators Make that Can Ruin a Meeting and Leave Participants Thinking They Wasted their Time

by Sheella Mierson

5. Agreement about who is the facilitator

The facilitator ensures that the group has clear processes and that everyone's voice is heard. Other people can help, but being wishy-washy about who is the facilitator usually makes things messy. It's a paradox. Having one person who is clearly in charge can provide structure and safety for everyone to take part. Sometimes in the name of equality groups will avoid clearly designating who is facilitating the meeting, and hope for the best, and you as the facilitator go along and skip getting clear agreement about your role. Occasionally that can work. If there are agenda items to discuss that are emotional for participants, that strategy can come crashing down around your ears.

4. Advance preparation

I often spend as long or longer preparing for a meeting as actually facilitating it. When I've prepared well, the payoff is enormous in terms of a sense of accomplishment and even pleasure at the end of the meeting on the part of all participants. There are multiple aspects to advance preparation. Here are a few:

- Creating the agenda ahead of time. That includes identifying what even needs to be on the agenda and what is better handled another way.
- Distributing the agenda ahead of time.
- Deciding on priorities if time runs short.
- Anticipating challenges. This can include challenges to you being the facilitator, dealing with people who tend to dominate the meeting, what to do when participants' emotions run high, and what to do when your emotions run high (yes, it will happen, especially if you are a member of the group rather than an outside facilitator).

3. Clarity about how to handle each agenda item

This is part of advance preparation. If you skip thinking this through, you can flounder a lot in a meeting. For each agenda item, it's helpful to think about

- How to introduce it, and who will do that.
- What process you will use to address it, and what outcome you desire. Do you plan to do picture forming only? Do you want a decision in this meeting? I find that when I include this information in the agenda, participants know what to expect and can be better prepared; they may also be more relaxed.

2. Feedback about the meeting

If you want continuous improvement in how the group functions in meetings, ask for — and make sure you receive — feedback in a closing round at the end of every meeting. Request feedback about the meeting as a whole and about the facilitation specifically. In addition, from time to time ask someone in the group to take notes and give you individual feedback afterwards, to help you grow as a facilitator. Mistakes happen; the trick is to learn from them. Following these suggestions will help you learn, so that you can be your best self and bring out the best in your group.

1. Investment in developing yourself as a facilitator

Excellent facilitation is both a science and an art. It helps bring out the best in a group, so that the group can accomplish its purpose. Good facilitators make it look so easy that we may overlook what went into developing their skills. To expect that you will somehow know what to do in every situation in a meeting without training and practice would be like expecting that you could fly an airplane or play the flute without training and practice. Investing in developing yourself as a facilitator can pay off in every aspect of your life, and of course for the group that is lucky enough to have you as a facilitator.

<http://sociocracyconsulting.com/2014/07/five-common-facilitation-mistakes/>



"Aren't you glad we had this meeting to resolve our conflict?"

Thanksgiving Is Coming!

The Goodenough Community is sponsoring a Thanksgiving meal at Sahale this year. You and yours are welcome to journey to Sahale and join the potluck fun! We will provide Turkey and stuffing and you are asked to bring along your favorite contribution.

Plan to arrive earlier in the day and join Sahale residents for a wonderful feast. Since Draï is coordinating the dinner, if you are thinking of coming, please email Draï at goddessdrai@earthlink.net and we appreciate this is a change. The thanksgiving feast will be around 3:00 pm.



Remember What Is Important: The 31st Annual True Holidays Celebration December 1, 2018 - 6 to 10 PM

Elizabeth Jarrett-Jefferson with Kirsten Rohde

Our annual True Holidays Celebration--a tradition of more than 30 years in our beloved Goodenough Community--will be held again this year on **Saturday, December 1, 6 to 10PM**, at the **Mercer Island Congregational Church on Mercer Island, 4545 Island Crest Way**. This event has always been about bringing together family, friends, other communities & colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred way, honoring many faith traditions. Importantly, the celebration also provides an opportunity for you to be reflect and therefore be intentional about planning for the holidays, giving pause to remember what you value over the holidays; we'll lend a practical hand to help you make an actual plan. We'll have our Silent Auction again this year and feature exclusively handcrafted items and experiences (since we've learned over time that these are the most valued and bid-on items). Sherry Nevin and her musical contradancing colleagues, also a favorite tradition, will again be with us.

So, for now, prepare to engage in our annual event where friends, fun, feasting, connection, and tradition are the important things to remember and cherish. The flyer (next) to email friends will be attached to the email announcement.

Silent Auction

In our experience from our many True Holidays Celebrations, we have found that the offerings that have meant the most are those that are personal and/or experiential in nature. We are focusing on those this year. If you have a offering of that nature, please contact Kirsten Rohde, at krohde14@outlook.com, or Carla Geraci – mamacarla@comcast.net Here is a taste of some of the great “experience” offerings for this year’s event.

ART TOUR

Offered by Claudia Fitch, MFA

Join **Claudia Fitch** on a motor/walk tour of public-art sites she has created within the Seattle area. Three or four sites will be visited, depending on time: Qwest Field (SODO); the First Hill Street Car (International District and First Hill); Pantages Apartments (Capital Hill); and Kaiser Permanente Headquarters (South Lake Union). Claudia can accommodate up to three or four in her car. The date and time will be negotiated and arranged between Claudia and the lucky participants.

More on Claudia: Claudia graduated in 1975 with a BFA in painting from the University of Washington and received her MFA in painting in 1979 from the Tyler School of Art in Philadelphia. She currently resides and works in the Seattle area. The majority of Claudia’s art exhibitions have been featured in New York and Seattle, but she has had her work featured as far away as the Netherlands. Her first piece was a miniature cityscape in the midst of a real cityscape in New York, which creates an interesting contrast. Some of Fitch’s fellowships include the New York State Council on the Arts, through Sculpture Space, Utica (1989), the Artist Trust Fellowship in Visual Arts, Seattle (1992), and the Art + Architecture Program Fellowship, European Ceramics Work Center (2006). Fitch was also commissioned to create artwork for the Eastgate Park and Ride in Bellevue and those visiting [Qwest Field](#) in Seattle might have noticed her creation entitled “The Colossal Heads.”



DINGHY RIDE with Jodine and Leslie

An Experience awaits two adults to explore--up close and personally--the areas near Shilshole Bay Marina. Two experienced and very fun skippers – Jodine Hatfield and Leslie Kay Norman— will be right there with you. Leslie and Jodine will also provide drinks and snacks based on the preferences of the successful purchasers of this experience. Options are to explore the Shilshole Bay Marina, the Ballard Locks and Golden Gardens Park, roughly a two-hour experience. Purchasers are asked to schedule directly with Jodine and Leslie about a month in advance.



MASSAGE

Enjoy a one-hour relaxing massage from Kelly J. Brehan, LMP, at her Tacoma location.

POKER PARTY at the Geraci Home

Enjoy dinner and drinks at the Geraci Home in Issaquah followed by a \$10 buy-in, No-Limit, Hold-‘Em Poker Tournament. Poker lessons and “subtle” coaching will be available during the first hour of the tournament.



(Photo by Unknown Author is licensed under [CC BY-SA](#))

REMEMBER WHAT IS IMPORTANT

TRUE HOLIDAYS

SAT
DEC
1ST
2018

Welcome to Our 31st Annual Celebration! 6-11pm

Come, be merry with food and friends during this sacred season. Let the light, laughter and music fill your heart. May rememberings of who we are simmer inside each of us.

Free Admission. Childcare Provided. Silent Auction. Treats & Drinks for Sale. Sponsored by the Goodenough Community. [goodenough.org] For more information please contact: info@goodenough.org

Mercer Island Congregational Church
4545 Island Crest Way, Mercer Island

6:00 Doors Open
7:30 Contra Dancing with Sherry Nevins
8:00 A Program of Remembering
9:00 More Joyous Dancing



PEACE *connection* LOVE
choosing to make a difference
VALUES **RELATIONSHIPS**
holding the delicate balance



More Community News



Announcing A weekend for Couples March 1 to 3 at Sahale!

This will be an intimate weekend for couples who want more . . .better communication, more intimacy, move through stuck places with other couples. Save the date and if you are interested please let me know by emailing Colette hoff@goodenough.org. The curriculum will be shaped for the couples who choose to attend.



Watchcare

Janet Walker has discontinued treatment for her melanoma and is receiving palliative care. She is in a lovely hospice facility. It's a big house - a mega-house, really - and there are only 4 patients there. She feels she is in good hands. She perks up when she receives messages through her Caringbridge page (<https://www.caringbridge.org/visit/janetwalker>) and cards, notes, and letters at her hospice facility: 9830 River Road, Potomac, Maryland 20854 Bless You Janet



The deAnguera Blog: Fall Musings



As Fall proceeds and days get shorter and colder we do all sorts of things. On the left Pam Jefferson is wondering what Pedge Hopkins and Max Fain are up to. On the right Colette Hoff is with her granddaughter Lillie on Colette's Birthday.

Tom Gaylord will lead us in a site plan this coming weekend. This will help us firm up what we want to do with Sahale. Big decisions. Tom won't be making decisions for us. Rather he will be facilitating us in making our own.

I usually have trouble making big decisions alone. Sometimes I just need someone to walk me through. Colette has done this for me several times in helping me clean up my room.

Now I am going through old records brought down from the Klahwie attic. Thanks Zach for bringing my stuff down out of the attic. I really had no idea what was up there after 10 years. I just finished one box today after several hours. Those personal records took some time to go through.

What was happening in Tahuya? Amanda and I attended a bazaar at the St. Nicholas church basement. Lots of Christmas goodies but I was mainly interested in what they had for lunch. I ate a cup of chicken noodle soup and two croissants. As well as a nice chocolatey cup cake.

Last Monday Amanda and I prepared a Chinese dinner for our community. It was the first time I had cooked anything for us. My folks certainly would not have prepared a Chinese dinner. Too much had to be juggled. We made General Tso's chicken, a favorite of mine. Almost all of it was eaten up. Guess that's the sign of a successful meal.

Yesterday Amanda and I also attended a Tahuya community potluck held at the local fire station. Bruce Perler and Zach were also present. What did we have? Lots of turkey, gravy, stuffing, and mashed potatoes. We are getting an early start on Thanksgiving. Of course I wolfed it down like a human vacuum cleaner. Oh my!

Tahuya is a community of largely retired folks who have known each other a long time. One person had ancestors going back to 1912. Back then Tahuya was a two day trip on a paddle wheel steamer from Seattle. I suspect the town must have had some general stores and a gas station like Ellisport on Vashon Island. I spent my youth there. A very neighborly place to be.

Ah yes. Be born into this life. Grow up and then old. The years go by so fast. I am still not used to playing the old person role yet. Guess the gift of this life is the various stages each of us goes through. Feels a little weird. Guess that's because my life didn't have the features of marriage and raising children. As well as a glorious career. It's like being in a house without any walls for separate rooms. It just would not feel very big.



Amanda chose the perfect box of soap at the church bazaar last Saturday.

Birthdays & Anniversaries



- Happy birthday – **Juniper Rayne Aylward**, November 7, 2018,
- Colette Hoff** – November 10 – Happy birthday!
- Jim Tocher** – November 11 – Happy birthday Jim
- John Schindler** – November 11 – Happy birthday John!
- Norm Peck** - November 14. Happy birthday Norm!
- JR Fulton** – November 14. Happy birthday JR!

The New Member of Our Family

Juniper Rayne was born Wednesday November 7 at home in a birthing tub with nieces Sophie, 12 and Lili, 9 present along with their mother Rachel. Wiley, 2 ½ woke from his nap just as the baby was ready to come. She was 8 lbs 8 oz at birth and all are doing well. Birthing at home has been a miracle and Amie had a wonderful team of midwives from In Tandem midwifery clinic and a lovely doula. Turns out that one of the midwives attended Rachel's birth with Lili!



This picture was taken minutes after Juniper's birth!





One happy Grandma

And what a birthday present!
Here is Juniper
Two days old!



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**.



NOW'S the time to BUY on AMAZON.

Amazon will contribute a % of your purchases to the Goodenough Community.

Buy NOW for upcoming holidays, birthdays, friends, relatives, self, pets, garden, home improvements....whatever!

REMEMBER to SIGN UP at smile.amazon.com to The Goodenough Community being your DONATION choice.

Free FRUIT TASTING!

MarketFreshFruit.com
eat healthy at work

Seattle's local office fruit delivery service

Two new dates

Calendar for the Goodenough Community – Fall and Beyond

- The **Community Council** (The *General Circle*, in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be November 5 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026. Thank you, Tom, for welcoming the Council to your home!
- The **Third Age** meets at the home of Joan, Barbara, and Jim. November 9 is the next gathering. December 14 is the next proposed date after that.
- The **Women's Culture** will gather next on **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. **We are announcing the annual women's weekend, May 3 to 5.**
- A weekend for Couples, March 1 to 3 at Sahale.**
- True Holidays Celebration** - Saturday, December 1, 2018
- Thanksgiving at Sahale!** Please contact Draï if you would like to join. goddessdraï@earthlink.net
- Christmas Day dinner** at Sahale is becoming tradition. Make your plans.
- New Year's Eve** at Sahale will be a Monday night. Plan to come for the weekend!
- The **Friends of Sahale** Fourth Annual weekend will be **January 18 to 20, 2019.**
- Sahale Summer Camp** - June 23 to June 29, 2019.
- The 50th Annual Human Relations Laboratory** - August 4 to 10, 2019.

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 Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** November to be determined, December 14. 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. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women’s weekend, **May 3 to 5**.

Contact Elizabeth for more information and directions to our meeting place.

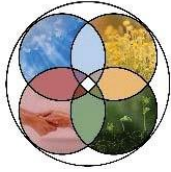
The Men’s Program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information: bruce_perler@hotmail.com



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.** Contact Colette Hoff

for more information: hoff@goodenough.org



The Goodenough Community Council now the General

Circle 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

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 Elizabeth for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend 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) for an appointment.



*When we persevere
with the help of a gentle discipline,
we slowly come to hear
the still, small voice
and to feel the delicate breeze,
and so to come to know
the presence of Love.*

*~Henry Nouwen
(1932-1996, Dutch Catholic priest,
writer, theologian, psychologist)*

