

Like a grove of trees we stand, swaying in the breeze. Our roots intertwined, supporting one another.
~Kristina Turner, song

The Village eView

August 2, 2017
Colette Hoff, Editor

Coming Up:
Human Relations Laboratory,
August 6 to 12

Lab is almost here. Plans are being made, food is being bought, a workbook is in production. Energy is building and some people are already arriving at Sahale.

For this week's eView, I have included an article from the Well Spring Bulletin on setting intentions. Many have learned that taking time and carefully considering intentions is the best preparation for the Human Relations Laboratory. Hope the following article helps you get started on your intentions.

Also included are pictures from the recent wedding of Leslie Norman and Jodine Hatfield, which was a wonderful celebration.



Setting Intentions

The Neurology of Intention

*(excerpted from a blog by Rick Hanson, **Good Intention**, from the Wellspring Institute for Neuroscience and Contemplative Wisdom. <http://www.wisebrain.org/wellspring-institute>)*

Our intentions arise in the brain, are represented in the brain, and are pursued in the brain.

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

Therefore, a basic understanding of how intentions work in the brain – and thus in your mind – is very useful.

The Executive Functions

The brain is like a committee, with many parts or “members” working together—or at cross purposes!—and the frontal lobes are like the chair of that committee. Or, to use a different metaphor, if the psyche altogether is a vast land, with a capital and many provinces, the frontal lobes are like the city manager of the capital.

But of course, that does not mean that they are the owner of the country! An error the frontal lobes, and the self-structures that identify with them, tend to make, to the loss and often the rebellion of the provinces . . .

As you can observe in your own experience, it is possible to have effective “executive functions” in the mind—those capacities that plan, organize, monitor, and direct—without much if any sense of personal self in the mix.

The primary way to develop your “weak suit,” in terms of optimal balance for yourself, is to identify the elements of it that you want to strengthen, and keep them in mind. That will mobilize resources for yourself over time that will gradually build up those capacities. Truly, 50% of personal growth is identifying the issue—whatever it is—and committing to work on it. Just that! Which is really very good news.

Held in a proper balance, establishing clear intentions—which are a way the frontal lobes call the other members of the committee to order and establish the agenda—is a powerful, skillful means to getting anything good done either inside your own head and heart or in the outer world.

- Use the power of your prefrontal cortex to set intentions to be more mindful: Establish a deliberate intention at the beginning of any activity that requires focus. Use statements such as, “May my mind be steady.” Or just call up a silent feeling of determination.
- Get a bodily sense of being someone you know who is extremely focused. That uses the empathy systems in the brain to simulate within yourself the mindful nature of that other person.
- Keep re-establishing your intentions. For example, if you’re in a meeting, every few minutes you could resolve anew to stay focused. One of my friends uses a little device that can be set to vibrate at different intervals; he leaves it in his pocket and gets a discreet wake-up call every ten minutes.
- Make the intention to be attentive the default setting of your life by developing the habit of everyday mindfulness.

Right Intention

Of course, the first question regarding intention is, for what?

All the great wisdom traditions of the world, and all the great moral philosophers, have grappled with this question. What should we want?

There are many ways to approach this question. Some try to answer it in terms of discerning the will or desires of their sense of a Divine influence, of God. Others through resort to certain ideals or abstractions. And others through reliance on some kind of authority, such as a priestly class or a scripture.

In the case of the Buddha – and also some moral philosophers – he approached this question pragmatically, in terms of what leads to more or less suffering, to more or less benefit or harm to oneself and others. Intentions are good if they lead to good results, and bad if they lead to bad results.

This approach has numerous advantages. It is down to earth. It draws upon our own observation of what happens, rather than relying upon the viewpoints of others. It provides a ready test for the worth of an intention: what did it lead to, what actually happened? And it keeps turning us back to ourselves, toward how we can be ever more skillful.

Right (or Wise) Intention is sometimes translated as "Right Resolve," which conveys the determination, firmness of aim, heartfelt conviction, and persistence that are central to right intention.



I've learned that people will forget what you said; people will forget what you did; but people will never forget how you made them feel. Maya Angelou



We are pleased to announce that Laraaji and Arji have accepted an invitation to attend our Human Relations Laboratory! We are guaranteed to have some good experiences laughing and receiving their many gifts. They bring a truly unique blend of yoga, meditation, use of sound and relaxation to healing and expression.

Third Age: Friday September 8th

Kirsten Rohde

Our first Third Age gathering of the fall will be Friday, September 8th. We are planning to watch a showing of Frontline's broadcast on "Being Mortal," the highly acclaimed book by Atul Gawande. This could be the basis for some good conversation! We will gather at **Joan and Jim and Barbara's** home. See below.

The Third Age gatherings are sponsored by the Goodenough Community and are for anyone age 60 and older. We gather for a potluck dinner from 6-7pm, main dish provided, and then meet from 7-9pm.

We always make time for check-ins and then usually focus on a theme for more discussion. For several times now we have found ourselves talking about what defines well-being in the later years, and being with friends and family members who are ill or dying. We have also brought stories of the many meanings of leaving a legacy from enjoying stories of children, grandchildren and great-grandchildren, to what we have contributed that will last beyond our own lives. We also enjoy talking about what we find ourselves focusing on in these years of our lives; often what is important to us now and what we choose to give time to has changed from other phases of our lives.

Regardless of topic we find ourselves laughing and caring for each other. We are always open to newcomers. This evening only, we will be meeting at Joan Valles' home in Tukwila. For directions and to confirm your plans to come on September 8th, email Joan Valles:

joanvalles70@yahoo.com



Nan and John Talk about our dear Friend, Phil

John and I were talking about missing Phil, sharing stories of Phil, and wanted to share some of our reflections for the e-view. It is important to us that Phil be honored and remembered accurately and fondly for the steady presence he brought to everyone and everywhere he went. We both acknowledge that Phil did not have an unkind bone in his body, that in all the years we shared with him, neither of us heard him say a mean or judgmental word about anyone. We miss him.

Nan: I remember Phil being my small group at Lab in the Mamook Lobby. His quiet strong presence at the opposite side of the circle was a deep comfort to me as a small group leader. When Phil spoke, his words touched the hearts of all our group members and brought us together in a feeling connection. He had a way of lifting and quietly loving people. From the time our Sadie and Mari were little, Phil would seek them out, sit with them at the dinner table



at Sahale, and ask them questions about their lives. He was genuinely interested in children, and wanted to know what was important to them and what they valued.

While Phil often tried to convince me that he wasn't a good person and was not spiritual, to me he was both kind hearted, authentic and spiritually minded and I knew him to love anybody in his path.

John: "Phil was a true brother to me as an older friend. We talked about the subjective process of aging and I greatly respected his non-judgmental attitude towards people. It was fun to reflect with Phil on the community and feel his appreciation for everyone- he was a kind man with a big heart, and he generously shared himself with so many people. He was truly a good man who did good things for others. Phil was open about his faults and his problems and at the same time, we were aware that these problems were in the past, and that he now lived a warm and conflict-free life. Phil is one of the people who will be remembered for what he stood for as a human being.

Phil particularly loved younger people who were clearly trying to be good and kind people. For instance, he taught archery to younger people and spoke highly of them while he did it. Phil was a man's man, and in his participation in the men's culture, he sought out men who needed approval and genuine support, and gave them what they needed.

Phil made a solid contribution to the organization in community- he was commanding voice of heart, respect and deep thought in the community.

As someone born on July 7th, 1935 , I remember my joy at talking with someone who has lived a similar life to mine who soundly was appreciative of how he accomplished living his values in his life. Phil was a stalwart believer and supporter of the concept of community and the importance of relationship. It is my relationship with him that I will carry forward in my memory.

We will miss you Phil and it is our desire that you are remembered as the good man you were to us for so many wonderful years."





The deAnguera Blog: Leslie and Jodine's Wedding



Weddings are one of Sahale's specialties. We give couples the place to express their feelings for one another the best location.

Last Saturday Leslie Norman and Jodine Hatfield were married by Colette Hoff in our Beaver Chief Cedar Grove. The Gay Pride colors were everywhere. Both Leslie and Jodine wore the Gay Pride Flag as part of their marriage outfits. This is the third lesbian wedding I have attended. The very first one involved one of my nieces.

I have to confess that the idea of women marrying women or of men marrying men would never have occurred to me in my younger years.

One of the big themes of my life has been the process of becoming a free person. Seeing others such as Leslie and Jodine make the choices they did gives me the confidence to claim more of my life for myself. I feel so fortunate to live in a time where people can freely make different choices.

As a young person I was unable to freely choose not only my partner but also what we would share together. I could not be real with the people around me. I found the traditional concept of marrying and raising a family too confining. It's a blessing to be sure but only if I freely choose it without compulsion. This is why I am still single today.

A supportive community can help me have more confidence in the choices I make. As a result my choices involve more of me and I become a more powerful person. It is especially important for such a community to draw me out rather than preach a religion to me.

Could communities be designed around bringing single people together in just the right environment? I believe this would make the coming together process much easier. It would surely be a good alternative to the parties, games, trips and other events that just don't quite work. It takes a while for loving relationships to gel and usually doesn't happen with isolated events.

I often think of Kathleen Notley, my best friend. I could be real with her and there was no agenda. That would have been impossible before with anybody else. Kathleen gave me the most precious gift, herself. She functioned as a teacher showing me that I was lovable just as I am.

How people come together is a mystery to me. In my case Kathleen and I met at my first Lab back in 1998. Lab insured that we would have compatible interests to build on and we were both drawn out. Nothing could ever substitute for that.

Thank you Leslie and Jodine for sharing your lives with us.



Have to have Champagne to celebrate, right? You should have seen what it took for Jodine and others to open this giant Champagne bottle!







Cancerversary XVIII for Sam Staatz

Can you believe it has been 18 years since Sam was diagnosed with brain cancer? I can't say that the time has flown by, exactly, but the sheer number of years is amazing.

Come join us on August 19 – that's a Saturday – from noon until 10:00 p.m. (This year, we are shutting down at 10:00 p.m. because some of us have a very, very early start the next morning.)

The party will be at our home:

7801 SE 37th Street

Mercer Island, WA 98040

206 232 7027

Enjoy Sam's unique style of invitation in the message below this one, and plan to come celebrate! Hope to see you very soon – Hollis

From Sam:

Hey, y'all,

Come on by Saturday, August 19 sometime between noon and ten o'clock to help celebrate my tumor becoming old enough to vote.

And since it's new to this voting thing, bring by some tasty treats and BEvERages; perhaps you can swing its vote in upcoming elections. Er, wait, that's voter fraud, or something those lines.

Anyway, do your best to convince the tumor with powerful arguments and feats of logic, such as more BEvERages and tasty treats (just enough for your group, though – share, but we don't want ten weeks' worth of blue cheese mac 'n' cheese which started out as cheddar floating around (we do love leftovers, just not the thirty weeks-worth of leftovers from the first few Cancerversaries. We're slow, but we learn).

I vote y'all come by and teach this sucker in my head what's up. It'll be fun.

As for where, it's at Mom's on Mercer Island. There's plenty of seating and parking.

Please RSVP. This bit's important 'cause we load up on burgers, tubular meats, and chicken to augment what y'all bring. We even get some sodas. And, get this, we even get some BEvERages to kick off the fun.

Oh, if you're thinking, "Oh, I'm tired. It's a long ways to go. I'll skip it." Think again, my friends. Friends are coming from all over, including Southern Cali – I'm sure he's a bit tired, cause like me, he beat the rush and got GBM before it became all popular thanks to John McCain (thanks, John, now everybody wants a GBM of their own).

I'm looking forward to seeing y'all here, Sam



Other Community News



The Logger Bar was recently voted Humboldt County's 2017 best bar - and best place to shoot pool! Congratulations and kudos to **Kate Martin** and the awesome Logger team!

Birthdays and Anniversaries

- Happy belated birthday, **Josh DeMers**,-- July 26 we miss you!
- ✚ Happy birthday, **Gabe Harshman** – August 2, 2017
- ✚ Happy birthday, **Marta McDermott** – August 6
- ✚ Happy #25 **Wesley Boone!** August 8



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) or at Sahale – 360 275-3957. In

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

Calendar of Programs and Events, 2017 - 2018

What makes community meaningful and fun?

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

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

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. The first gathering this fall will be Friday, **September 8th** in West Seattle, from 7-9 pm with potluck dinner at 6 pm. Newcomers are welcome. Contact Kirsten Rohde for more information: krohde14@outlook.com . September 8th only, we will be meeting at Joan Valles' home in Tukwila. For directions and to confirm your plans to come on September 8th, email Joan Valles: joanvalles70@yahoo.com

The women's program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net
Fall dates: Saturday 10 – 2 in West Seattle: October 7th and November 4th.



The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best

express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the weekend as a men's gathering. **October 6-8 at Sahale.** Contact Bruce Perler for more information: bruce_perler@hotmail.com

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



In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

Fall gatherings on Sunday evenings in West Seattle are: August 27, September 10, 24, October 8, 22 and November 5.

Contact Colette Hoff for more information: hoff@goodenough.org

Work and Play Parties throughout the Year

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



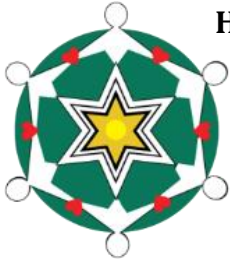
Labor Day weekend: September 1-4 at Sahale. Sahale is an open weekend on the Labor Day weekend so we will be enjoying the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe.

To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 24 – 30, 2018

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





Human Relations Laboratory, August 6 to 12, 2017

his intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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

Contact: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff hoff@goodenough.org



New Year's Eve at Sahale, 2017 – 2018. Sunday will be

New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives.



Annual Organizational Weekend at Sahale: March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

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

hoff@goodenough.org

Council meetings are August 28, September 11, 25; October 9, 23; November 6.