



# The Village View

September 29, 2021

Kirsten Rohde, Editor

## Heartful and Trusting

Kirsten Rohde

I'm having the feelings that go with having a friend with cancer. When Colette Hoff found that she had cancer, she entered into a time of lots of medical appointments, tests, treatment, and changes in her health and stamina. More time with the medical world than any of us would wish for. Living life to the fullest in spite of it all.

We have been talking about all this in gatherings such as Pathwork and the residents at Sahale, among other groups. We are expressing our feelings about and toward Colette and about the what if's. What will the future bring? Holding the uncertainty with Colette. Two weeks ago in the Village View, Colette wrote about her experience of *trusting the process*. She wrote: "I'm spending time with family, participating as fully as I can in life in community and at Sahale as well as going on adventures and staying in the present." The Colette we know is right here with us!

I feel my heart engaging in new ways. In addition to love and connectedness that comes when everything is wonderful, I realize that my heart is also very engaged in these times – it is a *heartful* time. Heartful in the midst of sometimes sadness. If I allow my heart to shut down then I'm not engaged in life. I can't be a good friend. These are things I am learning right now. I trust the healing energy of a large circle of friends who are all praying for, caring for, and connected around Colette. In our community we have had a Pathwork circle on Sundays for a very

### Coming Up—

- Third Age Zoom gathering  
Friday, October 8<sup>th</sup> 7-9 PM
- NW Permaculture Shindig  
Sahale, Oct 15=17
- Men's Weekend at Sahale  
October 22-24
- Meditation Retreat at Sahale  
November 20-21

### On-Line News of the Goodenough Community System

American Association for the Furtherance of Community  
Convocation: A Church and Ministry / Mandala Resources, Inc.  
Sahale Learning Center / The EcoVillage at Sahale

long time, led by John and Colette and now by Colette. Over the years we have learned of the power of prayer (by whatever word fits for each of us). I'm getting it that humans were built to be healers. Our hearts have many purposes. We trust that the energy a group can generate makes a difference – we've seen it make a difference.

Many of us are keeping a candle lit – sending a message of caring and believing that our heartfelt engagement will be a healing force. Perhaps you will join us in this symbol of connection.

Here is a quote from Piero Ferrucci that Colette used in her article two weeks ago - worth repeating:

*In trusting, we let ourselves go. We know that all kinds of unexpected events may come our way. Our tension eases, our mind and our hearts open spontaneously to be possibilities. It is an ever new state of mind, in the present moment, because we have detached from all we know.*

*Piero Ferrucci*

Tuning into your heart's wisdom creates a profound shift within that helps you approach situations with more emotional balance, compassion, clarity and personal confidence.

[www.heartmath.com/](http://www.heartmath.com/)

**“Dare to connect with your heart.** You will be lifting not only yourself and those you love and care about, but also the world in which you live.”

– Doc Childre, HeartMath Founder

<https://www.heartmath.com/>

What a gift to our heart, and to our body and soul, to allow it to fulfil this most beautiful and noble purpose. To help us process the difficulties and tragedies of the human experience. What a gift to not deny our emotionality, and thus not deny our feeling hearts that cannot help but be affected by life.

Vince Gowman, Healing for a New World

Convocation: A Church and Ministry Invites you to . . .

# AWAKENING

## To the Precious Present

A M E D I T A T I O N R E T R E A T



Being fully present to life...opening to and allowing what is, without judgment...This is mindfulness. And the central practice for achieving mindfulness is meditation.



November 19-21, 2021

## From the Goodenough Community Men's Culture

Norm Peck



**The GEC Men's Culture Fall Weekend** will be held at the Sahale Learning Center October 22-24. The weekend is later than usual to host the NW Permaculture Convergence the previous weekend. Bruce Perler and Tom George will be leading the take-down of the white Event Tent and convene Men's Circles during the weekend. It is especially helpful to have experienced hands during the day Friday, October 22, with the formal weekend starting Friday evening after dinner. ARCC students will be available to help with the take-down, and will need guidance from more experienced men.

Please let Tom George [thomasageorge@live.com](mailto:thomasageorge@live.com) (206-310-2240) of the dates and times you could be available, and anything you'd like to bring to the Men's Circle.

I will not be able to attend, as the memorial service and celebration of life for my father, who died in June of last year, is being held on that weekend in Kansas.





# A Sahale Shindig



## The Northwest Permaculture Convergence

Growing Permaculture in Practice — October 15-17, 2021

### The Strength of Permaculture Relies on the Strength of Peopleculture

If you would like to help with the mission to share and grow permaculture in the Pacific Northwest, please join us for this open space, emergent design campout. You can expect to encounter wonderful people, a stunning natural venue in the woods by the Tahuya river, evocative conversations with like-minded people and hands-on projects!

**FRIDAY** Arrive, settle in, meet-n-greet, further develop the schedule with presentations brought by YOU, dinner, music and an art option!

**SATURDAY & SUNDAY** Join in our pre-planned and your newly offered activities. Scheduled plant walks, skill-shares, discussion groups/presentations and our Sahale project of remodeling the blueberry bonanza garden, with open mic and project sharing spaces. Enjoy the land which offers great trails, access it to the river and use of The Swamp, an open air lounge for music and drinks.

#### PLEASE BRING

- A permaculture slideshow or short video on a flash drive to present at the event.
- Your favorite teas, harvests and brews to share!

**Register Today!** <https://nwppcc2021.eventbrite.com>

**Cost \$83** Includes the event, camping and full meal service from the Sahale kitchen featuring seasonal organic produce from the gardens and satisfying meals with accommodation for specialized diets (available on request.) Private rooms are available for an additional \$20 per night. Scholarships and some work-trades are available! NWPM are an all volunteer board. 100% of ticket costs goes to our venue, education programs and annual organization maintenance costs. If you'd like to sponsor someone or support the work, please donate through PayPal to [registrar@northwespermaculture.org](mailto:registrar@northwespermaculture.org).

**Contact Shaelee** President of the Northwest Permaculture Convergence  
360-670-1041 or [goodnesstea@gmail.com](mailto:goodnesstea@gmail.com)

**Sahale** [krohde14@outlook.com](mailto:krohde14@outlook.com) for questions and [sahaleretreat.org](http://sahaleretreat.org) to tour the venue

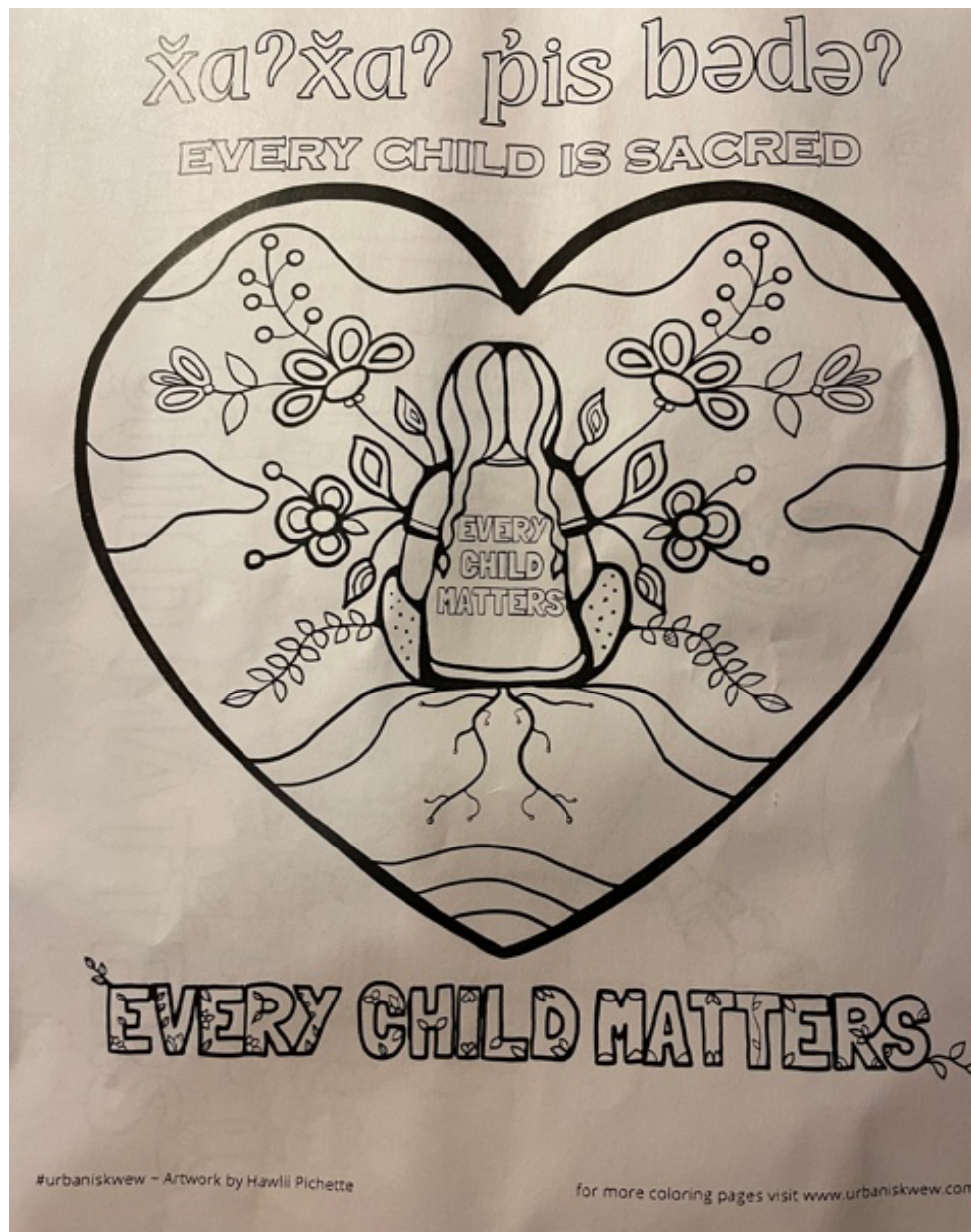
*Goodenough Community Village View*





**STAND UP**  
**SPEAK UP.**

*Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over all the expressions of racism and injustice and inequality against People of Color. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about racial injustice.*



This evening some of us at Sahale went to the Theler Education Center, (by the Theler Wetlands) for the first annual Orange Shirt Day in honor of all boarding school survivors, intergenerational survivors, and families. It was held in *Duhw Lay Lahp* (Belfair). Honored guests included individuals from Skokomish, Suquamish, Elwha Klallam, and Chemakum. It was an honor to be there and hear the stories and songs that members of the tribes were sharing with each other. People told stories about their mothers and grandmothers who had been stolen from their families and forced to attend boarding schools that were established in the United States during the late 19<sup>th</sup> century and up to the mid 20<sup>th</sup> century with the primary objective of assimilating Native American children and youth into Euro-American culture. In the process, these schools denigrated Native culture and forced children to give up their languages and religion. Children were forcibly abducted by government agents, sent to schools hundreds of miles away, often run by Christian missionaries, and beaten, starved, or otherwise abused when they spoke their native languages.

In Canada, the schools were run by the Catholic Church. One older woman said that the Catholic Church must apologize and admit the horrific nature of their actions. (In fact, in Canada after the recent discovery of unmarked graves of hundreds of First Nation children were discovered, the Catholic Church has still not apologized or really accepted any blame.) One woman said that in interviewing her mother and grandmother about their experiences they were hesitant to speak about their experiences and still afraid to use their native names. They had been told to never talk about it and to only use their English names. The war on Native people resulted not only in genocide but also an attempt to eradicate their culture.

Fortunately, subsequent generations are working to relearn the traditional ways and pass this on to their children. One man told us that they homeschool many of their children as a way to “decolonize.”

We learned that the Snokomish Nation now has a language school and students from the school sang their songs to us.





Mindful Mike's Blog: Industry  
Mike deAnguera

We process apples, elderberries, blackberries, grapes, and other fruits and vegetables into a variety of jams, juices, wine, and other edibles. I can get these same items in fresh or processed form at the local supermarket. Here at Sahale I personally know the people who produce these things. That is not the case with food bought at the supermarket. Food going to a supermarket or restaurant is processed at a large scale. This is known as an *industry*. An industry can be very impersonal where people doing the work are just simply factors of production. Management wants to pay these people as little as possible to make as much profit as possible.



Here Irene Perler, Adrian, and Josh DeMers are picking elder berries. I helped by holding a bucket under each elder berry bunch to be cut. Irene later began processing all these elder berries to make tinctures. The same product is available at the supermarket at 8 dollars for a small bottle. Valuable stuff. None of us was working for a salary from an employer. We are all equal in this venture called Sahale.

My brother Paul and I were raised by our parents with our dad, Earl being employed as a banker in the Foreign Dept. For our mom and dad moving to Magnolia was part of their moving up the ladder of success. They never knew what it was to work an 8 hour day. Appearances were everything to them because that's what it took for our dad to work in business development.

We didn't experience community in Magnolia. The focus was totally on our dad's work. As a result we had no relationship with any of our neighbors. I had a couple of friends who lived across the street because we were always playing together.

I had no friends in school because it was understood that school was not a place for playing. It was to prepare us for the wonderful world of *work*.

In the world of school and work I was somehow expected to find a mate. But how do I find a good friend in a world that didn't value friendship? Friendship certainly was not on my mind. Instead I focused on becoming *employable*.



Starting a family was what our folks hoped I would do but the idea didn't appeal to me. Later I did desire someone to share my life with but by then it was too late. Life felt like an assembly line. If I didn't find a mate in the appropriate time I was out of luck. Still I could not see myself starting a family in the land of industry. I did not wish to be the product of an assembly line. As Adam Smith pointed out this kind of work produces unthinking people. Livestock. How does one find love as livestock? How others do it will always remain a mystery to me.

I joined Paul and Pat for a journey to Discovery Park in Seattle. The park encompasses what used to be Fort Lawton. I spent two nights with them at their West Seattle home for my 66<sup>th</sup> birthday. It took us over an hour to get there because the West Seattle freeway was closed and the 99 tunnel had no direct access to Magnolia so we had to weave our way around Queen Ann Hill.



## **Programs and Events of the Goodenough Community Updated for the Fall, 2021**

**Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connecting, many of which are via Zoom.**

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others.

Information about programs and upcoming events can be found on our website:

[www.goodenough.org](http://www.goodenough.org)



### **Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now**

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. Next summer we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



**The Goodenough Community's governing body, the General Circle,** meets monthly, 7:00 PM, via Zoom:

- *October 18*
- *November 15*

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



**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.

- *September 25, 2021, Saturday, 10AM via Zoom*
- *October 23, Saturday*

For more information, contact [Hollis Ryan](#).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](#) for more information

Fall dates: October 8, December 10.



**The Men's Program** - Our Men's Circle is an expression of brotherhood and practice with wisdom, gathered from our own lives, other men's work, advocates, and the founders of this circle. October 22 to 24 is our next gathering!

For information, contact Norm Peck, [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com)



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

- *September 12 and 26*
- *October 10 and 24*
- *November 7*



**True Holidays Celebration - Saturday, December 4, 2021**

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



**Work and Play Parties throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times 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](mailto:hoff@goodenough.org) with questions.



**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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).*