

Principles of Resiliency



Designed by Jamais Cascio - <http://bit.ly/wmSlq>
Inspired by Mario Vellandi - MelodiesInMarketing.com

Resilience

Failure, Rejection, Grit

All About Resilience

Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes. Psychologists have identified some of the factors that make someone resilient, among them a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Even after a misfortune, resilient people are blessed with such an outlook that they are able to change course and soldier on.

“The greatest glory in living
lies not in never falling,
but in rising every time we fall.”
— Nelson Mandela

The Village eView

October 29, 2014

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

[October 31 to November 2, Harvest Weekend](#)

[November 2, Pathwork](#)

[November 7, Third Age Gathering](#)

[November 14, Conscious Couples Network](#)

[November 15, Women's Cultural Program](#)

“The human capacity for burden is
like bamboo- far more flexible
than you'd ever believe at first
glance.”

— Jodi Picoult, *My Sister's Keeper*



The first known use of this word, resilience, was in 1824. I don't know the meaning of this yet, I know that the importance of this word to conversations about individual survival or general human survival. Resilience is a positive characteristic that points to positive thinking, a realistic attitude, and self-confidence.

By John L. Hoff

Resilience enables people to rebound from difficulties. I imagine that the more human beings are stressed and the more human survival is threatened, the more we will be interested in resiliency.

Here are 10 Steps to build resiliency in yourself or in a group you are a part of:

1. Make close connections.
2. Avoid seeing crises as insurmountable
3. Accept that changing is a normal part of living.
4. Develop realistic goals and move step-by-step toward them.
5. Take decisive actions letting people know of your decisions as you make them. In fact, make your decisions with the support of others.
6. See crises as opportunities for change and growth.
7. Nurture a positive view of yourself by taking seriously negative comments but without allowing them to erode your self-confidence.
8. Bring to crises a perspective that keeps the event in proportion.
9. Maintain a hopeful attitude.
10. Take care of yourself paying attention to your own needs and feelings.

Psychological resilience

From Wikipedia, the free encyclopedia

Psychological resilience is defined as an individual's ability to properly adapt to [stress](#) and adversity. Stress and adversity can come in the shape of family or relationship problems, health problems, or workplace and financial stressors, among others.^[1] Individuals demonstrate resilience when they can face difficult experiences and rise above them with ease. Resilience is not a rare ability; in reality, it is found in the average individual and it can be learned and developed by virtually anyone. Resilience should be considered a process, rather than a trait to be had.^[2] There is a common misconception that people who are resilient experience no negative emotions or thoughts and display optimism in all situations. Contrary to this misconception, the reality remains that resiliency is demonstrated within individuals who can effectively and relatively easily navigate their way around crises and utilize effective methods of [coping](#).^{[3][4][5][6]} In other words, people who demonstrate resilience are people with positive emotionality; they are keen to effectively balance negative emotions with positive ones.^[1]

Resilience is composed of particular factors attributed to an individual. There are numerous factors, which cumulatively contribute to a person's resilience. The primary factor in resilience is having positive relationships inside or outside one's family. It is the single most critical means of handling both ordinary and extraordinary levels of stress. These positive relationships include traits such as mutual, reciprocal support and caring. Such relationships aid in bolstering a person's resilience. Studies show that there are several other factors which develop and sustain a person's resilience:[\[7\]](#)

1. The ability to make realistic plans and being capable of taking the steps necessary to follow through with them
2. A positive self-concept and confidence in one's strengths and abilities
3. Communication and problem-solving skills
4. The ability to manage strong impulses and feelings

These factors are not necessarily inherited; they can be developed in any individual and they promote resiliency.



What is Community Resilience?

Community and Regional Resilience Institute (CARRI)

Resilience is the ability to anticipate risk, limit impact, and bounce back rapidly through survival, adaptability, evolution, and growth in the face of turbulent change.

Resilient communities minimize any disaster's disruption to everyday life and their local economies. Resilient communities are not only prepared to help prevent or minimize the loss or damage to life, property, and the environment, but they also have the ability to quickly return citizens to work, reopen businesses, and restore other essential services needed for a full and timely economic recovery.

Our approach to resilience is based on a simple economic rationale: communities have a quantifiable level of functional capacity. In a crisis situation, that capacity declines at a rate and to a depth that is largely dependent upon the nature of the disruption, the community's level of preparedness for that specific disruption, and the rapidity and effectiveness of that response. More importantly, the recovery rate depends on those same factors.

What is community resilience?

According to the Australian Government's Social Inclusion Board:

Community resilience means the capacity of communities to respond positively to crises. It is the ability of a community to adapt to pressures and transform itself in a way which makes it more sustainable in the future. Rather than simply 'survive' the stressor or change, a resilient community might respond in creative ways that fundamentally transform the basis of the community.

Key features of resilient communities are social learning, adaptiveness and flexibility.

Why do we need community resilience?

Australia is vulnerable to a variety of shocks and natural disasters. The severity of a disaster is determined by both the scale of the disaster and the level of community preparedness.

Community resilience is critical in minimising the effect of these disasters and contributes to a quicker, more effective response.

How do we build community resilience?

There is no hard and fast rule for how to build community resilience however it is best strengthened continuously, not just in times of crisis. It involves people getting together to create sustainable links within their community.

Resilient communities are able to integrate their resources and capability to respond positively to crises. Resources can range from first aid kits and torches to communication systems and the goodwill of the local community. Capabilities are the means to make use of your resources and these can be anything from trade skills to motivational and leadership abilities. Resources and capabilities can be integrated throughout and beyond the community using social networks and cooperative decision making.

How do I know if my community is resilient?

Community resilience comprises 4 different, overlapping environments:

1. Built *e.g. buildings and infrastructure (roads, sewers, etc.)*
2. Natural *e.g. hills, bushland, wetland, etc.*
3. Social *e.g. community groups*
4. Economic *e.g. businesses*

There are many different ways you can strengthen your community's resilience, for example do you know your neighbours? Are you actively involved in the local community?

Does your community know what to do before, during and after a natural disaster?

What is Volunteering Queensland doing to build community resilience?

Volunteering Queensland is organising a few key activities and projects, around business resilience, youth resilience, working with the local community and local leaders and Aboriginal and Torres Strait Islander resilience. Find out more about our [Step Up Program](#).



Resilience – What Is It, Anyway?

by John Plodinec

One of the blessings – and curses – of working in resilience is that you have to attend a lot of meetings – a **LOT** of meetings. Too often, you'll think you're making real progress on dealing with an issue when the meeting will get sidetracked (or hijacked) when someone blurts out, "Well, what is resilience, anyway?"

If there are academics in the room, almost invariably each of them will trot out their favorite definition, and then intellectual chaos ensues as each defends theirs and points out the flaws in everyone else's definitions. The result? The meeting's derailed, you're frustrated, and another opportunity to deal with our real problems missed.

The situation is even worse for those who read the literature. There are literally hundreds of different definitions that have been proposed by researchers. Pity the poor practitioner who tries to scale this Tower of Babel, or the student who ventures into this intellectual quagmire. Some see resilience as a somewhat passive property – adaptation to change. Others see it as an active acceptance of the inevitability of change resulting in action to anticipate the changes that may occur.

The definitions people propose are often also dependent on the domain. Human resilience, for example, is seen by many psychologists as a pro-active capability, a manifestation of strength. Ecological resilience is seen by many ecologists as a reactive response to change. Last month I had the privilege of seeing a presentation of a paper by Kristen MacAskill and Peter Guthrie of Cambridge University. Their take on the problem of the diverse definitions of resilience is an interesting one. They argue that we should embrace this diversity (*Vive la difference!*) and try to understand it, rather than debate the differences. They propose a kind of taxonomy of resilience definitions (See the figure. I've re-drawn it and slightly changed the wording. The original will appear in the Proceedings of the 4th International Conference on Building Resilience. I thank the authors for permission to discuss their paper.).

As can be seen from the figure, definitions are characterized first by the type of application and the context for the definition. Each of these is broken down into secondary and then tertiary categories.

A few points of interest.

- Clearly, the authors are trying to provide a complete “parsing” of the resilience space. They include both developed and developing societies, and single entities (“physical” objects) to systems, to governance processes of systems of systems.
- Definitions are classified in terms of the tertiary categories they cover.
- Further sub-divisions are possible. For example, another tertiary category could be added to the SCALE subcategory to reflect the resilience of the nation.
- There seem to be two omissions – the type of shock and the element of surprise. As I’ve posted previously (<http://www.resilientus.org/disasters-have-direction-what-does-that-mean-for-community-resilience/>, and http://www.resilientus.org/is-it-resilience-or-resilience-to-___/), resilience depends on the type of change. Communities are likely to have a different degree of resilience to an earthquake than to an economic recession or a pandemic.
- The element of surprise can also be a differentiator. Human systems – especially bureaucracies – are far more likely to be resilient toward what is foreseen and may not be able to effectively cope with surprises at all. This is also reflected in the differences among some definitions.



While I was cogitating the nuances of the M&G paper (sometimes I'm a slow reader!), I stumbled on another take on the same problem by David Woods at Ohio State. He limits his paper to concepts of systems resilience, and concentrates on the technical aspects of the definitions. In other words, same church, different pew.

He classifies definitions into four types (See the Figure.).

- Resilience 1 – resilience as rebound. This is the unifying concept for the largest number of definitions – the idea of coming back after a shock.
- Resilience 2 – resilience as robustness. This type of definition looks at the set of shocks a system can absorb. These sorts of definitions start to bring in the element of surprise, because they focus on known shocks.
- Resilience 3 – resilience as “graceful extensibility” (What a nice phrase!). These types of definitions focus directly on the idea of coping with surprises – both positive and negative. In this sense, graceful extensibility is thus a generalization of graceful degradation to negative surprises that includes pleasant ones. A key part of this resilience concept is the idea of stretching the system's boundaries.
- Resilience 4 – resilience as sustained adaptability. These types of definitions focus on governance models of complex adaptive systems like communities. In terms of M&G's taxonomy, these definitions look at the governance of multi-scale “systems of systems.”



The key takeaway for me is that if we are going to elevate *resilience* to something more than a buzzword, we need to be able to better communicate among ourselves what it is we mean. *Resilience* is being used across disciplines and in virtually every domain imaginable. In the words of Churchill, we are “separated by a common language.” Both MacAskill and

Guthrie, and Woods, provide ways to bridge that separation. Not a Rosetta Stone yet, but a good start



Goodenough Community Leadership Weekend

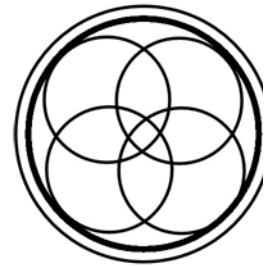
Kirsten Rohde

It was a very rainy weekend as we gathered in the cozy Kloshe living room at Sahale this past weekend. The wood stove was on and we settled in to a series of good conversations. The group who met included those who have been meeting on Monday nights as a planning group plus a couple others (Nan Kreckler, Irene Perler, Bruce Perler, John Hoff, Colette Hoff, Margenta Grey, Jim Tocher, Tod Ransdell, Douglas DeMers, Elizabeth Jarrett-Jefferson, and myself. Barbara Brucker was able to join us Saturday afternoon.) Our goals for the weekend were:

1. To join together in a common concern for our organizational life
2. To accept ownership of a community that encourages and guides human development through life-long learning and attends to healthy and creative relationships.
3. To attend to a project we started years ago – our story. This includes evaluation – both critique and valuing.
4. With John's retiring a question emerges, was the spirituality here about John or John and Colette and how do we want to be as a community with spirituality?
5. Agree on central people to fill key roles
6. Begin a planning process for the next period leading up to our November Community Development weekend (Nov. 21-23).
7. Invite and involve others in our renewing community

First I would say this was a very good weekend and I think I'm speaking for others in the circle who expressed the same. In this interim period as a community, we have continued the day-to-day operations and programs while allowing there to be a period where specific roles are not formally held. However, the group has asked for John and Colette Hoff to hold training roles as we look at the various facets of assuming increased responsibility. Our realization is expanding about the level of functioning and knowledge needed to fill the roles needed into the future. Therefore John and Colette in their roles as trainers were able to express more about what it has been like to have the key staff roles and to shepherd this community to where we are today. I felt John's effort to be sure that we made the progress needed this weekend to keep on track with the needs of transition.

Our first task was to seek the right fit for additional roles. We found ourselves valuing what each person contributes and being specific about where we'd like to see them focus. Three people have agreed to hold the key focus for the work of each of the three organizations



for now through the November weekend. Others joined in with a particular area of interest and ability. We also asked for John and Colette to continue in trainer roles. Thus for now we have:

Convocation/a voice for spirituality: Nan Krecker, Irene Perler, (and Hollis Guill Ryan who was not at the weekend has been holding a facilitating role for the Sunday night Pathwork gatherings). We agreed that these are three people who know about relationship, respect the role of spirit in life, and would keep a strong connection with John and Colette. During the weekend there was good conversation about the direction Convocation could take in the future.

Mandala Resources, Inc.: Bruce Perler, Douglas Demers, Jim Tocher, Tod Ransdell. We had some good conversation filling out more what the function of MRI would be, valuing the need for a business-like focus.

Association for the Furtherance of Community: myself and Elizabeth Jarrett-Jefferson. Magenta expressed an interest (supported by all of us) to help form a marketing team.

What was new to me at the weekend was that we seemed much more united, even with differing views, but joined in the desire to work all together to form the community needed now. This included thinking through possible ways to continue aspects of the work currently done by John and Colette as professional staff. A variety of possibilities were explored and more will be coming out in these next months. We're stretching into a future that has some givens and quite a lot of aspects to still resolve. In this time of increasing awareness of what it has been like for John and Colette to form and lead the community for many decades, we also agreed that with the frame of always learning, we can be more united and engaged in exploring future possibilities. I experienced myself and others speaking often of what we value and the human qualities of our community as we provide support to community friends and families, and develop our capacity to be relationally helpful. We also talked about what freedom means in community, the value of a view of abundance, and financial life and lessons learned.

It is no small feat to bring a community through the transition of leadership and changing times around us. If you are drawn to help or provide support in this process, please plan to join us at the November weekend. These are great times for learning – personal, relational and creating systems that reflect our values and work well.



For You, Perhaps, An Important Invitation (Sahale, 11/21 to 23)

The Goodenough Community is mostly an idea or vision. Historically our community was influenced by an idea of a British psychiatrist named Donald W. Winnicott. In research he had done in the First World War, he and his staff discovered that orphan children would refuse the help of several caregivers and would fail to thrive until they decided a caregiver was acceptable or “goodenough.” In the Goodenough Community we offer a relationship and a social space that is goodenough or acceptable to the average member. We are a learning community that is passing forward the wisdom of the communitarian tradition. The community makes a difference in our lives that we can see in the growth and learning in each other. We have found that the Goodenough Community helps us in the measure that we allow it to.

Approximately twice a year, the community invites acquaintances and friends to a formal conversation about what we are trying to do and how you could help us do it. We offer this weekend free of charge although the Donation Jar will still be visible in Potlatch for food donations. Our community is investing in you as a potential friend of our endeavors. Seriously, if you have questions or comments that you would like us to engage, show up at this event! Some presentations will be made about what we are trying to do and you will have an opportunity to question and join us in discussion about the future of the community. What is special about his community is that it has about forty years of history at negotiating about its culture and its mission with a group who gather. We are asking you to join this important discussion.

Colette and I are approaching retirement and yet we are around for this conversation and a while longer. You are being invited into conversations that will evaluate the past and shape the future. If you are intending to come, **please let Kirsten Rohde know of your plans (krohde14@outlook.com).**



Pathwork:

Sunday November 2 we are **inviting all interested** to participate in a “**Pathwork Process**,” a process of sharing our own faith journeys and problems with development. The focus is on what is happening in our lives now and not on earlier history. It is a process in which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. **John and Colette would each welcome meeting with anyone interested in attending.** Email hoff@goodenough.org to RSVP.

Pathwork will be meeting in West Seattle at the home of Joan. Phil, Barbara, and Jim 7723 13th Av SW, Seattle 98106.

*Try to choose carefully when the great choices must be made.
 When I was young I had to choose between the life of being and the life of doing. And
 I leapt to the latter like a trout to a fly. But each deed you do, each act binds you to
 itself and to its consequences and makes you act again and yet again.
 Then very seldom do you come upon a space, a time like this, between act and act,
 when you may stop and simply be. Or wonder, after all, who you are.*
 ~ Ursula LeGuinn

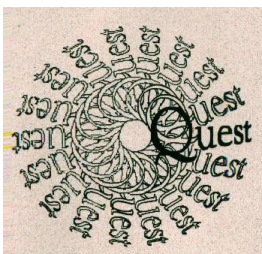
Third Age Gathering, Friday, Nov. 7

The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this “third stage” of life.



In the Goodenough Community the theme we are working with this year— begun at the August Human Relations Laboratory—is “Talking Things Through.” On **Friday, Nov. 7**, we look forward to another evening of friendship and exploration as we continue conversation begun at our October gathering. (It is not necessary to have been at the October meeting, however, to join us in November.) We will meet at the home of Phil, Joan, Barbara, and Jim in West Seattle. As usual, we’ll start at 6 p.m. with potluck supper. We’ll provide a main dish. Please bring a side dish or dessert to share and beverage of your choice. An RSVP is always helpful at the phone number or email address below.

Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com.



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.

Quest is currently offering a group focused on relationship:

Tuesday, October 28 at 7:30 p.m., we will be meeting with couples. Some of these couples will be married, some will be committed, some will be living together, some will be serious friends that want a chance to work with themselves and their personal development yet within a relationship with someone else. If you can think of someone you would like to work on self-development with—let them know. Also let us know (John and Colette Hoff) that you are interested in a relational counseling approach to personal development.

This group will be meeting at the home of Pam and Elizabeth who have found that their own relationship has deepened in recent months.

**Are you coming?****Harvest Weekend, October 31 to November 2**

This year, our apples are ripening early! In fact, we've decided to hold our harvest weekend on October 31 to November 2. While some trick or treaters may not be able to attend, there will be cider-making and lots of applesauce as well as good meals. Feel free to join for the day or overnight.

Email hoff @goodenough.org with your plans.

"The oak fought the wind and was broken, the willow bent when it must and survived."
— Robert Jordan, *The Fires of Heaven*

Fundraising for the Next Hot Tub

Thirteen years ago we installed the first hot tub at Sahale—for years a member from the community traveled from Seattle to Sahale to see that it was locked up and cared for well—and all those who did this chore commented on how good it was to end the day with a hot tub. Well



that hot tub has worn out and we are going to replace it. This eView article is our first public awareness that we need to raise \$5,000 for the next hot tub. If you have appreciated the hot tub or look forward to the new one, you may be some of the early investors in our new hot tub. Some of us have ordered the new hot tub in the faith that **together** we will find a way to pay for it. Would you let Colette Hoff know of your desire to give or simply give her your contribution to the New Hot Tub Fund (NHTF).

Jim Tocher and Wesley Boone (10-20-2001)
Installing the first tub.



The eView is for everyone!

Kirsten Rohde

Do you enjoy reading the eView? I know I like the feature articles – I read them as a kind of meditation for the day. I love photographs, Mike's stories, news from other groups. I refer to the calendar of Goodenough events in the back pages for dates and times of events and gatherings.

If you know of others – family, friends, others interested in community – who might enjoy this weekly newsletter, offer to send in their email address to Colette to be added to the list. Let them know that they will receive an email on Thursday about the next issue with a link to the website to download it.

The eView is always made up of contributions from a variety of folks – you could be one! Contributions are welcome as are your comments and suggestions. Send all to Colette Hoff: hoff@goodenough.org

The Village eView

Save the Date

I invite you to The Goodenough Community's True Holidays celebration this year on **Saturday, December 6**, from 6 to 11 pm, at the Mercer Island Congregational Church. Please save the date – and watch the *eView* and your email for more information to come.



The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many beyond the Goodenough Community. I'd love to see you there this year.

During the evening we have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!). There are planned activities for children, plus food, libations, and a fun silent auction.

**This year again we are happy to be led in contra dancing
by Sherri Nevins and her musician friends!**

Please save the date – I know calendars fill up quickly in this season, and I want to be sure that you can come!

Enjoy having a **Good Enough*** Holiday!

*Good Enough: *Synonym:* gratifying, satisfying, fulfilling, pleasing

Join the Goodenough Community & Friends Celebrate the mid-winter holidays

Silent
Auction!

LAUGHTER!

Contra
Dancing
with
Sherry Nevins!



RAFFLE!

FUN!

Childcare
provided

**Sweet & Savory
Treats + Drinks
for Sale**

A short program to reflect on your upcoming holiday experience-
so you can design it the way you want!

Saturday, December 6, 2014
6:00 - 11:00 p.m.

Mercer Island Congregational Church
4545 Island Crest Way, Mercer Island, WA

7:30 - Contra Dancing ♥ 8:00 - Program ♥ 9:00 - Resume Dancing

For more info, contact Kirsten Rohde: 206-719-5364 or email: office-gec@goodenough.org



Free Admission

Our True Holidays Silent Auction

Elizabeth Jarrett-Jefferson



*We are pleased to announce that we will again be featuring our **Silent Auction** at our annual True Holidays event this year, **Saturday, December 6, at the Mercer Island Congregational Church** (4545 Island Crest Way, MI 98040), beginning at 6:00PM (mark your calendars & note the time). This event*

is a wonderful part of the True Holidays celebration because the spirit of warmth, generosity and creativity that surrounds the Auction is deliciously palpable—and sometimes even edible!

To which I extend my invitation again to you to donate to this very worthy cause, the work of the Goodenough Community, which supports programs that help real people and real lives. We need the work of communities like ours now, these days, more than ever. There will be a bid form included each week with the eView, and [I invite your contribution](#).

Are there things/experiences that you would love to bid on but aren't offered by the auction? [Let me know](#).

Here are some ideas---either for donating or your wanting to see them there. **I know this is the fall, but let these spring-board your creativity!**

- A team to rake fall leaves
- Mosaics class
- Dog sitting, dog walking
- House sitting
- A guided/catered hiking experience for several with your own personal sherpas
- A catered sailing experience with two experienced, talented sailors
- Maid-for-the-day
- Laundry-for-the-day
- Grocery shopping
- Running errands, driving your kids to activities, driving your parents to activities
- Birthday cakes for your family/children for the entire year
- Gardening/potted plants lessons and nursery trip
- Perennial plants
- Holiday linens
- Movie tickets
- Certificate for a massage or the Spa
- Organizing your papers
- De-cluttering your house
- Handy man services
- Scrapbooking, organizing photos, sorting
- Drawing lessons



- Museum tour with your own personal docent
- DIY wine tour with your own personal DD
- Wine and cheese basket
- Knitting lessons
- Knitted items
- Meals and meal deliveries
- Sourdough starter from a famous local restaurant
- Guitar lessons
- Architectural consultations

I look forward to seeing you there. – Elizabeth.

A Recent Silent Auction Experience, Thank You Lisa and Marjorie Colette Hoff

Two weeks ago, on a bright sunny day I was sitting at a picnic table at Discovery Park being treated like a Goddess by each of you and this was just one of three experiences you both created for me. While the original silent auction experience you offered was a day hike with lunch, we all decided a day in Seattle would work well. I loved the Chihuly Garden and Glass Exhibit, timed so well that we saw it in daylight and after dark so we saw the beautiful lighting. The dinner at Collections was great with such amazing décor. Thank you both for donating to the 2013 Silent Auction, will you offer something again?

Love, Colette



The deAnguera Blog: Fall International Dinner



The Ananda Community has two International Dinners per year raising funds to build a fellowship hall beside the Temple in Bothell. When the new fellowship hall is completed, all events will be held there. This fall dinner featured southern India cuisine. The main course featured two different kinds of rice along with a very delicious soup. I especially loved the milky lasi as well as the hot chai.

Afterwards we were treated to several dessert offerings at the nearby Hansa Temple. There was a slide show on India featuring the Swami Kriyanada's thoughts. The Swami was the Ananda leader until his death last year.

Last of all we were entertained by the Kirtan group in the photo on the right. They did some powerful songs including an Om chant.

There was an Om chant that was particularly important for the dinner time. My bother Paul, researched exactly how to write it in Sanskrit. Then he painted it over and over again on a strip of paper 400 feet long. We taped the strip up near the ceiling around the dining area as well as the Hansa Temple requiring two six foot ladders. Justin, an Ananda member well known to Paul's wife Pat helped us put up the strip. Putting up the strip was some of the hardest work I have ever done. First, pieces of tape were stuck to the wall near the ceiling. Then the strip was carefully unrolled over it. As you can see at one time all three of us were unrolling the strip. In the Hansa Temple two of us would be up on the ladders. One person unrolled and stuck up the strip until the person on the adjacent ladder picked it up and continued unrolling it.

We received quite a few compliments on our Sanskrit strip. The Ananda folks especially appreciated the effort Paul put in. It took him many weeks to do all 400 feet of the strip. I remember he was still working on it the evening before the dinner. He really enjoyed it and wants to take a course in Sanskrit. Pat took most of the photo collages on display around the dining area. They featured city and country scenes Pat took photos of during her trip to India last year.. Getting the collages to work was quite a challenge for her. She has taken some of the best photos I have ever seen.

I attend Ananda events because this is one way to maintain connection between the Ananda Community and ours. I believe in the years to come as our society's way of life drops away that such links will become very important. We will be the nodes around which the new world is being built. Ananda and the Goodenough Community are helping me and my family make the transition. Thank you all for being there when we needed you.



Sometimes taping up the scroll meant unusual dedication. Here is Justin peering over the top of a bathroom shower obviously very proud of his work.

Happy birthdays!

- 👻 Casper the Friendly Ghost – October 31
- 👻 The Headless Horseman – October 31 - age 46 (with head), age 52 without head
- 👻 Great Pumpkin – Happy birthday from Charlie Brown – age unknown
- 👻 Grace Slick – October 30
- 👻 And, Max Fain, October 30

Happy Anniversary!

- 👻 Frank N. and Olga Stein – October 31
- 👻 The Count and Mrs Dracula – October 31 – Happy # 117!

Gallows Humor

A man is walking home alone late on Halloween night.
It's dark, and the streetlights are out. Suddenly, he hears

BUMP!
BUMP!
BUMP!

Behind him. He walks faster, but the sound keeps coming.

BUMP!
BUMP!
BUMP!

Worried he is being followed, he glances behind him and through the darkness, and he can just see an upright coffin.

No one seems to be holding the coffin; it's just bumping down the street behind him.

The man is scared. He's sure it's following him! In an effort to shake it off, he turns a corner. To his relief, the sound stops. He keeps walking but before a minute has passed, he hears the familiar sound behind him again:

BUMP!
BUMP!
BUMP!

He is terrified! He starts to run towards his home, but the faster he runs, the faster the coffin bounces along behind him!

Bumpity BUMP!
Bumpity BUMP!
Bumpity BUMP!

He pushes open his front gate, and runs up the path, fumbling for his keys. The coffin reaches the gate and effortlessly pushes it open. It's right behind him!!!

Finally his shaking hands manage to unlock his front door. He has no time to slam it behind him; the coffin is right on his heels! He rushes up the stairs, praying the coffin cannot climb after him.

BUMP!
BUMP!
BUMP!

The coffin pauses at the bottom of the stairs. The man breathes a sigh of relief but ...

clappity BUMP...
clappity BUMP...
clappity BUMP...

The coffin is now climbing the stairs behind him. He runs to the bathroom perhaps he can lock himself in there! His heart pounds and his lungs hurt with the exertion of running for his life! He has only just latched the bathroom door when ...

CRASH!!!

The coffin breaks through the bathroom door!

What can he do? The coffin is nearly upon him! He reaches out for something heavy that he can throw at the coffin, and his hand comes to rest on a large bottle of cough syrup.

Desperately, he throws the cough syrup as hard as he can at the coffin and

.....

(Wait for it)

.....finally the coffin stops!



The Goodenough Community:

Cultural Programs & Events in 2014

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.

Third Age Gathering, Friday, November 7

Joan Valles

"Old age is ready to undertake tasks that youth shirked because they would take too long." W. Somerset Maugham



The next Third Age gathering will be Friday, Nov. 7, at the home of Barbara, Jim, Phil, and Joan in West Seattle. Our evenings start with a social time and potluck meal at 6 p.m. followed by guided conversation on the themes we are exploring.

Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

Women's Culture, Upcoming Next Gathering, Saturdays: November 15



Saturday, November 15

10:00 a.m. – 2:00 p.m.

We will meet at the home of Rose Buchmeier:

9033 13th Avenue SW

Seattle, WA 98106

For directions, call Rose: 206 764 0193

The Conscious Couples Network presents: An Evening for Committed Couples



Friday, November 14

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.



Mark your calendars for 2015!

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 Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, please contact *Irene Perler* at 206-419-3477 **or email** 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.

True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. This event has more than 25 years of history and is set early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and commences at 7:00pm. Kirsten Rohde will be our host and guide.

Register Now!

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot-tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **7th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: krohde14@outlook.com, bruce_perler@hotmail.com, elizabeth.ann.jarrett@gmail.com

