

The Village eView

April 4, 2018

Colette Hoff, Editor

Coming Up:

Pathwork, April 8

Council, April 9

Women's Weekend, April 13-15 at Sahale

Sociocracy Workshop, April 26 to 30

Annual Membership Meetings, Monday

May 7, West Seattle Community

Florescence

Pedge Hopkins

Florescence refers to a process of exponential bursting into flower – as though the focus is not simply on a single flower, but an entire tree of flowers bursting into buds at the same time.

The power of the Spring Equinox is the power of Florescence.... when all of nature comes into bloom. Florescence as a word goes much further than the word 'flowering'. If we look at nature, which is the root of the word florescence, you will see that nature produces many buds on many different plants, but that all plants flower at unique times. Furthermore, the buds on each particular plant open collectively, in a great rush of dynamic energy. It is a period of great development or a time of vigor and freshness. (excerpt from Richard Rudd's 15th Gene Key).

Sahale is on the cusp of Florescence, just as it is where you live.... Look, feel, and sense the energy of Nature around you. There is a quickening happening as Nature readies herself for an explosion of 'becoming', of growth, color, fertility.... her ultimate creative expression held for our viewing pleasure on one hand and on the other as an invitation to feel our own unique quickening within. Florescence follows nature's own wild, organic rhythms, which invite an

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

attitude of trust, surrender and childish delight. It is a time to reflect on our own 'becoming' and the places of energy (dreams, visions, all possibilities) that are calling out for us to experience our own florescence....the time is right, right now.



Florescence, a new word

Colette Hoff

Recently, several EcoVillage residents were sitting at the fire and Pedge taught us the word florescence. Then she was encouraged to write about it, which she has done beautifully! Many things are coming forth throughout our community, individually and collectively. An illustration is the following article also written by Pedge about her experiences of three communities. This week you will also read an advertisement for a workshop, Silence Meets Soma, that will happen in May at Sahale and anyone is welcome to attend.

I am appreciating that the word has been applied to anything that seemed to be thriving or flourishing, as in "the highest florescence of a civilization, according to one source.



The following article was written for the Spring 2018 Hearth letter of Woman's Way Red Lodge (WWRL.org) a 501c3 non profit since 2005. It has been edited for eView.

A Pilgrimage....by any other name

by Pedge Hopkins

My story, with the Grace and Wisdom of hindsight, reveals many, many threads converging. The journey of Red Lodge's becoming is part of my story. Participating in Long Dance since 2001 is part of my story. And now, joining the Goodenough Community at Sahale is the next place for my story to unfold. These aren't the only places in my wild and amazing life where quantum shifts happened, but they all have been pivotal in dropping down and peeling the onion of myself.... with it happening in full view of others.

So, for those of you who are reading this and have witnessed my 'elbows all out' – I thank you. Witnessing another stretching themselves and holding them and loving them has been the magic elixir I received. Now I understand it is a doorway for growing trust and compassion. It also is the place of reflection by others to me. Not an easy place to stay in one's skin, but oh so potent if offered from love and care.

I share this with you because Red Lodge, Long Dance and now Sahale and the Goodenough community embody this quality of receptivity of who we are, regardless. They are a platform to enter into the dance of relationship and practice becoming a person grounded, loving, and connected to others and the natural world around us.

I remember my first Long Dance as the first place I could be with others and begin to allow them to 'see' me. I witnessed others leaning in and revealing themselves and how they were held. It was a culture of trust and safety and desire to go deeper. Connor's words and presence held that space for us for years and years, and I grew in that rich fertile soil. In time I stepped into this bowl with others to also practice this ineffable quality.

It is through these experiences I came to understand community. I get what the word means, but an embodied understanding had eluded me. I am a traveler, a solo (for the most part) participant in my life's unfolding. I have danced close to this sense of communing life; I've observed it, contemplated it and been equally drawn to and repelled by it. Perhaps it's the level of intimacy true community asks of one. Now, for me it is taking my Long Dance and Red Lodge years of learning to trust and operate from a place of openness and vulnerability to a whole new level.



Enter Sahale and the Goodenough community. Sahale has been the home for Long Dance since 2005. I have attended four Human Relations Laboratories (out of the 45 the Goodenough community produced!) and have been invited to many types of gatherings hosted by the community. In a sense, I've been circling their 'tipi' for many, many years. In September I sent a proposal to work at Sahale, and the Goodenough community accepted my offering. I moved here the day after Christmas. With eyes wide open and feet on the ground, I'm venturing deeper into a commitment to learn about and participate in community

These folks have been together for over four decades! Takes my breath away just to write it. The Goodenough Community is an intentional learning community with the focus on 'growing good people'. They have honed and practiced relational skills from the very beginning. The energy of the land and people of this community reflect a quality, nearly inarticulable, of graciousness of spirit, of welcoming and allowance for all who come here.

I'm growing my capacity to be engaged with others daily.... stretch my relational muscle, be in the discomfort, and set the pace best for me. All this while working shoulder to shoulder to further the vision of this place that is sustainable, welcoming and an incubator for new ideas, projects and vision.

I have come to understand that it is the work of it that is the practice. All the workshops I've taken are no substitute for practicing with others these relational skills. And how rare it is to do this with well-practiced people! I see that the seed of co-creation begins best when well-watered, with people desiring to listen to each other, to place our voice in the conversation, and to witness each other as we practice, engaging with openness, inquiring of one another and yes, allowing 'elbows all out' sometimes.



The threads between Red Lodge, Long Dance and Sahale are gossamer thin. All three communities are different, yet they invite us to engage foremost with our selves, then join with others, and then in that bowl of possibility, create together. The outward manifestations of these creations are a reflection of our willingness to grow, to stretch, to join amongst and between us.

I now understand it begins with me. The willingness to be uncomfortable sometimes when what I think 'I know' can be massaged and expanded by my own vulnerability and desire to grow. It is this place where I let go of my so-called wisdom and accept that it really is never done...this circling of the tipi of wisdom. It calls up and out all forms of humbleness even in the

presence of well-honed gifts that are reflected and noted by others.

The pilgrimage continues, but now I travel less the byways and highways of America and more the ever-fascinating journey within.



Now is the time to register your plans to come!

For Peace of Mind, Change Your Mind

You are invited . . .

To join the women of the Goodenough Community's cultural program for the

Women's Weekend, April 13-15, 2018

Come to the Women's Weekend and spend a full weekend celebrating who you are as a woman!

In the company of other women, you will find time for deep and stimulating conversation, a chance to become better acquainted with yourself and with other women, and encouragement to reach a greater connection with your inner source of feminine strength. You will have the opportunity to observe thoughts and beliefs that trap you in unhelpful attitudes and behaviors, and you will receive guidance to introduce changes that can bring peace to your inner world.

This weekend workshop will take place at the **Sahale Learning Center**, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity. Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening, April 13**, and our weekend will formally end at **3 p.m. on Sunday, April 15**.

Please see registration information attached to this newsletter.



*Manifest truth, purity, love,
selflessness, and righteousness
in your life and activity.
Give up all hatred.
Eradicate egoism and anger.
Eschew violence.
Pledge yourself to love, sincerity, humility,
forgiveness, and non-violence.
Abandon war.
Abandon lust for power.
Fill the heart with compassion, mercy,
and universal love.
Let the law of love prevail amongst you,
which should radiate
to all nations and races.
Let true religion of heart
be the ruling factor of your lives.
Love God.
Love all, serve all,
and have respect for all
as God is immanent in every form.
Preach the gospel of oneness.
Spread the message of oneness
and live a life of oneness.
There will be peace on earth.*

*~Sant Kirpal Singh Ji Maharaj
(1894-1974 Mystic Adept, Spiritual Teacher,*

*Organizer of World Conference on Unity of Man,
President of the World Fellowship of Religions,
and Sant Satguru of Surat Shabd Yoga)*

(Perhaps another view of florescence? ed note)



Our West Seattle Community Center, 3610 SW Barton St.

Notice the first opportunity is **Saturday, April 7 from 1:00 to 5:00.**



Dedicated in March 2015, we are now letting go of our Community Center at 3610 SW Barton St. It has served us well and has held many gatherings. We will need help to clear the house by August 1, 2018, knowing summer is our busy season.

We are asking for all personal items to be removed by **June 3.**

Please let Pam and/or Colette when you can help: Pam, adventuredog@hotmail.com; Colette, hoff @goodenough.org

Work Party Schedule for Barton St Move

Phase 1: Packing, sorting, staging, dump

Sat April 7 1:00 to 5:00 pm We'd like as many as possible

Sat April 21 4 to 5 people

Mon April 23 3 to 4 people

Sat May 5 (pre poker) Car loading for personal items especially for those going to the THC poker party

Mon May 7 Annual Meetings People attending will be asked to take boxes to Sahale

May 19, as many as possible

May 20 Pathwork 4 to 5 people

May 21 Monday as necessary

June 3 Please remove all personal items

June 16, Saturday, packing as many as possible

June 30, Saturday, cleaning, truck rental

July 16, Monday, as needed for cleaning and what's left



Goodenough Community Annual Meeting is scheduled for May 7th in Seattle

Kirsten Rohde

Originally scheduled for March 17th, we have rescheduled the community's annual meeting for **Monday May 7th from 6:00 - 9:30 PM** with dinner included. The meeting will be in **West Seattle at the community home, 3610 SW Barton St.**

This year we are having an in-town more brief annual meeting to cover reports and plans for Convocation: A Church and Ministry, The American Association for the Furtherance of Community, and Mandala Resources, Inc. This is a good time for everyone who is able and wishes to attend to come. Our community is entering into a new phase of its life. John Hoff, founder of the community has recently died. Colette Hoff has increasingly been assuming the central organizational role for our community life especially over the last two years. We intend to present an updated role description for her and provide all our support for her willingness to step-up even more. As the cofounder of the community, Colette demonstrates her commitment to community as a healing and activating focus for good lives.

The Community's cultural, financial, and spiritual life will all be brought present at this annual meeting. Sahale is entering into a busy season which include 5 events with a specific focus on community. This includes the Sociocracy workshop in April, a retreat by our sister community, Songaia, and a retreat for the Northwest Intentional Communities Association (June 1 to 3). In the fall two events are scheduled, one of which is the West Coast Communities Conference (Sept. 14 to 16). These are all events that will bring other communities and people interested in community together at Sahale. This will no doubt increase interest in our work as a community.

For a YouTube video about the West Coast Communities Conference go to: <https://youtu.be/Yq9Wu89dDM8>

This video was created by Elias Serras and Anthony Jepson

On May 7th we will also evaluate the program year that concludes with the Human Relations Lab in August and look at the upcoming program year 2018-2019. The Sociocracy workshop will be before this annual meeting and we can use what we learn at the workshop to look at our organizational life and method of governance. Your input on what you would like to see will

help us shape our future. Please RVSP and for more information, please contact Kirsten Rohde, krohde14@outlook.com



The deAnguera Blog: Our Florescence



Why do plants bud and flower? Flowers can be pollinated by bees so they will develop into fruits with seeds to be planted.

People need to bud and flower in order to be open to pollination by new ideas. Budding and flowering is a process every one of us needs to go through in order to have open minds.

Friendship and community are not valued by our world at large. Most of us pick up the values of the surrounding culture unconsciously. Our Human Relations Laboratory demonstrates the value of intentionally building friendship amongst all of us. Those of us attending Lab know just how wonderful that can be. Once the week of Lab is over it can be hard to reintegrate back into a competitive non-relational culture. Often I fell back into my former patterns of behavior after returning home. That doesn't happen now because I live at Sahale. In a sense I am at Lab all the time.

Budding happens with a change of seasons from winter to spring. What can cause me to bud by contrast is often a crisis. This is when I learn to really value my community friendships. Otherwise I might take them from granted.

I have been diagnosed with prostate cancer. This is when my friendships become crucial to my psychological survival. This is way too heavy for me to handle on my own. It can even be too much for a spouse to handle as well.

When I met with the doctors caring for me at the VA hospital in Seattle, Kirsten Rohde was there along with my brother Paul and his wife Pat. Kirsten and Pat took notes. Just having them there made this psychological load easier to carry. Never go into this kind of meeting alone. Thanks to the One for making the VA available to me as a result of my Navy years.

This is a journey I am sharing with my Goodenough brother John Schindler who also has prostate cancer. His is much worse than mine but we are both sharing our strength with each other. The two of us have never been closer.

We went to Jiggs Lake and nearby Maggie Lake together with Colette Hoff and Joan Valles. John got to engage in his favorite activity of fishing. You can see him in the left hand photo. We were observed by Colette as she straddled a log in the right hand photo. Bright sunshine alternated with

showers as rain laden clouds passed overhead in an otherwise blue sky. A truly heavenly experience for all of us this Easter Sunday. A quiet time shared by the shadow of cancer. The adversity needed to make our experience heaven.

I am convinced I will never be given a challenge without the resources to meet it. But it has taken quite a few years of community living and work for me to even make this statement. The Divine has used my community and family to impress this truth upon me. Thanks to everyone involved.

Right now I have committed myself to read through A Course in Miracles, a full course on miracle work said to be channeled by Jesus the Christ. His name is not once mentioned anywhere in the book but it clearly refers to him. Unlike the Bible there is no judgement or violence anywhere in the book. It is there only to be helpful to us here on Earth. I need the presence of such a being in my life now with all my family and community friends. That's my primary reason for working with this course.

I do not know how much longer I am going to be here on this Earth. Hopefully quite a few years. I am coming to terms with my mortality. This along with my community friends and family will make me a stronger person.



Joan Valles sitting peacefully in the sun. Centering oneself need not be hard.

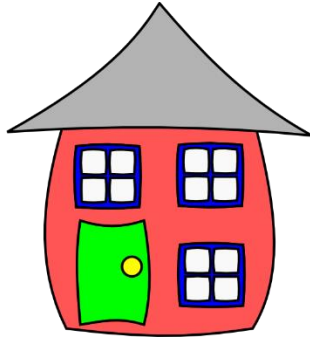


Pathwork

Our Pathwork Circle will meet again on **April 8**. Due to the nature of the time we are in, all are encouraged to come. Pathwork provides many with a feeling connection so necessary for a good life. We will continue to talk about our work with our selves as provoked by John's teachings. Please consider joining if you are a little curious.

We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.





Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton St. house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



Silence Meets Soma

Hosted by Jamie Renee Lashbrook & Grace Bryant

Thursday, May 3@ 5pm -Sunday, May 6@ 2pm

Located at Sahale Retreat Center, near Belfair WA

You are so much more than what you experience, see and know.

Your magnificent body holds all of the wisdom to heal and awaken,

to remember the spirit of your soul and let go...

This weekend, let go

of what keeps you from your dream;

Let go - into the abyss of your Self.

Join Jamie and Grace in 4 days of silence, community and nature to draw into your Self and your Source. This retreat will lead you to quiet your entire system in order to re-awaken your senses. Together we will unravel traumas and contractions as we engage our bodies in practices of drawing in, cleansing and moving through.

Group sessions include daily guided breathwork and meditation, tools to release stored traumas and contractions, movement, sound and ceremony. You will leave with a blueprint for integrating your *daily practice* - the foundation for healing. Come prepared to cleanse every dimension, seen and unseen, as we engage all systems in a conscious slowing down and reawaken our intuition to inwardly listen and heal.



Our food will reflect this intention to slow down and dissect our distractions. We will spend a day in digestive silence through fasting and cleansing practices. All other meals will be light, fresh, organic, vegetarian, gluten, dairy and allergen-free. And, of course, made with Love.

Held at the beautiful **Sahale Retreat Center** on the Washington Peninsula outside Belfair, participants will have ample time to explore the earth and water, take a hot or cold soak, and breathe and dance in the pristine natural surroundings of the rainforest. This is the perfect setting for you to remember your connection to the natural healing rhythms that live within and around you at all times.

The retreat will be held in a sacred container of silence with opening and closing rituals. We ask all attendees to arrive and depart as one group (times below) to honor this container. You will be fully supported as we guide you to re-discover your inner healer in this uniquely created weekend of deep connection.

With gratitude, Jamie & Grace

Cost: Shared Room \$595 (linens included); Camping \$545; **Regular Registration:** Single Room \$695(linens included); Shared Room \$645, Camping \$595

Group discounts available!! Limited Partial Assistantships Available - Please inquire for details.

Includes: Accommodations & meals, all workshops & Sessions, full access to the Sahale facilities and grounds

Register at <http://wellbellyhealing.com/silence-meets-soma-retreat/>

Your Hosts

Jamie and Grace have a combined 35 years of experience helping to guide individuals in remembering the medicine in their heart through healing modalities of the body- mind-spirit.

Grace Bryant has been a whole life educator for nearly 2 decades, integrating drama, music, movement, meditation and yoga, mindful living, creative play, teamwork, conscious collaboration and leadership. Her Yogic path began in 2005 when her sister dragged her to a Yoga class in Federal Way. She fell in love with savasana and came back just for relaxation.

In 2007, she was inspired to start teaching informally and since then has studied and taught in 6 countries and devoted her entire life to the journey of awakening. Grace recently completed the Hridaya Teacher Training in Mexico and is beyond grateful to have received the teachings of Advaita Tantra and the Spiritual Heart. She believes these teachings can transform the consciousness of anyone who practices them sincerely.

Grace's favorite classes are those which expand consciousness and also incorporate how to live with more awareness, trust and compassion. She leads classes, discussion groups, workshops, women's groups, and retreats in the Pacific Northwest and abroad with a focus on living with an open heart. Through her many teachers she continues to unfold into a deep sense of peace and trust and hopes to share this in her teachings. More information can be found at her website, www.bewholebehappy.com.

Jamie Renee Lashbrook is a devotee to and warrior of the human spirit- lover of all creatures seen and unseen. She entered the world of healing with a simple desire to invoke remembrance in you. For you to remember your song, for you to remember, tell and transform your stories of love and pain. For you to feel that undercurrent of truth and wisdom that has walked with you every step of every day even when you have felt your most empty and alone. For you to feel connected deeply to your amazing body and understand the language it speaks. For you to remember Love.

In her private practice she blends Maya Abdominal and Clinical Visceral massage, healing breath work, mentoring, herbal wisdom and ancient healing practices based in shamanism and reclaiming traditions. She is highly versed in the functions of the body and dis-ease; specializing in trauma/stress disorders, digestive and reproductive health for men and women. She engages the wisdom of the body through touch, voice, breath, silence, prayer and the healing balms of the Earth.

Her own healing path is her greatest teacher. She commits to this path daily and finds her greatest healing in nature, in silent meditation, song, community and her family. She brings this all to you when ***Silence Meets Soma***. More information can be found at www.wellbellyhealing.com

All participants will receive \$40 off an in-person or Skype Breathwork Session with Jamie or Coaching session with Grace to help integrate the practices learned and to continue releasing any limiting patterns.



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.



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- ◇
- ◇ Happy birthday, **Larry Hoff** – April 6, and
- ◇ Happy second birthday, **Wiley Aylward** – also on Uncle Larry’s birthday – April 6
- ◇ **Bruce Tarlo** – happy 70th birthday! – April 6 as well

Love to each and all!!

NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.



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. **Future meetings: June 1.** 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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.**
Women's Weekend: April 13-15 at Sahale.



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, June 8-10** 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 9:30 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.

Gatherings are at the Community Center in Seattle: Mar 25, Apr 8, 22, May 6, 20, June 3, 17. Contact Colette Hoff for more information: 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 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



Annual Goodenough Community Meeting in Seattle: Monday, May 7, 2018. This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. krohde14@outlook.com

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 Mar 26, Apr 9, 23, May 7, 21, Jun 4, 18



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: Kirsten Rohde, krohde14@outlook.com

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. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy 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



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

