



will cause the engine to stall unless we downshift to first gear.

Shifting gears—taking a break from the usual, expected activities—moves us from ordinary to non-ordinary reality. The benefits of taking a break are many, as attested by a multitude of articles, memes, and inspirational quotations readily found on the Internet. How do we take a break, though? Doesn't ordinary life demand that we stick with our plans? Can't we continue our productive lives while honoring our need to be sensitive to ourselves and each other?

Yes, there surely are ways to do both, taking a break from the least necessary responsibilities while tending to what simply must be done, no matter what. On the Internet, I found Anita Moorjani's article, "Saying No," which addresses this conundrum. She writes, "the first thing to do is ask yourself, Where am I taking on things that I don't want to do? ... Where can I say 'no'? ... Certainly there are times you don't really want to do something because it's draining or tiring, but you still have to do it ... . If you have those situations, acknowledge them. Acknowledge that this takes up a lot of your energy, and then give yourself space to recover the energy ... . Recharge your battery."

To repeat my earlier question, what could constitute a non-ordinary reality? Here is Joseph Campbell:

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us.

In other words, take a break. Take a rest. Take a mental health day—or week, or month, or year. In agricultural terms, lie fallow: Turn under the remains of your most recent crop, allow the field to be unproductive, let it be filled with only weeds and rocks plus a winter crop that will rejuvenate the soil. When spring comes, again turn under the growth, plow the ground, plant a crop and tend it, and await the bounty of refreshed fertility.

To me, allowing a field to lie fallow in order to refresh the soil is a seasonal image. That is, I imagine that at the end of harvest, the field is left alone through the dark winter months, which is a time when some animals hibernate, many plants go dormant, humans feel the urge to slow down and retreat to the warmth of their fireside. Then spring arrives and green sprouts emerge from dark soil, bears stir in their caves, humans develop spring fever and yearn to dance barefoot in dewy grass.

This image appeals to me today because, as you may already know, the Goodenough Community is choosing to rest from some of its "business as usual" in the aftermath of our founder Colette's death. To stretch a metaphor, our leaders feel that their soil is too depleted to yield a healthy crop, so we have decided not to plant the seeds of the 2022 Human Relations Laboratory. During this time of lying fallow, however, we are adding compost and other enriching nutrients in preparation for a richly satisfying Lab 2023.

What are we doing? We are creating for ourselves a non-ordinary reality: While continuing with many of our usual activities and programs, we are setting aside Lab 2022, our signature event which we have sponsored for more than 50 years. We are shifting gears, taking our foot off the accelerator, declining to continue with part of our summer business-as-usual. As you will read in a message following this article, long-time community leadership will use this time to begin a process of self-exploration and relational revelation. We intend to create a non-ordinary reality that encourages and supports personal and shared insight, growth, and healing. We intend that this experience will be anything but "business as usual."

As we look across the arc of the seasons, we see Spring on the distant horizon, and we are planning to initiate a new annual event celebrating our founders, John and Colette Hoff. Please hold the date of April 22 and 23, 2023, for our first annual Founders' Day celebration. In that new season we

will revel in the vision of apple blossoms at Sahale, celebrate the return of Spring, and honor with gratitude our community's deep roots.

I want to close with some quotations from the wise and gentle spiritual leader, Pema Chodron. She says,

Ordinarily we are swept away by habitual momentum. We don't interrupt our patterns even slightly. With practice, however, we learn to stay with a broken heart, with a nameless fear, with the desire for revenge. Sticking with uncertainty is how we learn to relax in the midst of chaos, how we learn to be cool when the ground beneath us suddenly disappears.

It's a transformative experience to simply pause instead of immediately fill up the space. By waiting, we begin to connect with fundamental restlessness as well as fundamental spaciousness.

We're not trying to be something we aren't,  
rather, we're reconnecting with who we are.



## Lab 2022: A Change of Plans: From the Lifeways Circle

Dear Friends,

The Goodenough Community Lifeways Team, after much deliberation, discussion, and agreement from the General Circle, has decided to cancel this August's Human Relations Laboratory. (The General Circle and Lifeways Teams are governing bodies of the Goodenough Community.) We will miss seeing those of you who planned to join us, and we hope we can stay connected in other ways.

As you know, our community has been in a major transition since Colette's death in April. We have been grieving, and also re-organizing and distributing responsibilities to cover all Colette did. We are doing well, and it has been a big change. This has also been a time of looking back at our history of

the past 40 years under the leadership of the Hoffs. Most of us have benefited greatly from their leadership, teaching, and training. And, we have found some hurtful patterns there as well.

It is a priority right now to attend to the work of uncovering our “shadow” for our healing and integrity, and to discern our values and best practices going forward with our organizations. To begin this work, a group of long-time members will gather for several days during the week planned for Lab. Because of the very sensitive nature of this work, we need to keep the initial group small, but intend to share and invite a larger group to successive rounds. We expect this work will take some time, with a number of sessions, and we can’t predict those before we begin. We will have outside facilitation to better enable us to focus on our work and receive insights from others who have experience facilitating similar work with other communities.

We know this work will set a stronger foundation for the sustainable continuation of the Goodenough Community, as well as being healing to us, and by extension, to all whom we serve. We hope you will be supportive of us making this difficult decision and doing this challenging work.

We want you to know we are planning our Fall events to proceed as usual and are laying the foundation for a wonderful 2023 Human Relations Lab.

If you have questions, please contact one of us on the Lifeways team.

With love and best wishes to each of you,

Goodenough Community Lifeways team:

Barbara Brucker, Rose Buchmeier, Marjenta Gray, Elizabeth Jarrett,  
Pam Jefferson, Hollis Guill Ryan, and Joan Valles

## Examples of Supportive Responses to Our Announcement

This sounds so right. I am supporting you from afar.  
Kate Martin

Sending love and support for digging into the work ahead. In appreciation for all the good, past, and future,  
Sara Prout

Blessings in the process you are going through. I’m sure it’s hard in the midst of your grieving, but the Goodenough Community has never shied from challenges.  
Linda Sax and Rick Gossett, the Svaha Community

This was, I am sure, a very difficult decision and, I think, it is the right one. You who are the closest to the workings of the community should have as much time as you need to grieve the loss of Colette. You are very brave and wise. I trust completely what will emerge from your work and commitment.  
Sharon Grant

I appreciate the thoughtfulness of this message, and I am glad to know about the work many of you are and will be doing. With Colette's passing, there is so much to review and organize and learn. The review and examination of the shadow side I am certain will create a firm and open basis to help the community move forward with more wisdom and more fully.  
Deborah Cornett

I wanted to reply to this latest message to tell you how impressed I am with your team's honesty and transparency about how you are moving forward. Such wisdom! May you all find the healing and direction you seek moving forward and that the rest of the community and see the commitment you all have and the benefit that will come as a result. Best to each of you! Love and Light,  
Terri Wintergren

## From the Economy Circle

Barbara Brucker

Business As Usual – YES, AND...

While it is true that community leaders are taking time off to do work that needs to be done for the wellbeing of the overall community, it is also true that we are moving into the busy season hosting guests at Sahale. Our schedule is full, and hosting guests is a major source of revenue for our community. Sahale is doing business as usual. Many thanks to Elizabeth Jarrett, Niles Burton, and many volunteers, especially Sahale residents, for keeping our guest services going.

The Economy Circle feels good about our finances and want you too as well. Because of the loans available during Covid we have been able to retire credit card debts, stay current with credit card charges and reimburse personal expenses as they occur. This means we are no longer incurring debt on our credit card balances. A big plus that frees up lots of dollars for other things.

Both organizations (Convocation and the American Association) have solid bank accounts with

sufficient reserves. We anticipate that this position will improve as we are going into the busy, revenue-generating, season.

The Economy Circle is busy working on several things precipitated by the death of Colette. The biggest issue for us is the best way to move the mortgage for Sahale to the Association. Stay tuned on this one.

We are assessing the best path forward and moving into the future with a sound financial position.



## Mindful Mike's Blog: Circle

*Mike de Anguera*

People all over the world used to gather in circles. A medicine wheel is a circle. So is a mandala. Even in churches and mosques we still find that the central part of the building is often a circle. That is definitely true for St. Peter's in Rome featuring the Papal Altar at the center with a huge dome

overhead.

Major parts of life are circular such as seasons and the life cycle. The seasons go from winter to spring, summer, and fall. Then back to winter. A life cycle starts with birth going through the stages until death. Then it begins anew. Salmon hatch, head for the ocean and return to spawn and die. Flowers bloom then drop off leaving a seed which will grow into a new plant.



The Earth is round and orbits or dances around the Sun. To gather in circle feels instinctive for me. My ancestors probably did it way back before civilization. Stone circles like Stonehenge are present all over Britain.

Today I helped Draï Schindler clean grass and brush out from our Cedar Circle. The stuff likes to grow where there is a break in the forest canopy. I suspect most of what grows is invasive. We humans plant our weeds wherever we go. Our weeds know we clear space for them to grow.

Here Draï is pulling weeds growing at the base of one of our cedar trees. We worked on this space in the cool morning hours as the temperature was going up into the 80s. We are getting this gathering spot ready for our guests. Many of them will perform rituals here.

The forest canopy keeps the spot cool even in the heat of a summer day.

Here is the Cedar Circle fully cleared showing the center. Clearing the circle enabled me to experience the full power of it.

Sahale has a number of ritual spots like this. I suspect all of Sahale is sacred land because we made it so. That is why Greg Gabarino composed 'Sahale's Gift'. The land and the trees talk to us.

Our culture usually builds farms and cities with no thought of the land's sacredness. The whole Earth is sacred since it is the only planet we can walk on without a pressure suit. The Earth is a nurturer of life on Her surface.

With the appearance of an increasing number of ecovillages will come more spots like our sacred grove. I believe it can make a difference in how all of us live our lives. Sacred land won't be exploited for profit.

A revolution will happen as more people become exposed to our way of life. The Earth will become sacred once again. She will no longer be just a backdrop for our culture's industrial activities.

Is it possible other creatures such as bears, coyotes, and birds were watching us as we cleared the ground? Tribal people would certainly think so. In fact, according to them all living creation is watching. This is a concept I never grew up with. I always lived where the land was chopped up with paved streets lined with houses, lawns, and gardens. Parked cars were everywhere and traffic noise always buzzed on the ground and in the air.

The warm night has allowed me to open my bedroom windows so I can hear Jiggs Creek flowing just a short distance away.

Cooper was not present with us at the Cedar Grove but he and Cody helped us get the new refrigerator installed in the Log Building. Can Cooper and Drai free George? Who is George? I have no idea.



# Efficiencies, Organization & Beautification

We are laughing, smiling and having a good time while we work on them.

Niles, Drai, Pam, Irene and Elizabeth are upgrading portions of Potlatch to make cooking and guest services easier.

- 1 We are in the process of adding shelves to the food storage racks in the cooler. The shelves were pretty far apart leaving big unusable gaps of space. By adding shelves we can continue to organize, see and access our food better. One rack has been refitted and we are tickled! Once all the shelving is in, we will be applying a clear labeling system to help chefs find the food and help others put it back in the right spots!
- 2 The top shelf of the food storage racks in the cooler previously was taken up by bean, grain and lentil storage. None of these things need refrigeration. So we removed them from the cooler, gifting ourselves even more food storage space. Grrreat. And then we unified their containers, labeled them and displayed them in Potlatch in this new way. It has a warm food feeling and is nice to see the gifts of Mother Nature around us. They became “usable art.”
- 3 We have created laminated identification signs to replace “ye ol’ sticky” notes so guests will have a more professional and readable experience knowing which food they can or cannot eat. We have round wood stick pins that fill the appropriate check box. They are easy to clean. Easy to use. Easy to read and display in the metal stands we have.
- 4 The food labeling project is under construction. When we have guests we label each item in the serving line with its title and ingredients, currently on sticky notes. We will share the final outcome in a future Village View.

This team is Rockin' and we are excited to share this with YOU!



- Gluten-Free
- Dairy-Free
- Sugar-Free
- Vegetarian
- Vegan

Sahale 





## Programs and Events of the Goodenough Community

*Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connect, most of which are held on Zoom. This has enabled people from outside our area to participate in community events. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential for having 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**

**This event has been cancelled. Please look forward to Human Relations Laboratory 2023**

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. Contact: [Elizabeth Jarrett-Jefferson](#) or [Kirsten Rohde](#)



### **The Goodenough Community's governing body, the General Circle,**

currently meets weekly on Monday evenings, 7 PM on Zoom. **Summer Dates:** Weekly in July.

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

**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings, 7 PM by Zoom. Contact [Kirsten Rohde](#) for more information.



**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. Future events, including the take-down of the big white tent, to be announced. Contact: [Norm Peck](#)



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



**NEW Founders Day Celebration- April 22-23, 2023** This new event is designed to celebrate our shared community life and to honor our founders, John and Colette Hoff.



**Work and Play Parties Throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day and Labor Day weekends 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.