



Village eView

August 16, 2018

Elizabeth Jarrett-Jefferson

Guest Editor

laboratory

noun, often attributive lab·o·ra·to·ry
 \ 'la-b(ə-)rə-ˌtôr-ē , sometimes 'la-
bər-ˌtôr- or 'la-bə-ˌtôr- or lə-'bôr-ə-
ˌtôr- , British usually lə-'bär-ə-t(ə-)rē

Definition of laboratory

1 - a place equipped for experimental study in a science or for testing and analysis ,research laboratory. Broadly - a place providing opportunity for experimentation, observation, or practice in a field of study, such as that provided by the Goodenough Community with its annual Human Relations Laboratory [OK, so I added that last piece - Ed.]

It was a week that was, the Goodenough Community's 49th Human Relations Laboratory, August 5-11, 2018, a hallmark event of our community. It feels fitting here to give you a flavor of the week, an introduction to what our version of what a “laboratory” is, and snippets of this particular event. We'll likely to continue to feature the lab, from content, themes, concepts, and features from some of our participants...and from our Lab Workbook, which speaks to the Lab experience itself---for the next couple of weeks. We hope you read with interest and enjoyment! - Elizabeth JJ, Guest Editor

From the Lab Notebook and Colette Hoff, Lab Director – On the Lab Experience

Itself. *First of all*, always remember that **you are in charge of your own learning**. Ask questions. Work with others to design “non-ordinary” experiences for yourself that help you make the changes you have declared you want. This is an opportunity to feel free, experience wonder, feel joyous, and challenge yourself to more.

And, speaking of designing experiences for yourself ... you can learn from *any* experience by observing

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

COMING UP:

PATHWORK EXPLORATION SERIES WITH
TOM GAYLORD & COLETTE HOFF,
BEGINNING AUGUST 26, 7- 9:30
FALL SCHEDULE TO BE ANNOUNCED SOON

yourself minutely (examine your sensations, thoughts, feelings). Share your experience and your new knowledge with another person, or with a small group and invite comment and feedback. This will help you assimilate this new moment in your life; assimilation requires the courage to think new thoughts. If you discover yourself emotionally involved with this experience, you know that it has meaning and value for you. You may now be introduced to a new consciousness or perspective that makes old perceptions and emoting seem outdated. You may feel fragile, vulnerable, and childlike. This is good! ***You are learning—deeply!***

Like any laboratory, Lab is not only experiential but experimental. Your small group and your group leaders may help you set up experiments for yourself—for example, to try out a new relational behavior. Will that feel like you're taking a risk? Yes! It probably will. And, we encourage you to try on new ways of thinking, new ways of relating, even new ways of learning. If you are not entirely comfortable with a paint brush in your hand, for example, dare yourself to ask one of our resident artists for help. Are you shy? Extend yourself to someone and observe what happens. Take the risk of opening yourself to all that this *Journey in Freedom* offers.



Creativity from Katie Sullivan

This is an educational event designed for *your* learning. Lab works when you live intentionally and use staff and laboratory members to support your learning. We encourage everyone to be aware of the needs of others and to be relationally supportive of learning and growth wherever it happens.

Lab inspires and teaches people to lead and to serve.

From What is a Human Relations Laboratory? By John Lawrence Hoff

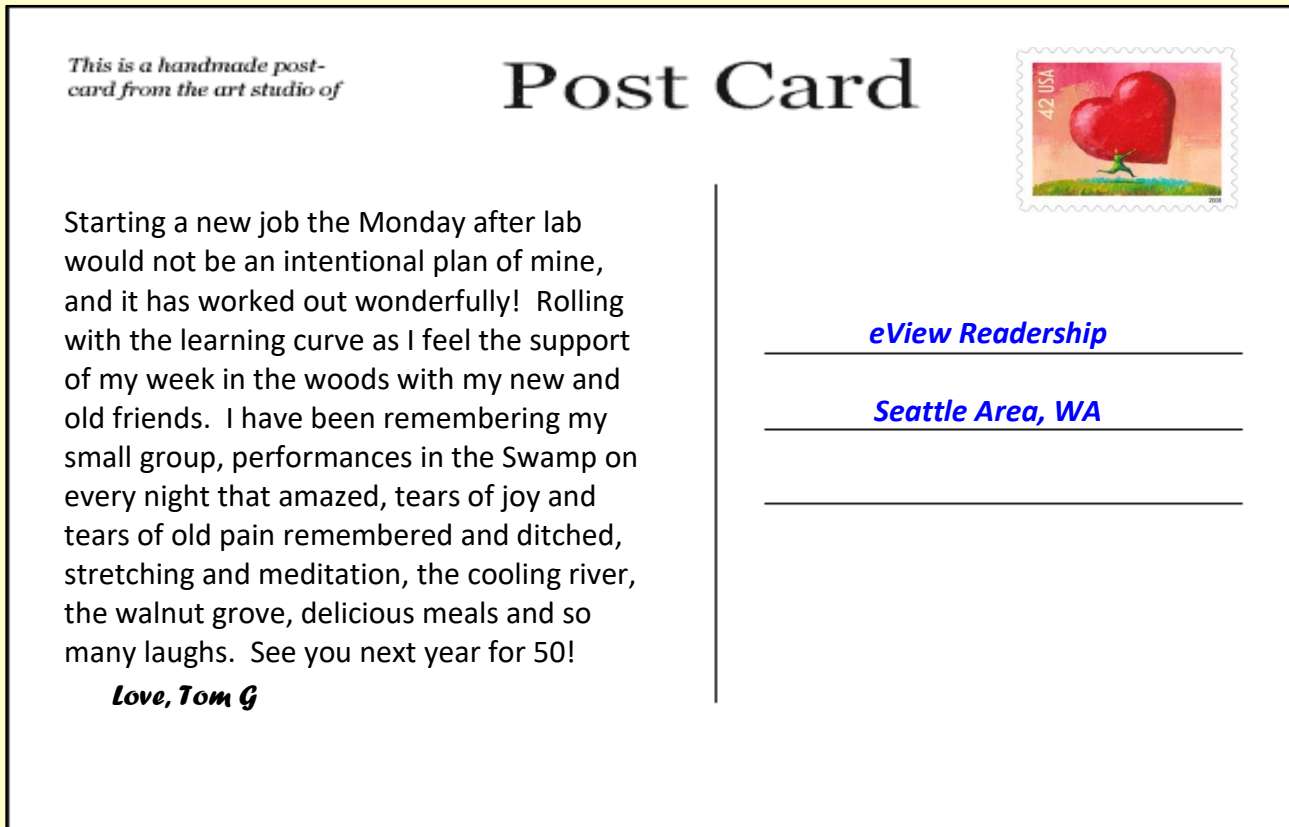
The Human Relations Laboratory is a setting in which you can focus on your personal development and work on improving your relationships with spouse, family, and the friends you bring or meet here for the first time.

Each Human Relations Laboratory creates a unique world of circumstances and shared understandings in which to learn. Some who attend liken it to experiencing a "non-ordinary reality." Experiential learning is both practical (skills building) and exciting (the liveliness of authentic intimacy). A "lab" is a safe *place* to experiment with living from your true nature or conscience. A lab is a *process* that encourages you to become the best version of yourself and to learn about relationships and the importance of a good attitude. The experiments and experiences we co-create will lead us to a place no one of us could reach alone, a week of feeling more and more at home and empowered.

It is rare these days that people have the chance to experience a community with decades of history and a highly developed culture. People tell us that sharing this laboratory week is a very special way to test one's own interest in community life.

Our Human Relations Laboratory uses the method of experiential learning, which is a lively and engaging method of self-development. You can expect:

- To experiment with joining other people searching for deeper, finer ways of living
 - To have opportunities for co-creative artistic expression, including sculpture and visual art, singing, dancing, writing, and celebration of your creativity
 - Daily dialogue that combines ancient wisdom with the behavioral sciences
2. To explore communication, collaboration, and self-realization



... the real leadership that matters is actually the leadership of groups. The day of the "individual" hero-leader is past. ... We don't need better heroes now, we need groups of people who can lead—groups of people who can walk ahead.

~Peter Senge

This is a handmade post-card from the art studio of

Post Card



A quick one thing about Lab:
The chakras have been a topic of many things I have read and workshops I've heard about for decades. I do believe in the energy of our bodies and I really had no awareness of how chakras could enhance this feeling. Arji's "chakra tuning" that we all did every morning of Lab resulted in my feeling my own energy more. I found insight in reading in the Lab workbook about the 3rd and 5th chakras and how they are connected to specific feelings and approaches to life. I began to hear my own voice inside me more and remembering that our bodies like the sound of our own voice. I found myself chanting the chakras while watering the garden yesterday! An experience with lasting effect!

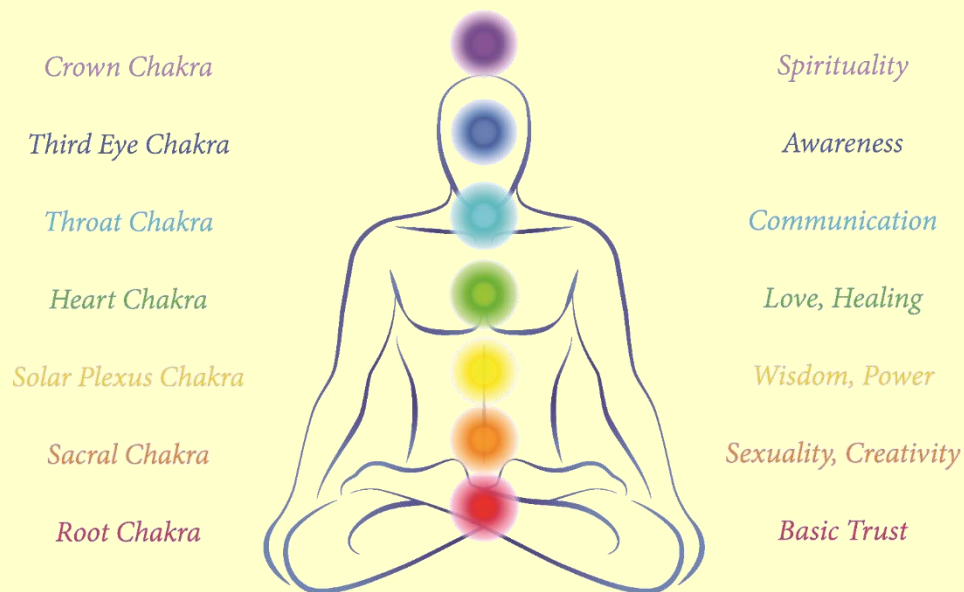
Love, Kirsten R

eView Readership

Seattle Area, WA

From the Laboratory Workbook:

Introduction to the Chakra System



The Energy Centers That Shape Your Life

What Are the Chakras?

Chakras are energy centers, or portals in the field. Located along the central channel of the body from the base of the spine to the top of the head, they are conceived of as whirling, wheel-like vortexes through which universal/cosmic energy flows into and out of a person.

The word in Sanskrit means “wheel” or “disk.” The concept comes to us from Hindu and Buddhist traditions.

An Overview of the Seven Chakras

Number	Color	Common English Name	Location	Related To
1	Red	Root chakra	Base of spine	Physical self, self-preservation, survival instincts, connection to our bodies and the earth; family of origin issues; difficult relationship with work; never have enough
2	Orange	Sacral chakra	Low abdomen, lower back, reproductive organs	Sexuality, emotions, eroticism, pleasure, creativity, sensation; hazy boundaries; poor health
3	Yellow	Solar plexus chakra	Solar plexus (upper abdomen between navel and sternum)	Ego, will, metabolism, personal power; receiving; self-esteem issues; victim
4	Green	Heart chakra	Center of body at heart level	Love, integration, self-love, compassion, healing, relationships; open-hearted; old wounds can stop trust; fear of being hurt
5	Turquoise	Throat chakra	Base of throat	Communication, self-expression, creativity; fluidity; difficulty with self-expression
6	Blue	Brow chakra -- 3 rd Eye	Forehead, between and slightly above eyebrows	Sight, both physical and intuitive/psychic; intellect; confusion; lack of vision
7	Violet	Crown chakra	Top of head	Spiritual life and experience, deep self-knowledge, sense of oneness and unity, connection to the One, pure consciousness, transcendence; difficulty trusting higher guidance

OH GOOD, A PARADE

DAVID CARNE

Like a parade of exotic animals Feelings come to my door
They only leave a trace if I take them in and feed them.
Then it is up to me to follow with my shovel and broom and clean
up after their passing.
Why can't I just pet them and be done?



The deAnguera Blog: Friendship Lab 2018

Three happy faces of Lab attendees Jeremy, Pedge Hopkins, and Irene Perler. What did we experience? Well, Chris Harshman got to have Arji blow on one of his chakras. We needed Douglas Demers to watch him because Arji's action could be quite powerful.

Arji also has shared with us the power of a cymbal and coche shells. Chakras are far more powerful than I had ever realized.

Friendship is not as simple as many of us might believe. A lot goes into planning every Lab and we have been doing Labs for nearly 50 years. I have learned not to take my friends for granted.

At every Human Relations Lab we practice drawing each other out under the guidance of a facilitator. The very idea of being sources of wisdom just like the big spiritual and religious folks is probably one of the most radical ones in our culture. It shows we can share and benefit from our learnings together. Whatever I learn I can teach. That's how I show I have really learned it well.

Of course there are always things I need to practice like learning to pay attention to having a conversation in the moment. It doesn't matter how old I am. That's probably one of the biggest reasons why I am on this earth. Working with my blind spots is a very good thing. This is how I grow. If I am not growing, my life loses its point.

The world is assailed by so many challenges. People wonder what to do. I always say, "Connect. Connect with those around you." That builds community which makes possible all the good things I dream about.



The Human Relations Lab focusses on getting us to connect with our Lab mates. This is a great place to practice all the social skills. That way I can show interest in people around me without a lot of the awkwardness of my earlier years. Thank you Jessica for all you showed us.

Patch Adams, the clown doctor I admire so much said that being friendly is about the most racial thing you can do. Yet friendship is not valued by our culture and it is so easy to lose what friends I do have. Patch mentioned also that loneliness is about the greatest health challenge we face. The results can be deadly affecting just about every area of the body.

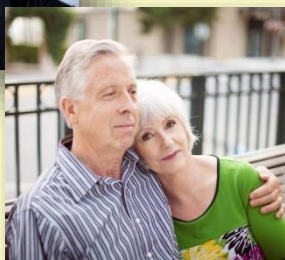
I guess if I am to value having friends, not having them can be a useful comparison. Maybe that's one of the reasons I have Asperger's Syndrome. It also makes possible my development as a sage. A big perspective seems necessary otherwise I can get stuck in details. Aspergers makes it easy to take the big perspective necessary to develop sage like qualities. Now I just need to have my friends help me work out the details. That should be no problem.

If I didn't have Asperger's I probably would never have attended Lab nor lived at Sahale. Asperger's gives my life the unique perspective it needs to make it interesting.

*The final end product of Lab:
Colette and Phil Buchmeier
hugging each other. That's what
friends do!*



Community News



Our deepest sympathies to Andrew & Carolyn Gage Hovenden and their families on the loss of Andrew's mother, Geraldine, on Sunday, August 12. A service for Mrs Hovenden will be held at 11:00AM on Saturday, August 18, at 1122 McGarigle Road, Sedro Woolley, WA 98284.



Congratulations to Kate Martin for her **Logger Bar's** the *Best of Humboldt*, Two Years running! [The Logger Bar is located in Blue Lake, California. Stop in!]



Cancerversary – a Celebration of Sam Staatz's (Hollis' son) 19 Years of Surviving Brain Cancer - A poignant (and cause to celebrate) annual event!

- Date:** This Saturday, August 18, 2018
- Time:** Anytime between noon and 10:00 PM
- ** Location:** Sam and April's home - 16132 SE 42 Place, Bellevue WA 98006 **
- Sam's phone:** (206) 550-5932
- Please RSVP to Sam (staatzs@comcast.net) and BYOB**

Pathwork Exploration, Open to All

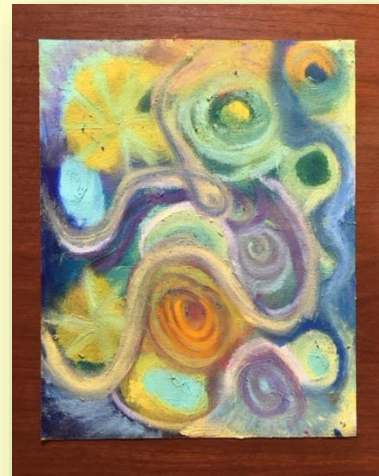
This fall facilitated by Tom Gaylord with Colette Hoff

Tom Gaylord of the Seattle Shambhala Meditation Center has come to us with a proposal related to his own training process and desire to offer service to our community. You may remember Tom and his colleagues were present at Pathwork three times in the winter of this year helping us with death and dying before and after John Hoff's passing. We have accepted his proposal for the fall with gratitude and anticipation.

This coming Fall, Pathwork will explore the deep, long term vision of the Goodenough Community, Pathwork, and the Sahale land. Using methods developed in the Contemplative Psychology program at Naropa University, we will explore our hopes, dreams, and longing for the health and wellbeing of our community. Our first intention is to re-vision our True Holidays Celebration. We

also intend to advance our work with the site plan for Sahale as part of our vision for sustainability.

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we will use. Pathwork veterans will intuitively know these methods, perhaps with a different name. In all cases, the exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness. It is said that in this work we become like a tuning fork: by listening to our own senses and feelings, we experience the resonance, the sympathetic vibration of our community and our world. In this way, the wisdom and sanity inherent in all situations is revealed.



Lab Art by Kirsten

Please join us. Pathwork is a program of Convocation: A Church and Ministry, founded by John and Colette Hoff in 1986. Many people have come to Pathwork evenings over the many years since its inception. For this series we encourage all who are interested in the future of the Goodenough Community and Sahale to attend. This is an opportunity to join in a unique blending of spiritual and community contemplation and planning for our future.

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

Dates and Times:

Sundays, 7:00 to 9:30

- August 26
- September 9 and 23
- October 7 and 21
- November 4

November 16 and 17 are scheduled for a weekend program at Sahale.

Place:

Seattle Shambhala Center
3107 E Harrison Street
Seattle, WA 98112

For more information: Colette Hoff at hoff@goodenough.org

West Coast Communities (Un)Conference: Cultivating Collective Liberation

Something is Emerging

What are the Communities of the Future?

Join us for an intergenerational inquiry

- What are the Social, Cultural, Spiritual and Deep Eco-logical Technologies for communities of the Future
 - Intentional Communities as Living Laboratories for Social Transformation
- Conversation & Innovation around Privilege, Access and Inclusion within Intentional Living Movements
- Envisioning Communities as vehicles for Cultivating Collective Liberation in the larger society

“Enlightenment is a group activity” - Charles Eisenstein

September 14-16, 2018

Sahale Ecovillage and Learning Center

Tahuya, WA

Now accepting applications for programming Sliding Scale Registration Options
and Scholarships Available

For more information:

website: www.WestCoastCommunitiesConference.org

email: WestCoastCommunitiesConference@gmail.com

Facebook: www.facebook.com/westcoastcommunitiesconference



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**.



Calendar of Programs and Events

New Program Calendar is coming soon!

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.

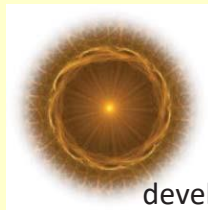
We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: www.goodenough.org

The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. 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 meeting place: hollisr@comcast.net.

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. 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 PM 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 in Seattle.** See the article in this eView about the fall program: August 26, September 9, 23, October 7, 21, November 4 and November 16-18 weekend. See *article previously in this eView*. Contact Colette Hoff for more information: hoff@goodenough.org



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



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 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

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)

