

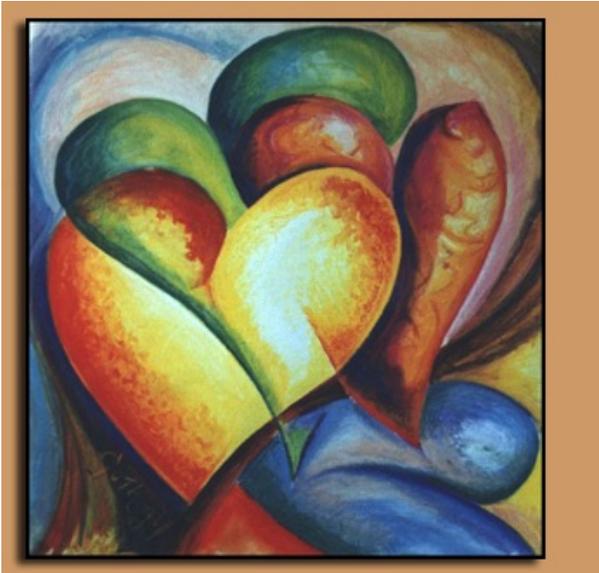
October 7, 2015

Colette Hoff, Editor

## The Village eView

### 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



#### Practical Spirituality

John and Colette Hoff

When you say these words one part of your mind says, “Of course spirituality is practical and enriches each day of my life.” You will also notice that you recognize a contrast or maybe even a conflict between the idea of spirituality and the idea of practicality. As a human being, you are essentially spirit—mind, not brain; spirit and not body only. In this modern age, we have learned that the structure of things may appear describable as a physical object yet can also be described as spiritual reality composed of energy and creativity and having meaning.

Those of us who have validated the importance of a hidden *realness* within the physical – spirituality points to an inwardness of things—their purpose, meaning, and function which may be significantly more important than the physical description. For instance the other day, I finished a physical task (writing) and asked someone to read and comment—and I found my words did not express the spiritual or intellectual idea that I intended. The physical world and the spiritual can appear as though they are not from the same creative Universe. It seems that many ideas are not truly practical and some methods seem to cancel out the intention. What I am contending for is when our primary intention is to love, serve, and connect then the methods chosen may vary greatly because the conscious intention empowers the action and the words. Love can be expressed in many words and many deeds.

While meditation as a method has great value in quieting the mind, the expression of love in service contains a blessing that is more than the activity involved. Spirituality, as found in the

## Practical Spirituality

#### Upcoming Events

Pathwork – Oct 11

Community Council –

Relational Group – Oct 13

Men’s Cultural Weekend – Oct 23 to 25

Women’s Gathering – Oct 24

Community Development Weekend – Nov 6-8

word love, can redefine many activities and words. It is your heart's love that makes a difference to another.

Clint Black has written a song to this idea in which the refrain is, Love is something that you do:

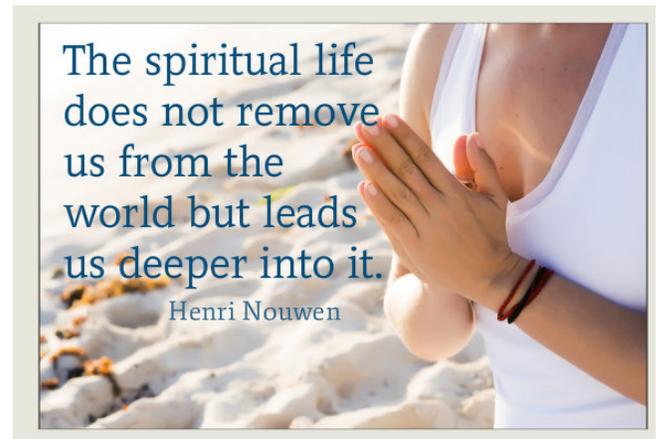
## Something That We Do

By Clint Black

I remember well the day we wed  
I can see that picture in my head  
I still believe the words we said  
Forever will ring true  
Love is certain, love is kind  
Love is yours and love is mine  
But it isn't something that we find  
It's something that we do  
It's holding tight, lettin' go  
It's flying high and laying low  
Let your strongest feelings show  
And your weakness, too  
It's a little and a lot to ask  
An endless and a welcome task  
Love isn't something that we have  
It's something that we do  
We help to make each other all that we can be  
Love isn't just those words we said  
It's something that we do  
There's no request too big or small  
We give ourselves, we give our all  
Love isn't someplace that we fall  
It's something that we do

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Though we can find our strength and inspiration  
independently  
The way we work together is what sets our love apart  
So closely that you can't tell where I end and where you start  
It gives me heart remembering how  
We started with a simple vow  
There's so much to look back on now  
Still it feels brand-new  
We're on a road that has no end  
And each day we begin again  
Love's not just something that we're in  
It's something that we do  
Love is wide, love is long  
Love is deep and love is strong  
Love is why I love this song  
And I hope you love it too



When one is out of touch with oneself, one cannot touch others."

— Anne Morrow Lindbergh

**Editor's note:** In this issue of the Village eView, you will find several approaches to practical spirituality, including a description of a "Quiet Homecoming" by Sue Marie Casagrande describing her experience at the Quiet Meditation Retreat. Patricia Spadaro writes about receiving and paradox and Frederic and Mary Ann Brussat offer a multifaith web site titled Spirituality and Practice that has good resources. You will also find a brief excerpt from AARP's Bulletin we received in the mail today as I was preparing this newsletter.



## **A Quiet Homecoming**

*by Sue-Marie Casagrande*

Last weekend, October 2-4, 2015, I had the pleasure of returning to Sahale and the Goodenough Community to participate in A Quiet Retreat, led by John and Colette Hoff. For me, this was more than a retreat, it was also a quiet homecoming. My interest in Buddhism, meditation, and the cultivation of compassion led me to the Goodenough Community in 2008. However, my career as an oncology social worker took me away from the community for the last four years. This was literally a homecoming for me back to the Good Enough Community and Sahale, back to my friendship with John and Colette. It was also a homecoming back to myself, as meditation, pondering, or simply reflecting quietly allows my true self, my true mind, and my true wisdom to come to the surface without my ego trying to control everything. This is the paradox of meditation. By doing nothing, we do something quite profound: we provide an opportunity for our true voice to come forward and be known to us. On Saturday my true voice said, "Welcome, I've been waiting for you!" It was a happy homecoming.

John led our retreat. Unlike many other mini retreats I've participated in, John did not provide extensive instruction on meditation. Rather, he and Colette did what they do so expertly, and created a sacred space for each of us to do our own quiet work. We were graced with perfect



weather, so we spent most of Saturday outdoors on our own, experiencing nature, our breath, our movement, and our minds. I spent time in the upper gardens where I quickly realized there was literally no place to cast my eyes that did not inspire meditation or at least quiet reflection on the beauty and profundity of nature. Watching a hummingbird go from flower to flower on the pink bush near the top of the stairs down into the garden. Honey bees putting half their bodies into the very same pink

flowers to suck up nectar. More bees in the algae by the little foot bridge delighting in a breakfast of green super-food, or so it appeared. The feeling of sun on my face—something I don't allow very often but it felt safe because the sun was low enough, the season late enough, I trusted I would not be burned. The exquisite sensation of the sky stroking my cheek with the slightest breeze. My heart feeling full from the beauty of Sahale, so much of it natural but also much of it attended by so many loving hands to make it something quite extraordinary. Thank you for this land, this day, this garden, and this beauty.

My mind spread open wide to think about the world. This world. Nepal. Syria. Hungary. Incarceration. Ghetto. Poverty. A moment to realize my extreme privilege to be here now, safe, fed, loved, healthy, free. Free! May all beings be happy and endowed with the causes of happiness. May all beings be free from suffering and the causes of suffering. May all beings know the peace of Sahale. May all beings be free. I breathed in deeply, smelling the land, and realizing I was smelling my true home: Planet Earth. I wanted my mind to really understand that this planet is home, and home smells like sun and sky and dirt and greenery. Such a beautiful home!

I walked down to the lower property, pausing along the way to enjoy both my experience and my memories of Sahale. I spent time in the walnut grove, and revisited the spot where I spent my first night at Sahale back in 2008. I walked to the edge of the field and asked permission to walk across it to go visit the Cedar grove and river, and the field replied, "Yes, but you have to take off your shoes." I walked barefoot to the Cedar grove, slowly, mindfully, aware that I was massaging Earth with each step, giving gratitude for the earth below my feet, and noticing the different textures and temperatures of the ground beneath me, as well as the myriad insects too numerous for me to name. A perfect day to circumambulate the circle of stones in the middle of the Cedars, noticing the sandy earth still pock marked from the last rain. Sacred. Three times around chanting Om Mani Peme Hung to the trees and then I continued down to the river to watch a few salmon, some leaves floating by, a few dragonflies, and more glorious sky and sunshine. The bank offered a perfect place for me to sit in a more formal meditation pose, with my heart open, front and center, shoulders back, spine upright but not strained, reminding myself my body knows how to hold a position, I don't have to effort or strain and in fact I can relax. Breathe. Relax. Feel. Relax. Breathe. Relax. Feel. For a moment it was silent, except for the low and distant hum of civilization. Remembering when there was so little air traffic, as kids we would all look up and point, screaming "Plane!" in delight. Coming back to my breath. Breathe. Relax. Feel. My mind rolling along like the river, not agitated, not still, just easy.

When it felt like time, I wandered back up to the top and arrived just as the lunch bell rang. Perfect. Throughout my day, one thought kept passing through my mind: This quite possibly could be the best day of my life. In thinking about what might make it better, I could not identify anything. My heart expanded with love and gratitude, mostly gratitude, for John and Colette, their vision, the community, each one of YOU who makes the community what it is, and the remarkable gift that is Sahale. The remarkable gift that is this moment. Thank you, John and Colette, for a lovely quiet homecoming. I love you.



## A Postcard from the Silent Retreat Weekend

**A** 📧 fter the silent retreat and I went on a walk and met



some horse tails who were hanging with each other, translucent in the sun. Horsetails don't need to still their minds to remember who they are in relationship with each other, and rootedness is something they never seem to talk about. They grow and die in full participation without the slightest interest in a meditation practice. Despite that, they seemed a quite likable bunch.

– **Bill Scott**



**Participants at the Quiet Retreat**



## **HONORYOURSELF**

**The Inner Art of Giving and Receiving**

Patricia Spadaro

Patricia Spadaro is an internationally known author. Her latest book is ***Honor Yourself: The Inner Art of Giving and Receiving***, the winner of two national book awards. Patricia's work shows that the world's great spiritual traditions share common themes that are extremely relevant to the issues of our daily lives. Her passion is to communicate the wisdom of the world's sages in ways that enlighten, inspire, and empower us to create practical transformation in our own lives and the lives of those we touch. She describes herself as a life-long learner who has a penchant for paradox and for collecting quotations that are wise, witty, and compel us to wake up.

**Fill Yourself and Honor Your Inner Needs**

*You can look the whole world over and never find  
anyone more deserving of love than yourself.*  
—the Buddha

While we are called to give, and to give joyfully, life also beckons us to master the art of balance. We have a duty not just to give to others, but to give to ourselves—and to see ourselves as worthy of receiving. We have a duty to honor others *and* to honor ourselves. What makes it so hard? We've inherited deep-seated myths about giving that keep us tied up in a lopsided approach to living. It's like trying to walk a tightrope in a straitjacket; we're not free to move a little this way or that to regain our balance. There is a way out of the dilemma, a way beyond the myths to the magic of honoring ourselves. It begins where all wisdom starts—through the door of paradox.

[Read more excerpts from Patricia Spadaro's book \*Honor Yourself\*](#)

*Embracing the Power of Paradox in Your Life* Excerpts from Chapter 1 are found on page 18 of this eView



<http://www.spiritualityandpractice.com/>

This multifaith and interspiritual website, founded by Frederic and Mary Ann Brussat, is devoted to resources for spiritual journeys. The site's name reflects a basic understanding: *spirituality* and *practice* are the two places where all the world's religions and spiritual paths come together. While respecting the differences among traditions, we celebrate what they share in common.

Launched in 2006, Spirituality & Practice consolidates nearly 50 years of the work of co-directors Frederic and Mary Ann Brussat and their various publications and projects, including Cultural Information Service, Living Room Learning, Values & Visions, and the Spiritual Literacy Project. A small but devoted staff has joined the Brussats to add new types of content and voices to the website. The following is an excerpt from their web site:

### **Practices to Help You Finish Things**

**1. Set an Intention.** No matter how large or small your project, it helps to put it within the context of a spiritual intention. What are your deepest and broadest desires for personal and social transformation? For a new diet or exercise program, your intention might be to "honor my body as a temple of God." Your intention for a new writing

project might be "to express my God-given creativity." Your intention for joining a committee or class might be "to do my part to help mend our broken world." Write your intention down or state it publicly on a site like [www.Intent.com](http://www.Intent.com).

**2. Don't Listen to Your Stories.** Many of us sabotage our new projects by remembering that we failed before. This is giving the past priority over the present. The truth is you don't know what will happen this time. You only know what is happening today. When you start wondering if and when you will finish, repeat this slogan: "Yesterday is history, tomorrow's a mystery, and today is a gift."

**3. Don't Be Attached to a Desired Outcome.** Expectations about the result of our project can keep us from finishing it. Perhaps we've tried before and were disappointed with what happened next. Now we find we aren't as motivated as we used to be. Let go of your ideas about what should happen next and just do your best.

**4. Break Your Project Down into Little Steps.** The best strategy we have learned for overcoming a tendency to procrastinate is to work on your project for ten minutes and then decide whether or not to continue. This is good for any project, actually. As Hindu teacher Sri Sri Ravi Shankar reminds us: "Though the river is vast, a little sip quenches your thirst. Though the earth has so much food, just a small bite satisfies your hunger. All that you need are tiny bits. Accept a tiny bit of everything in life — that will bring you fulfillment."

**5. Dedicate Your Work to the Common Good.** Similar to an intention, a dedication sets your activities in a larger context. Buddhist teacher Kyabje Kalu Rinpoche explains: "Dedication magnifies the benefits of positive actions and prevents them from being lost." As you finish work on your project each day, acknowledge what you have done and add the wish that it contribute to the happiness of all beings, the health of your community, the well-being of the Earth, and other admirable wishes. Know in your heart that your finishing this particular thing is important and consequential.



### **Oprah's Daily Practice**

**Silence:** Each morning I take time to be still, center and order the day.

**Gratitude:** Giving thanks to God throughout the day for everything from safe travel on city streets to having food to eat to raising my arms to wash my hair and keeping a gratitude journal, listing at least 5 things each day.

**Presence:** Living in the moment is very important. “I don’t want to have to get the lesson of loosing things like health to appreciate what was.”

**Prayer:** Oprah kneels every night before bed, a ritual of reverence learned from her Grandmother.

*The search for a spiritual connection among people around the world is the focus of a seven-part series, **Belief**, that will air on OWN network October 18 to 24.*



## **Holidays and Holydays** *Save these Dates!*

John and Colette Hoff

In the 40 some years of this community’s history we have talked a lot with each other about the meaning and celebration of the holiday season. We attempt to be more open about appreciating each other and we try to be practically helpful. We make sure that everyone who chooses can be a part of a “Family Christmas.” We begin the season on Saturday, December 5 with the True Holidays event and this year we will be bringing Peace with Love into the Holidays. Saturday December 19, The Bus trip to Leavenworth is a magical day. The Community sponsors a Christmas day dinner followed a week later by our New Year’s eve experience at Sahale.

## *True Holidays - Saturday, December 5:*

**We** invite you to The Goodenough Community’s **True Holidays celebration** this year on **Saturday, December 5**, 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, including those beyond the Goodenough Community. I’d love to see you there this year.

During the evening, we will 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!**

## The Winter Solstice Bus Trip, December 19, 2015

### A time of play and relaxation with family and friends!

From grandchildren to grandparents this day long adventure has proven itself for over 20 years. There is first of all, a cozy bus ride to Leavenworth and back. On the bus, there is time for eating, getting acquainted, and singing—it's the holiday season you know! In addition we usually stop for snow play in the mountains where the snow is deep. Our time in Leavenworth is long enough for some shopping and experiencing Christmas sights and sounds. We finally arrive at Eagle Creek Ranch where we board horse-drawn sleighs for a ride through the forest followed by a feast brought with us. Through the years, we have not really heard a complaint while many people have said it is one of the most delightful of days.

This day was created years ago, by a group of adults who wanted to put all of the pleasures of the holiday season into one day. Come join us and you will find that many of us return year after year because we wouldn't want to miss it.



Our cost includes transportation, sleigh ride, and a hearty dinner:

**\$90 – Adults (18 and older)**

**\$75 - Children (13 to 18)**

**\$55 - Children (3 to 12)**

**Children under 2 free**

[Please register with Elizabeth now](#) (last year we sold out).

## New Year's Eve Weekend at Sahale!

### New Year's Eve at Sahale!

This year New Year's Eve is on Thursday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Of course, we will have our 9th annual Train Dominoes Tournament. Time will also be given for some personal and shared reflection and for joyful celebration.

This year,, there is the opportunity for relaxing at Sahale the weekend afterward. A chance for creative expression! Art, poetry, trying out a recipe, music, reading, conversation. Hot tubbing and enjoying Sahale of course. You are welcome to come for the weekend– please do let Kirsten Rohde know of your plans. Kirsten Rohde (krohde14@outlook.com)



## And Two offerings from Convocation: A Church and Ministry

### A Relationship Group

By John L. Hoff

**Tuesday, October 6 at 7:30 p.m.,**

3610 SW Barton St.

I have been inwardly drawn to offer some leadership to a process in which individuals can examine the way they relate to others and make some improvements. We each offer the same relationship to most other people. Early in my life I lived very closely with Tlingit natives in the Yukon and was impacted by the relationship they offered me. Since then, I have studied relationships all the way through the doctorate level of academia. I want to share my knowledge for improved relationships with some people who would help me re-appraise what I know and consider with me how we apply this knowledge to life: friendship, families, and colleagues.

I am inviting you to an on-going group and a weekend in February. This group is intended for **anyone (being in a couple is not required)** seeking to improve relational abilities and deal with old attitudes about relating. There will be an intellectual exploration of the nature of relationship and the skills required including some reading. The interactions of the group are also a source of learning and improves skills. In addition, I will be giving assignments each week and you can expect to be challenged to examine your relationships past present and future. We will discuss all of these things at our first session.

Let me know (John Hoff [hoff@goodenough.org](mailto:hoff@goodenough.org)) that you are interested in a relational / educational counseling approach to personal development. I also invite anyone to have a conversation with me about the group and your potential involvement. The cost for each evening will be \$30.00.

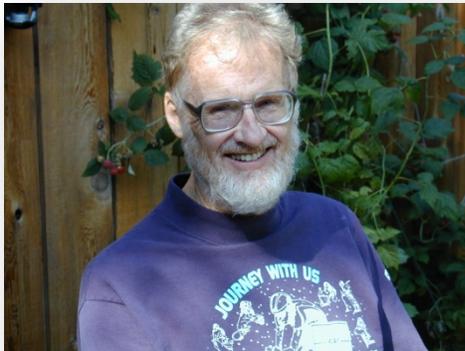
### Pathwork: Sunday, October 11

**On Sunday October 11, at 7:00 p.m.** we invite 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 an 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](mailto:hoff@goodenough.org) to RSVP. Pathwork meets at the Community Center at 3610 SW Barton Street in Seattle. You are welcome even if you are just a little curious!

## And on behalf of the Goodenough Community Council:

### Community Development Weekend, November 6 to 8

We postponed our community development weekend until the weekend of November 6 to 8. We need a good talk about what we want from community and what each can offer to help. How should we shape the future of the community? Many of you consider yourselves friends of the community and do contribute in many ways. So much gets done through the volunteer efforts of many. Would you seriously consider coming to our community development weekend at Sahale? **We are looking for new Board and Council members as well as filling many other roles.** Everyone doing a small part will make the difference in the continuation of this work. If you love Lab, Sahale, any of our offerings, please bring your wisdom and join in the energy for the future of our community.



*Please join us!*

**Celebrating 80 Years with Jim Tocher**

**Sunday, November 15, 4 to 7pm**

**Community Center – 3610 SW Barton,  
Seattle**

***Appetizers and Desserts***

***RSVP to Elizabeth -***

***elizabeth.ann.jarrett@gmail.com***

**A Response from Norm Peck on the theme**

### of Faith

Once or twice I've played an Ann Zimmerman song "Rise Up and Ride". It is a song about faith at more than one level, and has touched me. While the whole story is hers, what caught me was the place the song came from. Several years ago, Ann was commissioned to write a song to be the theme song for the national conference of the Society of Friends (the Quakers). She thought she didn't know enough about faith to write such a song, but someone told her that the wind was often a metaphor for faith, and she thought to herself "I live in Kansas, so I know something about wind. Maybe I really can do this." From someone else's faith in her, she found faith in herself. The song worked very well at the conference, as we've found some of Joe Crookston's to do for us.

To hear her rendition of it, go to her website, "<http://www.annzimmerman.com/index.html>", go to the Music Store. The song is on her "Canned Goods" CD. (Her Blue Wild Indigo CD is really good too).

I may have said once or twice before music reaches me in ways other communications can't for whatever reason, deeper into feelings...and faith. I have lived in Kansas, and now live in Ellensburg...and maybe I know a bit about wind too. Sometimes I wonder about my own faith...yet I don't seem to give up. Choosing to Live, to Love and to Serve...and almost constantly learning more about both doing so, and my resistance to each.

Here are the words:

## Rise Up and Ride

Ann Zimmerman

I feel the wind blowin', rustling my hair,  
Moving and moving and filling the air.  
I see the birds soar and dip and glide  
And I want to rise up and ride

Chorus

And the wind bloo-oo-oo-ows  
And the wind bloo-oo-oo-ows  
And the wind bloo-oo-oo-ows  
Rise up and ride.

The sense of the wind and the touch of it's breeze,  
Signs of a presence the eye never sees,  
The rustle of leaves or the howl 'neath the door  
It is gentle and fearsome and more,

Chorus

Nightly the light fades and the wind it dies down  
And stillness and darkness come over the town  
But the movement is faithful, and from birth we have  
learned  
That both the light and the wind will return

The wind is a mystery, breath from on high  
Shouts from the heavens, God's very sigh  
Unseen but felt, it's effects undenied  
Serving the flesh and the soul that's inside

Chorus

Blowing the clouds from the sky, blowing the  
tears from our eyes,  
Drying the grain, driving the rain, lifting us over  
our pain, (X2 w/interlude between)

In and around us, in work and in play  
The wind of the spirit is blowing today  
May find our wings and each one decide  
That together we'll rise up and ride.

Chorus

Feel the wind blowing rustling our souls  
Moving and moving and making us whole  
Our spirits can soar and dip and glide  
And we want to rise up and ride.

## Themes for Upcoming eViews

We welcome your contributions to the next series of *eViews!* Send your contributions to the Editor of the Week !

- 📅 October 14 – *Silence* – (Elizabeth, editor, [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com))
- 📅 October 21 – *Heart* – (Elizabeth, editor)
- 📅 October 28 – *Now* – (Colette, editor, [hoff@goodenough.org](mailto:hoff@goodenough.org))



The deAnguera Blog: Fall Journeys



Fall always follows summer. So I took two nice fall shots: one of a grapevine and the other of a surviving sunflower. Most of the other sunflowers are dried up.

Fascinating how fast time flies. Is there ever enough time? I suppose there is always time enough for everything. Maybe I am getting slower? It's a possibility.

What's on my mind now? My upcoming trip to California.

Some weeks ago a group of us decided to go to the first West Coast Communities Conference. It will be held by the Fellowship for Intentional Community and the Federation of Egalitarian Communities. In the past the Communities Conference has usually been held at Twin Oaks Community in Virginia. Now one has been organized for the West Coast as well. Turnout must be pretty big.

The Conference will be held at Groundswell Institute near Yorkville in Northern California. So far Josh DeMers, Evelyn Cilley, Tanya Kraczik, and Anthony Jepson are driving together in one car. We figured 13 hours of shared driving if we drove straight through. That's a pretty long trip.

Colette suggested I fly down with Bruce Perler to Oakland. Only four people will fit in one car once camping gear is included. We managed to get me on the same flights Bruce will be on. I just need to let him know he should wait for me upon arrival in Oakland.

Since Bruce will be going directly to the airport on his motorcycle, I will need to find another way. I will be staying at the Community Center in Seattle Thursday night and catching the Airporter to SeaTac for the 10:00AM flight Friday morning.

Bruce and I will find a rental car in Oakland and drive out to the Conference.

It has been over 20 years since I last flew to San Francisco. This will be quite an adventure for me. I wonder what airport security will be like since 9/11? I noticed an \$11 dollar security fee added on to my ticket price.

We also checked into using a train but the train would cost more than driving and is a lot slower.

So I am getting into the spirit of the whole adventure regardless of what it brings. I am sure the Conference will be worth it. It represents communities networking together, an essential step in community creation. If we work together it will make the challenge of community easier.

Over 90% of all communities started will fail usually because of interpersonal issues. So networking will increase the success rate of intentional communities.

I have to smile when I think of the Federation of Egalitarian Communities. This was started by Twin Oaks and its sister communities. It was the story of Twin Oaks that got me on the present journey leading to Sahale and now this conference.



On Friday I am going to be flying onboard one of these to Oakland, Ca.

## Community News

*Elizabeth Jarrett-Jefferson*

### Rebecca (Becky) Sampson

**W**e send our love and sympathy to the family of Becky Sampson, who passed away on Friday, October 2. Becky is the mother of Irene Perler, mother-in-law to Bruce Perler, and beloved grandmother of Sarah and Wes Boone.

### Birthdays and Anniversaries

- 🎂 Happy birthday, **Carla James** - October 10
- 🎂 Happy birthday, **Tom James** - October 12
- 🎂 Happy birthday, **Darlene Finney** - October 13



### Last Call at the Swamp!

We invite you to “last call” at the Swamp this coming



**Saturday, October 10, at Sahale**, before she goes back into the Mist until next summer! Let us know if you can join us!

## Enlightoons



## Cultural Programs & Events in 2015

*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.*

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

### Programs & Events:

Third Age Gatherings

Women’s Culture

The Conscious Couples Network

Human Relations laboratory

Family Enrichment Network

Sahale Summer Camp

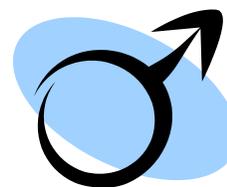
The Men’s Culture

True Holidays Celebration

## Men’s Program

***Theme: Friendship among Men***

The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as “are there characteristics of sound maleness that should be lifted up and taught to other generations of men?” The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men’s group and here is an announcement from him about a planned weekend this fall. -JLH



**Men's Gathering Weekend at Sahale - Save the Date, Friday October 23 to 25**

Mark your calendars for **October 23 - 25**, Friday evening through Sunday afternoon and consider men friends of yours you'd like to invite. We'll be continuing with the theme from Lab 2015; The Path from Stuckness to Freedom.

Personally I'm finding this is an excellent focus for my own development work as a man.

Please join me for a weekend of good conversation, work together time and enjoying the beauty of Sahale in the fall.

Warmly,

***Bruce Perler***

RSVP to [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)

### **Creativity Weekends**

October 9-11

November 13-15

Please contact Kirsten Rohde for more information or to RSVP about any of these weekends.

[krohde14@outlook.com](mailto:krohde14@outlook.com)

206-719-5364

### **Women's Culture**



Hollis Guill Ryan

In September we began a new year in the women's culture, a year of exploring our journeys as women on "The Path of Freedom."

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

**Fall dates include: Saturday, October 24; and November 21.** Come join us!



**Save the date**

**True Holidays Celebration**

**Saturday, December 5, 2015**

This event has more than 25 years of history and is held 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 begins at **6:00pm**

*Kirsten Rohde will be our host and guide.*

**Mark your calendars for Lab 2016!**

**The Human Relations Laboratory**

**August 7 to 13, 2016**

**Sahale Learning Center**

*On the Kitsap Peninsula near Belfair*

[www.goodenough.org](http://www.goodenough.org) (360) 275-3957

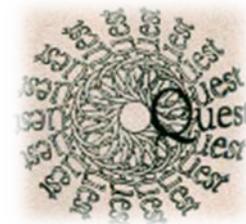


**Quest: A Counseling and Healing Center**

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 be more effective in relationships.

**Call John (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957.**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.



***Embracing the Power of Paradox in Your Life* Excerpts: From Chapter 1**

<http://www.practicalspirituality.info/index.html>

**The Play of Paradox**

*Do I contradict myself?  
Very well then I contradict myself,  
(I am large, I contain multitudes.)  
—Walt Whitman*

Life is rarely, if ever, an either/or equation. In principle and in practice, life is full of contradiction—paradox. It is a balancing act between competing tensions that vie for our time,

our energy, and our attention, trying desperately to convince us that we must choose one over the other.

We are faced with these dilemmas every day. Should we spend more time with our family or building a career? Should we experiment and take risks or do things the way they have always been done? Do our children need more freedom or more control? Should we move away from home or stay close to our loved ones? Is it better to collaborate or to compete? Manage or mentor? Go it alone or get support? Be generous or draw boundaries? Stay quiet or fight back?

According to ancient traditions, tensions are not only a natural part of life—they *are* life. The dynamic tension of opposites is exactly what gives birth to and sustains the ever-changing and ever-evolving elements of our universe. The interaction of opposites—symbolized in the swirling black-and-white circle of the T'ai Chi—exemplifies the universal principle that without one part of the pair, the other cannot exist.

Both sides of the picture complete the circle of wholeness. We must have both day and night, masculine and feminine, movement and stillness, right brain and left brain, the details and the big picture, focus and flexibility. Without the dynamic interplay between these powerful pairs, there is only stagnation, decay, and eventually death. Creative tension, or what I call the play of paradox, is absolutely essential for life and growth.

### **The Golden Thread**

What is paradox? A paradox involves two elements, truths, principles, or perspectives that seem contradictory but are both true. “It was the best of times and it was the worst of times,” “all good leaders are servants,” and “the more you learn, the more you realize how little you know” are all paradoxes. Much of the mystery and meaning, the comedy and tragedy of life are based on paradox. Its most ardent champions are scientists (who are still trying to solve the paradoxes of physics), comedians (who make a living pointing out life’s everyday inconsistencies), and mystics, who believe we can glimpse the spiritual world while walking in the physical, the greatest paradox of all.

The sages of East and West speak often of what it is like to be caught inside a paradox. They describe it in ways that challenge us to move beyond our narrow thinking. They tell us that life’s competing tensions are not contradictory but complementary, not mutually exclusive but mutually inclusive. Life, they say, is not a matter of this *or* that, but a matter of this *and* that.

Paradox is woven like a golden thread through the world’s spiritual traditions. Saint Francis, for instance, pointed to paradox when he said, “It is in giving that we receive, . . . and it is in dying that we are born to eternal life.” The Buddha told his students that taking refuge in the sangha (the community) was vital to their spiritual growth, but he also cryptically advised, “Look not for refuge to anyone besides yourselves.” Lao Tze, the Chinese sage and founder of Taoism, taught, “To be empty is to be full. . . . To have little is to possess,” and Jesus warned, “Be ye therefore wise as serpents *and* harmless as doves.”

Were these great teachers just confused? Did someone make a mistake when they translated their words? Not at all. In the writings and in the lives of the wise ones, paradox permeates. In fact, one of the major lessons they have come to teach us is that we cannot ignore or chase away the tension of opposites, because that is how the universe operates. The Sufi mystic Rumi summed it up when he said that God “teaches by means of opposites so that you will have two wings to fly, not one.”

Paradoxes are here to stay. *We cannot run from them; we can only embrace them and become one with them.* For, in reality, the apparent opposites are two sides of the same coin that are meant to reside in harmony.

The principle of paradox is nondenominational. No matter what background we come from or tradition we espouse, we will confront it. Our job, say the sages, is to learn to flow with the cadences of life as the universe asks us to bring first one and then the other side of the paradox to the fore in our lives at the right time and the right place. As an enlightened pundit once said, “Blessed are the flexible, for they shall not be bent out of shape.”

### **Creating Breakthroughs, Not Breakdowns**

What happens when we don’t embrace both sides of the paradox? Rather than creating breakthroughs, we create breakdowns. If we refuse to honor our physical needs, our body may shut down and send us to a hospital bed so that we are forced to listen. If, on the other hand, we give all of our attention to our material needs and don’t nourish our spirit, our soul begins to ache and we may fall into depression without realizing why. In short, when we are out of balance, we become lopsided. It’s like sitting at one end of a seesaw that suddenly flops down when our playmate runs off and leaves us alone; we hit bottom because there is nothing on the other side to create movement.

I believe that the greatest cause of stress is our inability to recognize and participate in the play of paradox. What often keeps us stuck on one side of the paradox or the other are the myths we have been taught and grown comfortable with. We don’t even know that they are myths because we automatically accept them as true. They are based on assumptions we have made about the way the world works, and, like straitjackets, they prevent us from turning around to see the other side of the equation. They make us believe that we have no other options.

When we get out of balance, life sends its messengers—in the form of circumstances, people, and events—to help us get back into balance. It is human nature, of course, to want to run in the other direction, even to “kill” the messengers, so we don’t have to hear the message. But that never works. The messengers just keep on coming until we stop and listen and accept their invitation to dance.

This book explores one of the many paradoxes of life—the paradox of giving and receiving. We are called to master the delicate dance of giving and receiving in virtually every area of our lives. You’ll meet it when you deal with issues of abundance, self-worth, health, relationships,

career, and uncovering what your real gifts are, to name just a few. At its core, the paradox of giving and receiving deals with the overriding issue that challenges so many of us: *How do I balance what others need with what I need? In order to give to others, do I really need to give up myself?*

At the outset, I should make it clear that honoring yourself is *not* about pampering yourself. And it's not about turning your back on those who need you. The issues surrounding giving and receiving are deeper. Much deeper. By honoring yourself, you are respecting, appreciating, and giving birth to your best self so you can give creatively—and abundantly—in ways that honor others.

While modern society is ill-equipped to bring us back into balance, the sages of East and West are experts. Throughout these pages, you will discover their practical, and often surprising, advice for mastering the inner art of giving and receiving. You will learn to recognize the myths that have held you hostage—myths that, like blinders, keep you from living a life filled with possibility and passion. You'll learn what it means to celebrate your gifts and greatness as you explore the inner dynamics behind giving with the heart rather than the head, setting boundaries, being honest about the unhealthy people in your life, using your feelings to stay true to yourself, finding your own voice, and honoring endings. Most importantly, you'll learn the steps for staying in balance. For when you learn the steps, you can perform the dance—and that's when the magic begins.

### **Getting Back in Rhythm**

We're all in dance class, learning to master one move or another. We're all students of life, learning new ways to move in harmony with the cadences of life's ever-changing music. In our own ways, we're all teachers, too, as we share with others what we are learning. And, yes, it's paradoxically true that we do often teach what we most need to learn. With all the topics I've taken up for the books I've worked on, I have found this to be the case, and this one is no different. I am learning every day what it means to honor myself, my best self.

Depending on the day and the dance, I still stumble and get out of sync. I still have to stop, take a few deep breaths, and get back in step with the rhythm of the music. But I'm learning, and that's what counts to those incredibly patient instructors who coax and sometimes drag me onto the dance floor. I'm certain that I will get better at the dance as I practice, but I also know that I will always be learning. I will always be mastering new steps for honoring and celebrating my gifts.

So, in true paradoxical style, you could say that I wrote this book for you *and* for me. In part, it reflects my own journey and the discoveries I felt were so valuable that I had to share them with you. No book has all the answers or can teach you all the moves, but I hope this one will help you make more sense of life's twists and turns. I hope it will show you how to keep your step a little lighter when life sweeps you off your feet. And I hope it will help you smile and relax a bit more so you can simply enjoy the dance.

