



The Village eView

October 5, 2016

Colette Hoff, Editor

Legacy: Mental Health

We will continue the theme of legacy in our newsletter. Your thoughts on this topic are welcome.

Coming Up:

Women's Concert – October 14

Pathwork – Sunday, October 9

Council – Monday, October 10

Men's Weekend – November 18-20

Mental health within the Goodenough Community System

Colette Hoff

At Pathwork on Sunday, September 25, a group of committed friends spent the evening sharing what we valued about the depth and breadth of education, therapy (both individual and group), experiences, programs, and relationship offered through Dr. John L. Hoff that improved mental health and a much better quality of life. Our goal was to identify the building blocks of the mental health curriculum we have received. These questions framed the evening:

- What's been the most helpful to us personally in the area of mental health?
- What has been important to what we have learned within the Goodenough Community over time?

The following represents some general comments that all agreed upon with specific comments in quotes.

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

Individual therapy was an experience valued by many. Becoming known to self and seen by someone else was invaluable and for some it made possible to join a therapeutic group.

The group experience provided an educational approach to issues of living as well as focus on an individual with problems. "I learned from the work of other people and I learned that change can happen." I learned I could tell the truth to group members, something I could not do in my family." "Talking about someone in front of them was difficult at first and then I found how important it is to be able to tell someone how they are functioning inside me." "Membership in a group taught me to be responsible for being present and contributing to other people's processes, not just focus on my own issues."

The safe container John and Colette provided and the unconditioned relationship they each offered made a huge difference to the effectiveness of the healing process. "The pastoral method made mental health less mysterious. We became partners in growth and development." The community context allowed us to integrate what we were learning as a woman/man, a couple, the curriculum of the Private School for Human Development, Human Relation Laboratories and spiritual Pathwork.

The feeling of being held through Watchcare continues to be comforting, knowing if . . . should happen, I will be cared for, whether a meal is needed or a ride or a celebration to acknowledge a milestone . . .

Concepts identified as foundational:

Multiple theories of human development

Observing self including John's model of watching/watcher/watched. The teachings about self. Learning to observe our emotional life rather than be consumed by it

The model of three basic decisions: to live, to love and to serve

"These are choices I need to make over and over again, and on a daily, thought by thought basis."

The difference between what's inside and outside the individual

"Colette taught me what a feeling was. A core teaching is the difference between emotions and feeling. It's common to get them confused and what is it like to make a feeling statement."

"Finding out that others' insides aren't the same as mine was huge for me."

"Not everyone has the same response to every situation."

Knowing the truth of our own life's story, including all the aspects of family of origin work

"We can rewrite the rest of our stories based on new understandings."

"I was able to get in touch with the infant inside. I didn't have the inner mother to take care of her. Building up a new mother inside of me with required help and an accepting relationship outside myself."

Splitting and sub personality theory

"Challenging attitudes: looking at where assumptions come from and how are I was thinking about early decisions helped me untangle operant sub personalities."

"I learned the difference between being in a sub self, versus talking about a sub self.

"I have a sub self that wants me to get angry."

"Changing my inner dialogue has been incredibly valuable. As I identified my sub personalities, I could hear how they shaped my inner speech and I began to have them talk to each other."

Relationship as a context for growth

"Creating experiments in a couple of relationships that had agreements helped me get over my fear of getting close to someone."

Giving and receiving feedback throughout community experiences

Giving up an excluding reality for shared or consensual reality

Dependency versus interdependence.

"Not asking for help prevents interdependence"

"The model that John designed allowed us all to grow into the interdependence."

The model: pretend, attend, intend, extend, contend

Pretending new behavior to intend new feelings is key.

Learning to say yes rather than a knee-jerk no was quite a discipline for me for a while.

Ordeal therapy as written by Jay Haley and practiced by Milton Erickson

Jim Tocher shared a significant story in his growth, Ask him about it!

The five Couples Processes

The privilege of attending and leading many human relations laboratories has been a gift to ourselves, our relationships, families, co-workers and enabled us to be better more effective people was a collective sentiment.

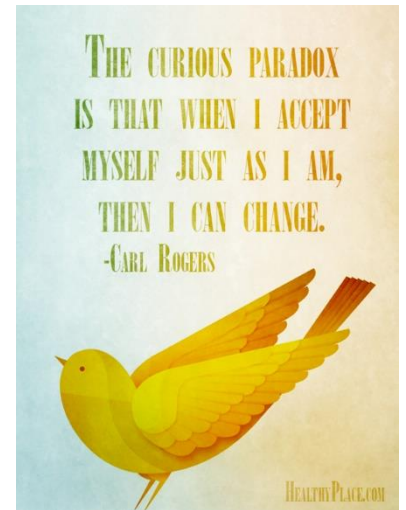
"Imagine yourself free."

"Encouragement to try new behaviors or take on a new role enabled me to learn at more levels."

Bringing perennial philosophy present as a framework to think about spirituality, and how to be a good person.

"I found I could make peace with religion and allowing more acceptance for all spiritual traditions."

The above list is by no means finished. Each item needs fuller description and I hope more will come. The Pathwork Circle is committed to find the words to pass on learnings and express gratitude to the legacy John Hoff has provided and that we have shaped by participating.



Recently, Joan Valles sent in an article from the American Psychologist titled “**Lifestyle and Mental Health**” written by Roger Walsh.

The link is <http://www.drrogerwalsh.com/wp-content/uploads/2011/04/Lifestyle-Mental-Health-Advanced-Publication-PDF.pdf>. It's striking how it confirms what you have been doing all along and it's motivating to me at this time of dealing with therapeutic lifestyle.

Some excerpts from page 6 under the title of Relationship illustrates the value of relationships for health:

Of all the means which are procured by wisdom to ensure happiness throughout the whole of life, by far the most important is the acquisition of friends.

The idea that good relationships are central to both physical and mental well-being is an ancient theme, now supported by considerable research. Rich relationships reduce health risks ranging from the common cold to stroke, mortality, and multiple psychopathologies. On the positive side, good relationships are associated with enhanced happinessquality of life, resilience, cognitive capacity, and perhaps even wisdom . . .

. . . Relationships are of paramount importance to individual and collective well-being, yet the number and intimacy of relationships seem to be declining. Moreover, the great majority of individuals seeking therapy have fundamental problems in their relationships.

. . . Clients interpersonal relationships often receive insufficient attention in clinical and training settings compared with intrapersonal and pharmacological factors. Focusing on enhancing the number and quality of clients' relationships clearly warrants a central place in mental health care. *(This is a worthwhile article. editor)*



How good it is to be alive today

John L. Hoff with Kirsten Rohde

John: It's a gift to be alive today. And like so many other gifts that are given us, it becomes a difficulty to be aware of it and appreciate it as we should. Life was given to me when I was so young that I adjusted to it rather than celebrate it. I became accustomed to living and did not adequately appreciate the gift of it. Thus is it only when someone asks me about my life that I reflect on it sufficiently to come up with an answer. For instance, I have just made such a response to Kirsten's raising it for me again. She is a dear soul whose questions actually create my answers and whose interest explains my desire to say anything at all.

This is often what it's like to be a human being; to be living a life unreflected and unchallenging because we have not simply noted that it is a gift to which we must personally respond. I am not responding now because I wanted to but because another's interest provoked me to reflection and inspired words from within. These are really unrelated to causation other than my own desire to be known as someone who has enjoyed

life. You see, I have the opportunity to enjoy a gift that I am only now choosing because I am only now responding consciously to the gift.

There isn't much to say except that I am glad to be alive. Yet that is very true and supremely important to me as a person.

Kirsten: A number of years ago, you would sometimes say that your lifeswork was not successful. That you felt you had failed. Many of us found ourselves wanting to argue with you because we felt that we had learned so much from you and our lives had been transformed. How would you talk about this now with your statements of "how good it is to be alive today?" It seems that this might have been a phase in your life process and now you perhaps you are in a different phase?

John: That's true. I've not always appreciated the gift of life and I notice that others are similarly predisposed to question their own existence and their own worthiness as a living member of society. Through living in community and receiving friendship I have been born in some fresh way to a different existence in which I am more glad to be alive and more committed to making something of my life. Looking back, I can say that I have had periods of time in my life when I lost a respect for the gift of life. I now believe that it is a gift to be alive and one that we have to receive and bring to fruition before we can appreciate the Giver and life itself.

In my life I have learned that other people are refueling stations in which I am given energy and motivation to be fully alive and appreciative of the gift of life. Right now in this moment I am very thankful for that and very appreciative to others for their interest in me as a friend; indeed, as people who have added to my life the awareness that I am alive and worthwhile as a friend.

Kirsten: So if you criticize or devalue your work you have actually criticized the Giver?

John: If we don't appreciate life we don't live it well. If we don't fully receive the gift of it we are not as worthy of it. When I talk like this I think of how my mother was somebody who seemed to question my existence and cause me to wonder what I was doing in my life. While my father was glad to be alive and passed that to me as probably one of the best gifts ever given to me.

Kirsten: I mean, John, think of how so many of us were when you first met us and how we are now. Really how can you put down the work you have been given to do in this life?

John: Yes, I hear you. I have been blessed by living in community where some people have felt worthy enough to be thankful to me and that has kept me going. Sometimes, we don't feel our worth enough to receive what is given to us.



Weekend for Creativity

Kirsten Rohde



The weekend of **October 7-9** is available at **Sahale** for anyone who would like to get creative in some way. Art painting, drawing, sewing, knitting, quilting, music – whatever. A couple of us will be doing painting on Friday and you are welcome to come anytime Friday through Sunday. For myself I have a half finished sewing project to complete – a perfect time to get it done! Please let me know if you plan to come: krohde14@outlook.com

Save these Dates !

True Holidays - Dec 3:

We invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 3**, 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.

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!**

Winter Solstice Bus Trip - Saturday, Dec 17: With your friends and family, enjoy this day-long journey that embraces the longest night of the year.



We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](#)
Additional information coming soon.

Pathwork, Sunday, October 9, 23; November 13, 27

On Sunday evenings for many years, John and Colette Hoff have invited individuals interested in personal growth and sharing their spiritual journeys to join in a process of "Pathwork." These evenings provide good opportunities for individual exploration in relationship to others. It is a process in which we coach and share insights with each other. This fall our focus will be on what is happening in our lives in relation to the themes of sanity, maturity, proactivity and creativity. This is a good way to continue personal work begun at Lab, for example. At our recent gathering, the Pathwork group will focus on identifying some of the building blocks of mental health we have learned through teaching and experiences provided by Dr. John L. Hoff over many years.

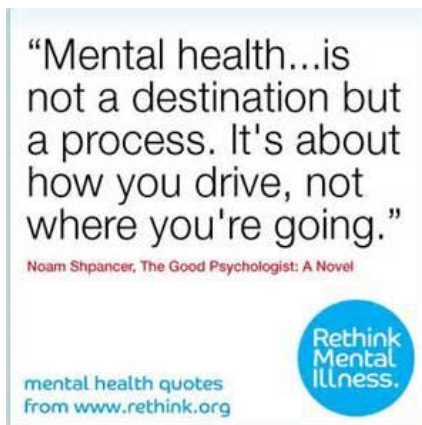
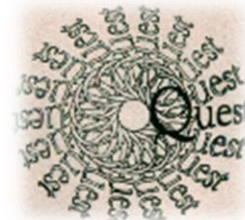
Pathwork is sponsored by Convocation: A Church and Ministry, which promotes an interfaith exploration of the journey of life. Individuals share practices that have worked for them and we often spend some time in meditation together.

Colette Hoff provides guiding leadership to the evenings and is joined by John in helping each person deepen their understandings. Email Colette at hoff@goodenough.org if you're coming. Pathwork meets at **7:00 p.m.** at the Community Center at 3610 SW Barton Street, typically every other Sunday evening.

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 or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



Job Well Done!

Norm Peck

Saturday, September 30 offered a warm, sunny day for the crew assembled to take down the 40' x 60' event tent at Sahale; Russ Pogemiller, Phil Buchmeier, Josh DeMers, Douglas DeMers, Jim Tocher, Norm Peck and Colette Hoff. By noon the sidewalls were down, cleaned, folded and bagged up. After lunch the legs came off as each side was lifted with the tent jacks, and the roof frame and 'skin' was set on the ground. John, Amie,, Colin and Wiley paid a short visit during the break after getting everything 'grounded', then we removed and folded the roof covering to complete the day around 5 pm. Russ and Phil returned to Seattle at the end of the day, while Tom George joined us for supper. Tom, Gordon Hogenson and Larry Hoff joined the crew Saturday. Despite raingear, everyone was thoroughly soaked as the roof frame was disassembled and stored away under the log building and the first 3 rows of floor panels were taken up, dried and stacked under cover before lunch. We got a brief sun break for most of the rest of the floor panel removal, then a hard downpour as we put the last 3 panels in the truck, hauled the tables to the log building for storage and put away the ladders, lights and other accessories to wind up at about 4 pm. A hearty thanks to all the strong helpers!

My appreciation also goes out to Colette Hoff for providing us fine meals and great hospitality and to Mike DeAnguera for pulling up a bunch of dance floor screws before our Friday and Saturday work.



The tent is showing its age as the patches attest to the 14 years it has served group gatherings, weddings, family reunions and many other large group events!





The deAnguera Blog: Flow Miao Miao II



Last week I had the privilege of cat sitting Miao Miao for Max Fain, a community member and a very good friend. He and Sue Neaton went on vacation for a couple of days and I stayed in their apartment. This is my second time cat sitting Miao Miao. She is now bigger and doesn't want constant attention like she used to. She still loves to hop up on counters when I prepare a meal for myself or food for her.

One of her favorite games is to get into the refrigerator. She hopped in when she had the chance and I had to remove several items in order to get her out.

I think Miao Miao would love to eat our food. She usually jumps up on the dining room table when I am eating there. Naturally I lift her off as she complains. Maybe this is one of her ways of getting attention.

Miao Miao is bigger, about 9 pounds. She would love to sit on my shoulders and drops off with a plop on the floor. She is flexible like a rubber band. I envy her flexibility as she is able to leap tall counters in a single bound. I could never do that and if I were to drop down onto the floor like she did, my bones would break.

She still loves darting out the front door but the water pistol is no longer an effective deterrent. So I simply shut her in the forward part of the apartment and close the hall way door.

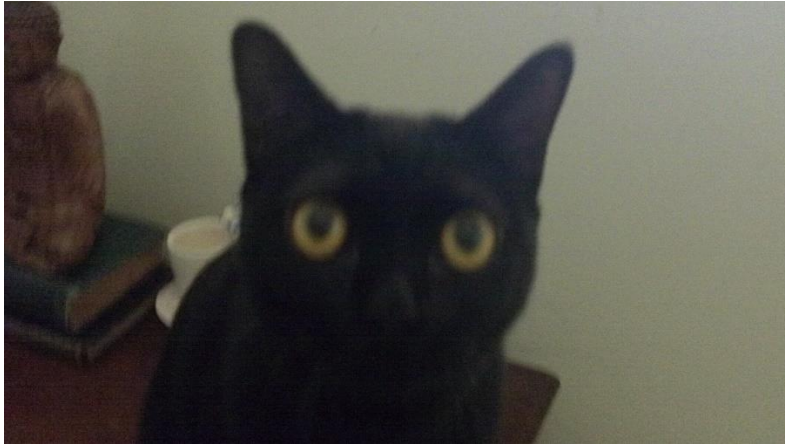
I often can't find Miao Miao. Is she hiding? Possibly. This might be a new game of hers. If I can't find her I will turn the door lock back and forth. That usually brings her out. I hear a plop from the back bedroom and eventually discover her chosen hiding place way up on top of a very tall closet.

As you can see my friendship with Miao Miao is one of the legacies of my being a Goodenough Community member. Since I live a semi-retired life, cat sitting gives me the chance to experience city life from a whole new perspective. Max is an artist and in a sense the whole apartment building where he and Sue live is his work of art. It appears in the right hand photo.

I appreciate what the Community has done for me in the years I have lived at Sahale. It has opened a whole new world of possibilities. Relationships are where it's at. For me they

are the mortar bringing us all together as bricks in the building of community. They should be the foundation of virtually everything we do from careers to marriage and family. How to do it? I believe this is an art as well as a skill that's dependent on our individual talents. I am realizing that Lab is only the beginning. What we learn together we can share with others. This is one reason why I write articles for the eView.

Maybe I will have other opportunities to house sit? Cats are currently my specialty although I would be willing to work with dogs as well.



In your face. That's my style. I'm extra friendly, remember?

The 9th Northwest Permaculture Convergence, October 7-9, 2016

NORTHWEST PERMACULTURE CONVERGENCE

Fort Flagler, Nordland, WA (near Port Townsend)

This event will bring together hundreds of people from around the Pacific Northwest who are practicing, or interested in, permaculture. The Convergence will feature workshops, keynote presentations, round-table discussions, Expo, Skillshare Village, Fruit & Nut Show, entertainment and much more.

For more information contact:

Michael Pilarski 360-643-9178

friendsofthetrees@yahoo.com

[Northwest Permaculture Convergence](#)

**Caring for the mind
is as important and
crucial as caring for
the body. In fact,
one cannot be
healthy without
the other.**

From the book "Approaching the Natural: a Health Manifesto"
by Sid Garza-Hillman

**JILL
WILL
RUN**



Men's Weekend

I'm looking forward to a **fall men's gathering on the weekend of November 18 to 20**. We'll be having a mix experiences together including; hang out time, conversation about our real lives, some outdoor work and free time to enjoy Sahale's fall gifts.

There will be a hot meal to welcome you on Friday evening, followed by a time together to catch up and re-connect. We'll enjoy Saturday and Sunday in a mix of experiences and will close our weekend on Sunday afternoon by 3 PM.

RSVP Please let me know if you are able to attend for our meal and space planning **by November 1st**.

Warmly,

Bruce Perler bruce_perler@hotmail.com 206-419-8361



Thinking of Our Legacy

Kirsten Rohde

We hope that these last few issues of the eView focusing on legacy might inspire you to think about your personal legacy as well as the legacy of our community. This might be a good time to reflect on whether you would like to remember the Goodenough Community by making a gift through your will or a revocable living trust. This is one way that some of us are ensuring that the community continues its work long after we're gone. If you are considering naming the community in your estate plans or if you have already done so, please let us know of your plans so we can say thank you!



Both Convocation: A Church and Ministry and the American Association for the Furtherance of Community can be named in your will as a beneficiary. Please contact Kirsten Rohde, krohde14@outlook.com or 206-719-5364 for more information.



On **Friday, October 14, Jami Sieber and Nancy Rumbel** are performing at the Vashon High School on Vashon Island. Their performance begins at 7:30 p.m., and **the women of the Goodenough Community will be there! We hope you will be, too.**

Jami Sieber is an electric cellist and vocalist, and Nancy Rumbel plays more instruments than we can list here (oboe, English horn, and ocarina are a few). Together, their music is lush and timeless.

This event is sponsored by our good friends, the Women's Way Red Lodge. Visit these websites to find more information and to purchase tickets:

<http://www.brownpapertickets.com/event/2586017>

www.jamisieber.com

You may also purchase tickets at Vashon Intuitive Arts and Vashon Bookstore.

Get your ticket and let Marjorie know if you are coming. We'll consider getting together after the concert. Hope you will join!

I knew Jami decades ago when we were both nurses on the same floor at a Seattle hospital. I knew she played cello then but imagine my surprise to hear her on the radio recently! I look forward to seeing and hearing her at this event on Vashon. Always great when someone realizes their dream to do what they really want to do.

~Kirsten Rohde

10 commandments of mental health

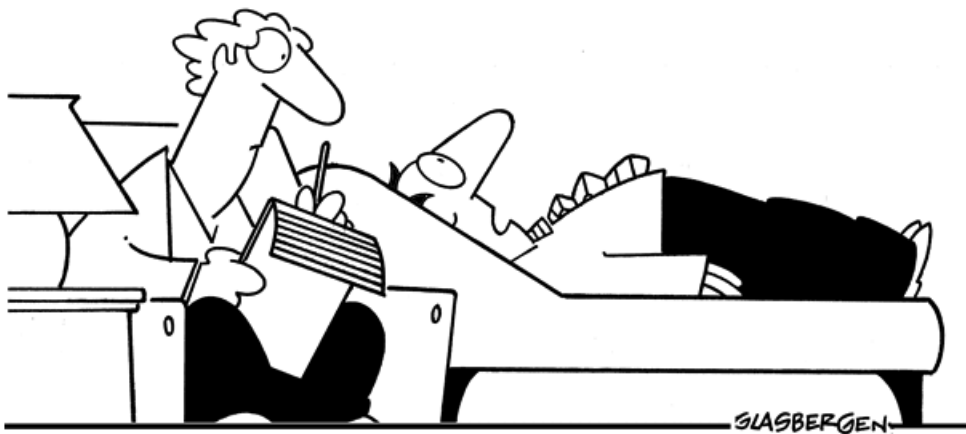
PositiveMed.com

- 1- Think positively; it's easier
- 2- Cherish the ones you love
- 3- Continue learning as long as you live
- 4- Learn from your mistakes
- 5- Exercise daily; it enhances your well-being
- 6- Do not complicate your life unnecessarily
- 7- Try to understand and encourage those around you
- 8- Do not give up; success in life is a marathon
- 9- Discover and nurture your talents
- 10- Set goals for yourself and pursue your dreams



- **Happy birthday - Carla James - October 10**
- **Happy birthday - Tom James - October 12**

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"Ever since I signed up for Twitter, I get the feeling that people are following me!"



"In the mental health profession, we try to avoid negative labels, like 'a hundred and fifty bucks an hour—that's crazy!' or 'three fifty-minute sessions a week—that's insane!'"

CN

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2016-2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Human Relations Laboratory, August 6 to 12, 2017

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually for more than 40 years.

Focal Person: Colette Hoff, hoff@goodenough.org



Men's Culture



Men's Weekend, **November 18 to 20**

Focal Person: Bruce Perler, bruce_perler@hotmail.com

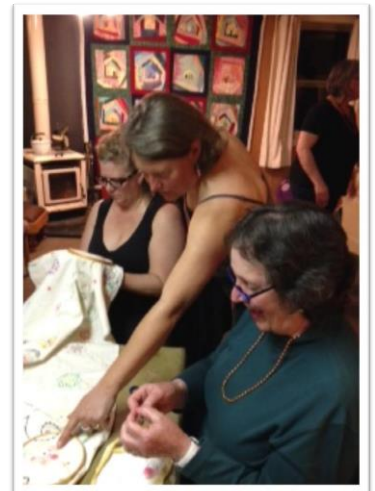
Women's Culture

Concert, Friday October 14; Saturday November 19

Mark your calendar: Women's Weekend, May 5-7, 2017

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gathering will be in November. Joan will pass on the date to all.

Focal Person: Kirsten Rohde, krohde14@outlook.com

True Holidays Celebration, Saturday, December 3



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 17, 2016

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

New Year's Eve Weekend at Sahale, Saturday December 31

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Watch this page – or visit our website at goodenough.org – for information about these and other events and programs. Some are in town at our Community Center in West Seattle, and others are held at Sahale, our rural retreat center near Belfair, Washington.



