



The Village eView

June 14, 2017

Colette Hoff, Editor

Coming Up:

Pathwork, June 18

Council, June 19

Sahale Summer Camp, 6/25 to 7/1

Play Weekend, July 7 to 9

CO-CREATIVITY: RELATIONSHIP

A Postcard from A Wedding

Joan Valles

It was more than 30 years coming but it only took two weeks for the bride and groom to plan a wedding and get married—with the help of a lot of their friends. Tuesday afternoon, in the sacred cedar grove at Sahale, Draí (Deanna Marie Ambrosio) and John (John Michael Schindler), exchanged vows that they each had prepared, in a ceremony that drew on Native American and Celtic cultural traditions. Colette Hoff, in her role as pastor of Convocation: A Church and Ministry, officiated and blessed the couple. At the bride's request Colette was wearing her White Buffalo Woman dress. Draí called the four directions. The couple joined in binding their hands together in a handfasting ritual, a Celtic tradition. More than 35, friends from the Goodenough and Long Dance communities, and friends and family close to John, witnessed the ceremony, and each offered the couple a blessing. Draí and John met when they were high school age sweethearts. Their lives took different directions but they came back together and resumed their relationship. For various reasons they didn't get married sooner. Then as Draí told it: "I woke up a couple of weeks ago and decided it was time." (ed note: and 13 is a number for new beginnings, according to Draí). A invitation was sent out and with the help of

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

Colette and other community members a wedding was planned. Some Long Dance friends were involved in the ceremony as well and we all shared in a meal and toasts afterwards. Colette wanted to make them a wedding cake, 3 tiered layers with lemon curd filling, butter cream frosting, decorated with fresh flowers. ("I was more nervous about the cake than I was about the ceremony," she said.)

As Kirsten Rohde commented after looking around the circle of guests in the cedar grove: "Everyone had smiles on their faces." It was a very happy occasion.

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate." — **Albert Schweitzer**



A Picture Postcard from John & Deanna's Wedding

Hollis Ryan

Can you see this colorful postcard? It's one of those cards with a collage of images ... 40 guests circled in the ancient cedar grove, tearfully and joyfully witnessing the hand-fasting of two people glowing with love ... the Bride lifting her arms to clearly and respectfully call present the spirits of



the directions, the heavens, the earth, the circle, and the ancestors ... the Groom dropping to one knee to declare his everlasting love for the Bride ... the guests speaking their heart-felt blessings for the newly-wed couple ... toasts and good humor ... an exquisite wedding cake ... laughter and joy late into the evening ... and framing this vibrant collage is deep friendship, enduring community, and strong love.

What love we've given, we'll have forever.
What love we fail to give, will be lost for all eternity."

— **Leo Buscaglia**



Love is what we feel in our essence, and the more love we feel in our hearts, the more it will be brought to us.

Deepak Chopra

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” – **Marcel Proust**



Good Relationships
Don't Just Happen.
They Take
Time, Patience,
And Two People
Who Truly Want To Be
Together.



The Blanket Blessing



A crowd of blessings!

Here is to New Beginnings, Draí and John

Colette Hoff

Weddings offer lots good energy to the people present and beyond. We are reminded to pay attention to our own relationships and celebrate the good feeling that comes through the power of relationship. It was with joy that many people joined Draí and John to create a wedding celebration fit for expressing their relationship. Vows were real and promises were made. The multi-cultural aspects of the ceremony were woven together and demonstrated deep respect for each tradition.

This issue of the eView is about relationship and I hope you will find the quotes inspiring. The Goodenough Community highlights learning about relating well. Our 48th annual Human Relations Laboratory is one such event that encourages being present and offering our best to each other. Connecting is facilitated through music, art with various mediums, dance and play, guided exercises as well as the relational experiences in small groups.

An article follows that features the qualities of being present and offering what is natural from the inside in relationship.

Celebrate your relationships this week, its good for you!



Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart. **Marcus Aurelius**



What Does Mindfulness Have to Do With Intimacy?

John Amodeo Ph.D., MFT Intimacy, A Path Toward Spirituality

A key to connecting.

Source: Image by Max Pixel

We often understand mindfulness as a path toward stress-reduction or spiritual awakening. But mindfulness can also create a foundation for intimate relationships.

Being present means noticing what we're experiencing inside now. In his popular book *Wherever You Go, There You Are*, Jon Kabat-Zinn writes, "Mindfulness means that we commit fully in each moment to be present; inviting ourselves to interface with this moment in full awareness."

Being aware of what is happening in the present moment creates a conducive climate for intimacy. Love and connection cannot be forced or manipulated; it can't be forged through an act of will. The only power we have is to create an environment where love and intimacy are more likely to arise. Such a climate is fostered by being present with what we're experiencing inside and taking courageous, intelligent risks to share that experience with people we want to be close to.

Love and intimacy are byproducts of being with another person in a deeply felt way. Connections with others flow more easily as we stay connected with ourselves and the full range of human emotions and desires that arise as a result of being alive. As the saying goes, "We can't stop the waves, but we can learn how to surf." We can make room for our fears, hurts, shame, and anger—as well as our joy and gratitude—and reveal these feelings as we notice them arising inside of us. Cultivating such mindfulness allows us to feel closer to those we love.

Emotionally Focused Therapy for couples (EFT), which has been primarily developed by Dr. Sue Johnson, is one such path toward uncovering and revealing our authentic feelings. Deeper connections happen as couples slow down and allow themselves to feel what is more vulnerably alive inside themselves.

Oftentimes, our longing for love is so frustrated that we resort to shaming our partner or launching hurtful attacks. We might be angry that our needs aren't being met, but don't know how to communicate what we really want (it's usually something more vulnerable). This "attachment protest" is intended to pull our partner toward us, but it usually has the reverse effect of pushing them further away, which leaves both of us feeling frustrated, angry, or hopeless.

The elusive intimacy we seek doesn't congeal through the knee jerk reaction of criticizing and attacking our loved ones. It ensues as we pause, bring awareness down into our body, and be mindfully present with the unpleasant and uncomfortable emotions that are bouncing around inside us.

Research by Eugene Gendlin at the University of Chicago found that those who made progress in psychotherapy were slowing down their speech and connecting with their body. Gendlin, who developed a process called Focusing based upon this research, found that these naturally gifted clients weren't stuck in their heads analyzing themselves or others, but were mindfully present in the moment—opening to the ever-changing feelings that were coursing through them.

In a similar vein, connecting more intimately with others happens as we stay in the present moment with our authentic experience and find the inner resources to share that experience with trusted others. Revealing our tender and vulnerable feelings and longings enables them to understand us, which may prompt them to respond in an empathic way. People are more likely to move toward us as we take the risk to show them how we're being touched by life.

Interactional mindfulness creates a foundation for feeling each other more tangibly. For example, I notice I'm feeling sadness, fear, or a longing for more time together. I express these feelings to you. You then pause, go inside, and notice how my experience affects you. Does it touch a similar longing? Or perhaps there's sadness in you upon hearing my pain. Or maybe a sense of shame that you're not being a good partner, which might be a trigger for getting angry and defensive instead of hearing my feelings.

Living more mindfully has health and spiritual benefits. It can also be a hidden path toward the satisfying connections we seek. It takes courage to give ourselves permission to feel whatever we happen to be feeling without judging ourselves. And it takes even more courage to allow ourselves to be vulnerably transparent with others.

Such risks pay dividends when others respond positively. Even if they don't, we can feel good knowing we found the strength and integrity to take the risk to be authentic.



It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship."

— **Norman Vincent Peale**

Sahale Summer Camp

Filling fast

June 25-July 1, 2017

Register Now!

Celebrating 12 years of

Fun and friendship!



Sahale Summer Camp is a weeklong overnight camping experience designed to help your child have fun learning about him/herself as a friend.

We make learning about relationship fun and natural. Our program builds skills that promote self-esteem, collaboration and social creativity for the future health of your child and society:

- Self responsibility and self care
- Enjoyment of work and play
- Self-reflection, self awareness
- Self expression and active listening
- Empathy and practical care of others
- Respect for elders and peers

- Collaboration and cooperation

Your child will leave with a greater sense of confidence and of belonging to the world.

Our work with youth makes use of Sahale's remote and beautiful river valley where we breathe

fresh air, swim clean waters of a gentle river and explore meadows and forested hills.

Sahale is home to diverse flora and fauna awaiting discovery. Each day our camp life is filled with exploring natural wonders.

We build our tent village circled by trees and near the large fire circle where we gather each evening for stories, singing and skits, stargazing and more. Each day repeats a gentle rhythm and includes comforting routines.

Daytime activities include:

Morning Circle	Meals and Snacks
Archery	Nature activities
Cooking & Gardening	Supervised river play
Quiet time after lunch, Journaling & drawing	Crafts: clay, weaving, rattles, beads and more.
Drama	Music and Story
Free time	Group games

On our last full day, we celebrate with a big feast and a special campfire program as we prepare to join our families the next day.



Once the realization is accepted that even between the closest human beings infinite distances continue, a wonderful living side by side can grow, if they succeed in loving the distance between them which makes it possible for each to see the other whole against the sky."

— Rainer Maria Rilke

I see lots of people who don't know how to create for themselves happy, fulfilling environments in which to live and work. Hence, when a person first discovers the nourishment and support of intentional relationships, in community, they become critical of their other existing relationships. And because of this, our community works hard preparing people to export and demonstrate what we value here—wisdom, love, forgiveness, and laughter—back into their families, friendships, and work life.

~John Lawrence Hoff



Life is partly what we make it, and partly what it is made by the friends we choose.” — **Tennessee Williams**



The deAnguera Blog: Men's Weekend 2017



We Goodenough men can do some incredible things like putting up a big white tent every year. On the left you can see Gabriel, Douglas DeMers, and John Schindler inserting a spar into the main roof support. All attention had to be focused on the work at hand. By contrast

cleaning and inspecting screws for the dance floor allowed Elias Serras, Gabriel, and Bill Scott to converse on many things.

I am always amazed by how well we all work together to get the white tent up. You should see the way we line up when putting the spars into the initial rooftop piece. Watch us as we all crowd around pushing up each end of the tent frame to get the posts in place. Expert leadership was provided by Norm Peck.

We had most of the tent up by Friday evening. The sidewalls went up on Saturday. Just think this is the 15th year we have put up this tent. It is amazing how fast the years go by.

This year we had a Men's Weekend at the same time. We all contributed our personal stories. Life challenges each of us each and every day. That's especially true for those raising families. So it is good to have a place for men to gather in support of each other.

The Goodenough Community is the first time I have experienced gatherings especially for men. Before my first Lab I had never had any groups of just men.

Our culture does not provide a place for men to be real with each other. I suspect we have all learned to keep our stories to ourselves. Maintaining the mask for the outside world for me has been an essential survival skill. Sharing makes us all vulnerable. People, even our friends can talk about us behind our backs.

To be open and vulnerable to each other requires trust. That's important for any kind of friendship to survive. This is why deep friendships can be hard to find.

The foundations for all of our friendships are laid by the Human Relations Laboratory. That's where we work hard on building trusting relationships.

I briefly looked at a book *Tribe* by Sebastian Junger. He spends time on how soldiers develop deep relations with each other in the thick of battle. They trust each other with their lives. Frequently these relationships went deeper than the relations with their spouses.

Junger shows just how important it is for people to have community support to stay healthy. In tribes community support was standard. Do you suppose that's why many settlers joined the Indian tribes but no Indians ever joined our culture? Even those who were captured frequently chose to stay with their captors. This has been the case throughout our history as a nation.

I am a firm believer in the tribal way. It has been proven over many hundreds of thousands of years. Civilization by contrast has only been around for 10,000 years and is not sustainable. As Daniel Quinn has shown in *Ishmael*, many cultures have tried civilization then returned back to tribalism. Ours is the only one which has not. Why it has lasted as long as it has is a mystery.





Goodenough men know how to relax together as shown by Bruce Perler and Bill Scott.



An opportunity to become a member of our community

Kirsten Rohde

We are offering a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define some rights and responsibilities of membership. While we generally use a form of consensus for decision-making, having membership formalizes decision-making for community issues. Our Community Covenant continues to guide us.

Belonging: membership of a group or organization offers

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com

Birthdays

✚ Happy birthday, Nan Kreckler Scott- June 15

✚ Happy birthday, Kirsten Rohde - June 18

Boyfriend: Do you think my salary is sufficient for you?
Funny Girlfriend: It is sufficient for me, but how will you survive?



Your Daily Love Emotions On 16quotes.com

A relationship with no trust is like a cell phone with no service, all you can do is play games.

~Unknown

16quotes.com



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.

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, 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.



A weekend for men is being planned for **June 9 to 11**. Focal Person: Bruce Perler, bruce_perler@hotmail.com

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



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 and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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 16, 2017

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 at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

Annual Organizational Meetings

March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde 206 719-5364 for more information.

