

The Village eView

November 29, 2017

Colette Hoff, Editor



Coming Up:

Pathwork, December 10

Council, December 11

Solstice Experience, December 16

New Year's Eve at Sahale, December 31

All About Awe (An Excerpt)

Anna Mikulak Association for Psychological Science

On an exceptionally clear night, you look up and see thousands, maybe millions, of pinprick stars. The sky seems expansive, and yet the part we see represents an infinitesimally small portion of the existing universe. Pondering this, you are overcome by an ineffable, overwhelming feeling of wonder edged with fear. This view is awesome.

We've come to use the word "awesome" to express approval or appreciation for all sorts of things, but as APS Fellow Steven Pinker noted in a recent interview with *The Atlantic*, the overuse of the term has softened its meaning. The truly awesome encounters in life don't reside in the everyday but rather in the experiences we have that are somehow magnificent and powerful. As cutting-edge research in psychological science is beginning to show, only special kinds of objects, environments, and people elicit feelings of awe. And research suggests that awe, though mysterious, is an emotion we shouldn't take for granted, as it may have surprisingly meaningful consequences for everyday behavior and even overall well-being.

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

Mapping Form and Function

As a concept, awe has been around for centuries, surfacing in discussions of religion and philosophy among such eminent thinkers as Edmund Burke, Immanuel Kant, and Ralph Waldo Emerson. But as APS Fellows Dacher Keltner (University of California, Berkeley) and Jonathan Haidt (New York University) observed in a seminal 2003 paper, the psychological dimensions of awe haven't received the kind of scrutiny given to other emotions.

"The field of emotion research is almost silent with respect to awe. Few emotion theorists consider awe in their taxonomies, and those who do have done little to differentiate from other states," explained Keltner and Haidt (2003, p. 297).

In mapping out the structure and function of the emotion, Keltner and Haidt proposed two essential aspects shared by experiences of awe: vastness and need for accommodation.



Thus, an awe-inducing stimulus — whether a stunning landscape, an intense religious experience, or a cloud-skimming skyscraper — gives us a sense of vastness, seeming much larger than us and the things we are used to, whether physically or metaphorically.



And, partly as a result of this vastness, awe-inducing stimuli induce a need for accommodation, a term borrowed from developmental psychological scientist Jean Piaget. By challenging our concept of ourselves and the world around us, awe-inducing stimuli force us to adjust our cognitive schema to accommodate them. No wonder, then, that we often describe these stimuli as "mind-blowing" or "earth-shattering." They simply don't conform to our existing way of thinking about the universe.

The specific combination of these two core features, argued Keltner and Haidt, is what distinguishes awe from other positive emotions. And accumulating evidence suggests that we express this unique emotion in ways that signal specific adaptive functions.

Findings from a 2013 study coauthored by APS Fellow Michelle "Lani" Shiota (Arizona State University), Keltner, and Belinda Campos showed that, in marked contrast to other positive emotions, awe isn't signaled by smiling but rather by raised eyebrows, widened eyes, a dropped jaw, and visible inhalation. These jaw-dropping, breath-taking displays of awe could help to enhance visual perception and moderate physiological arousal, thereby facilitating the complex cognitive processing induced by an awe-inspiring stimulus.

But why do we experience awe at all? Keltner and Haidt hypothesized that, from an evolutionary perspective, awe may reflect the fundamental emotional response that low-rank group members have in the presence of a powerful group leader. Such a deferential, submissive response has clear advantages in terms of ensuring one's place in a group and maintaining social hierarchies that can boost long-term chances of survival. Over time, this emotional response to powerful beings generalized to other powerful and vast stimuli, including the man-made, the natural, and the supernatural. . . . for entire article go to

So, awe may focus our attention on the here and now, but research indicates that it also prompts us to think in more self-transcendent ways, shifting our focus from inward concern to an outward sense of universality and connectedness.

For example, Shiota and colleagues (2007) found that students who thought about how they felt when they encountered a "really beautiful" natural scene much more strongly endorsed feeling "small or insignificant" and "connected with the world around me" than those who wrote about a time when they felt another positive emotion. And students who were actually exposed to an awe-inducing stimulus — an enormous life-size replica of a *Tyrannosaurus rex* skeleton — were more likely to describe themselves as belonging to some sort of universal group than students who were exposed to a neutral environment.

As evidence piles up for a complex relationship between awe and cognitive processing, investigators are discovering that this emotion–cognition interaction could have profound consequences for how we respond to others and the environment around us.

. . . .

According to Keltner, these and other findings from his lab suggest that "awe is a very powerful trigger of prosocial behavior."

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Taken together, these findings are certainly tantalizing. As Keltner and Haidt observed, awe-inspiring experiences "may be one of the fastest and most powerful methods of personal change and growth" (2003, p. 12), given that our personality traits and values tend to be difficult to change.

It's possible that exposing people to awe-inducing stimuli could offer a relatively low-cost, accessible tool for boosting well-being, on both individual and community levels.

And perhaps these benefits will even extend to awe researchers themselves.

"The potential power of awe, combined with the mystery of its mechanisms, may itself be a source of awe," write Keltner and Haidt, "**giving pleasure both to those who study it and to those who cultivate it in their lives**" (2003, p. 12). œ

For entire article: <http://www.psychologicalscience.org/observer/all-about-awe>

More on Awe

Colette Hoff

While the article above is quite scientific, it makes a strong point for raising awareness for the role awe has on our overall well-being.

Many attending the True Holidays Event might say they experienced awe. One image is of Joan Valles going up to receive her win of the raffle. Watching children sing together that we have known since babies filled me with awe. (And, yes, two of the children were my granddaughters!) Some additional awe-filled moments:

- ♥ Singing The Festival of Light without the music playing. In addition,
- ♥ The beautiful display Draï created out of all the things that were home made and for sale many from Sahale.
- ♥ Good collaboration between and among our wonderful friends volunteering to set up and take down the event
- ♥ An old friend not being ready to go home

In this week's issue of the eView, you will see pictures from the True Holidays, indeed an awesome (awe-inspiring) event.

Excerpts from two additional articles on Awe follow.

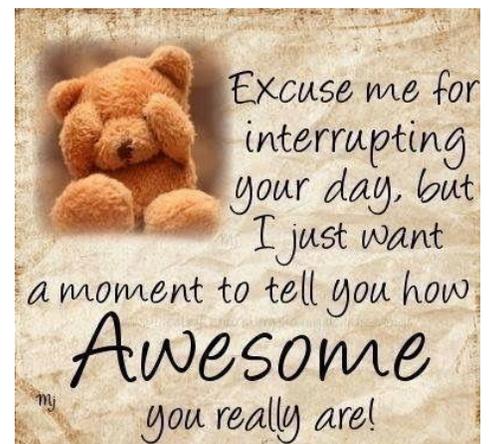
How awe brings people together By Jill Suttie | July 3, 2017

A series of experiments suggest that awe causes us to have a smaller sense of self, which shapes our social networks in positive ways.

Many of us know the pleasures of feeling awe. Whether hiking majestic peaks, admiring great art, or watching the birth of a child, experiences like these fill us with a sense of wonder, challenging our understanding of the world and our place in it.

But, while many of us know it when we feel it, science has not understood awe as an emotion very well. Though research suggests awe increases our well-being and leads us to be more altruistic and generous, it's still not clear why that would be.

Now a new study sheds some light on awe's unique function. Through a series of experiments, an international team of researchers were able to show that experiences of awe diminish our sense of self-importance, creating a "small self" perspective that seems to aid us in forming social groups.



Yang Bai—a researcher at the University of California, Berkeley, and one of the paper’s authors—believes her research lends insight into awe’s evolutionary purpose. Awe helps you to stop focusing so much on yourself and to look more to what’s around you—toward other people and the world at large, she says. And, by doing that, people will naturally seek more social engagement.

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“While we’re feeling small in an awe moment, we are feeling connected to more people or feeling closer to others,” she says. “That’s awe’s purpose, or at least one of its purposes.”

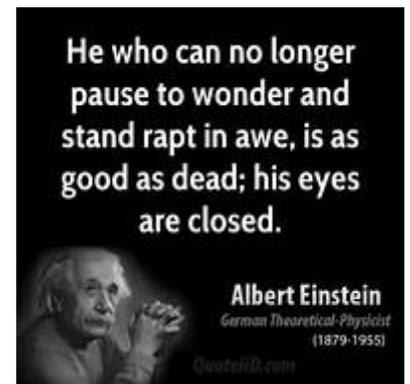
~Yang Bai

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We can feel small in response to different kinds of emotions—for example, when you feel embarrassed, you will also feel small. However, the smallness brought on by awe is unique,” says Bai.

She hopes that by spreading the idea of awe and the small self, she will help people to understand why they need more awe in their lives.

“People can easily ignore the benefits of feeling small, of feeling humble,” she says. “But, we all feel the need to feel connection to other human beings, and awe plays a very important role in that.”



For entire article:

https://greatergood.berkeley.edu/article/item/how_awe_brings_people_together

Why Do We Feel Awe? By Dacher Keltner | May 10, 2016

According to **Dacher Keltner**, there are important evolutionary reasons: It's good for our minds, bodies, and social connections.

News stories and social media posts inundate us every day with tips for greater happiness, health, and general well-being. But who has time to fit them into our already packed schedules?

Recently, though, my research has led me to believe that one simple prescription can have transformative effects: look for more daily experiences of awe. This doesn't require a trek to the mountains. What the science of awe suggests is that opportunities for awe surround us, and their benefits are profound.

Awe is the feeling of being in the presence of something vast that transcends your understanding of the world. Early in human history, awe was reserved for feelings toward divine beings, like the spirits that Greek families believed were guarding over their fates.

In 1757, a revolution in our understanding of awe began thanks to Irish philosopher Edmund Burke. In [*A Philosophical Enquiry into the Origin of Our Ideas of the Sublime and Beautiful*](#), Burke detailed how we feel the sublime (awe) not just during religious ritual or in communion with God, but in everyday perceptual experiences: hearing thunder, being moved by music, seeing repetitive patterns of light and dark. Awe was to be found in daily life.

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In subsequent studies, we have found that awe—more so than emotions like pride or amusement—leads people to cooperate, share resources, and sacrifice for others, all of which are requirements for our collective life. And still other studies have explained the awe-altruism link: being in the presence of vast things calls forth a more modest, less narcissistic self, which enables greater kindness toward others.

..... What does awe do for you in the present moment? And here, the science is proving to be



clear: Momentary experiences of awe stimulate wonder and curiosity.

Parents have long known this. Sleep deprived they watch, on occasion awe-struck, as their four-year-old marvels at every object in the world, in a perpetual state of awe, peppering them with endless questions of “why?”. Biographers routinely discover this in their studies of innovators. Awe drives people to paradigm-shifting discoveries and new technologies. Such was the case of Darwin, Muir, and Einstein.

..... our culture has become more individualistic, more narcissistic, more materialistic, and less connected to others.

In the face of these big cultural trends, our own individual actions may seem meaningless. Yet the research on awe suggests that modest steps can have a major impact on our well-being. So don't underestimate the power of goosebumps—**actively seek out the experiences that nurture your own hunger for awe**, be it through appreciating the trees in your neighborhood, a complex piece of music, patterns of wind on water, the person who presses on against all odds, or the everyday nobility of others.

Take the time to pause and open your mind to those things which you do not fully understand. You will be the better for it—and, as your feelings of awe ripple out through acts of kindness, so will the rest of us.

For article: https://greatergood.berkeley.edu/article/item/why_do_we_feel_awe

*When was the last time something
filled you with awe?
While young children seem to be wonderstruck
on a regular basis,
this experience tends to be rare in adults.
Researchers define awe as the feeling we get
in the presence of something larger than ourselves
that challenges our usual way of seeing the world.
Central to the experience of awe
is a sense of smallness,
but not the kind associated
with shame or self-doubt—
rather, awe involves feeling interconnected
with others and broadening our horizons,
like a camera lens zooming out
to reveal a more complex and inclusive picture.
From this vantage point,
everyday concerns tend
to feel less overwhelming—
as we get smaller, so do they.
Research suggests that awe
has numerous psychological benefits,
including increased life satisfaction,
a sense of time slowing down or standing still,
and a greater desire to help others.*

*~Juliana Breines
(Psychologist at Brandeis University)*



HOLIDAY PLANNING

Winter Solstice Bus Trip – Saturday, Dec 16



Join friends and family for a wonder-filled day-long journey embracing the longest night of the year.

A time of play and relaxation with family and friends!

Notice this year's new schedule!

- At the Eastgate Park & Ride, we board a heated bus at **9:45 AM** and travel through snow-laden trees, craggy mountains, and iced streams over Snoqualmie and Blewett Passes
- Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- At **2:45 p.m.** a horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
- We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
- You will be informed what time to return to the bus.
- Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM.

[Please register with Elizabeth now](#) [On-line registration available soon!](#)



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. Happy hour is at 5pm with dinner to follow. We will provide food and drink and invite anyone coming to bring a dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!



New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. Consider coming as early as your schedule allows. Please email Colette (hoff@goodenough.org) with your plans.



Celebrate the Light of the Season

Join the **Goodenough Community & Friends**, Sat. Dec 2, 6 to 11 pm



Thank you, Thank you, Thank you!

Thank you to all who came to the event!

Thank you to all who creatively donated Silent Auction items, baked goods, and homemade items.

Thank you to Kirsten for providing coordinating leadership.

Thank you to Jim Tocher for his leadership in setting up and cleaning up.

Thank you to Carla and Rachel for coordinating the Silent Auction.

Thank you to all our steadfast volunteers!



The deAnguera Blog: Awesome True Holidays



There are not many places in this world where

one can receive true Christmas Spirit. Our True Holidays celebration is one of those places. It's a place where family and friends can connect.

We had very energetic contra dancing plus songs and poetry from our community members including the children who picked their own songs. Now that is what I call awesome!

Every year is different. The format is pretty much the same but as we change how we do True Holidays will always reflect how we are feeling.

My brother Paul and his wife Pat came to the celebration this year and had a great time meeting our community members. This gave me the chance to share True Holidays with my family bringing us closer together.

How long have I been a part of True Holidays? I can remember many years ago we met at the Seattle Waldorf School. I was probably still living in Bellevue back then. It meant having to drive into Seattle across I-90. For me that was the easiest way into Seattle. I was living in the Overlake area at the time. Yes, I helped set up tables then just as I do now.

Besides the Human Relations Lab events like True Holidays build our friendships together. I have done this celebration for so long I have difficulty remembering when I started.

We are all weaving our friendships together. Many of us continue to do so no matter how much our lives change.

For a lot of communities including churches, relationships appear to mostly stay on the surface. People are unwilling to go deep to come together. What makes us different is our once a year Human Relations Lab. There is no way to stay on the surface after one week of Lab, let alone nearly 20 years' worth. I often wonder how many people will take the plunge by coming to Lab.

For me life on the surface is not worth living. Without something like Lab I personally will not have a strong foundation. It takes other people to help me build it. My relationships are the proper foundations for a sound life. I know this from experience.

I have seen buildings with weak foundations. The whole structure can be totally out of whack with doors not closing because the door frames are not plumb. Such a building can be dangerous because one day it could collapse.

Why do we have a society where we are all encouraged to go it alone? The U.S. seems to be unique among the world's nations in this respect. We are the world's most powerful nation yet we don't value community building. This is costly not only for us but also the rest of the world. When we fail to connect with each other compassion and empathy do not develop. Everything becomes abstract and profit is the only thing that counts.

Christmas isn't about giving things but rather it is about giving each other. When I replace it with just giving and receiving things, I eventually run out of things to give. Shopping gets harder with each passing year. I need to give myself in relationship. That relationship needs to be based in a vision giving my life meaning. There is a place for me here.

There is also a place for you here if you have not partaken of any of our activities. We have a bus trip through the snows coming up in about a week. You might still be able to get onboard. Check our Eview.



In and out. Contra Dancing! Thanks Amy for filling in for Sherry Nevins who was our dance leader for many years.

Silke Newell accompanying the children



Grandma and Wiley

Our extraordinary cashiers, Pam and Brandy



Tom George, our MC





Pre-event team meeting



Joan Valles winning the raffle





Homemade Goods for sale



Friends



Sociocracy for Intentional Communities

Save the Date!

Gather Thursday evening, Workshop begins
Friday AM April 27 to Sunday, April 29, 2018

A Three-day Workshop

Led by Diana Leaf Christian

At Sahale Learning Center



Sponsored by The Goodenough Community and

The Northwest Intentional Communities Association (NICA)

Intending a more collaborative and sustainable future

Bruce Perler

The Goodenough Community continues in its now several years-long transition experience, knowing that its sustainability depends on graduating from a founder-based creative endeavor supported by steadfast and dedicated individuals, to a community enjoyed and operated by and for its membership and in collaboration with the broader communities movement.

I believe that making a notable change at this time of transition in our operational behaviors around governance, especially to such a well-known model, **Sociocracy**, would be invigorating for our membership and a meaningful, goodwill effort towards being more supportive and joining of the larger communities movement. In my optimistic musings about this, the threshold to collaborating with our community is lowered by this change and our interchange / flow with the larger communities network is meaningfully increased. I think a second order change is possible based on this kind of investment in our own future by placing greater value on collaborating beyond our own community and making it easier to join and support us via a well-known operational model. Whether its partnering with our

regional sister communities or participating in the Global Ecovillage Network (<https://ecovillage.org/>), change of this type demonstrates us as viable partners, energized activists and forward-looking global villagers. And, this level of change would clearly signal our interest in sustainability and broadening our collaboration, an organizational behavior worthy of a 35+ year, well thought of community.

Join in with our leadership council of members by marking your calendars for **April 27-29, 2018** when we'll be hosting, at **Sahale Learning Center**, in collaboration with the **Northwest Intentional Communities Association** (NICA - <https://www.facebook.com/nwcommunities/>) and **Diana Leafe Christian**, a three day intensive training, Sociocracy for Intentional Communities and Member-led groups (https://dianaleafechristian.org/sociocracy_for_intentional_communities_and_member_led_groups.html 0).

We will gather Thursday evening April 26 with dinner and socializing and begin the workshop on Friday, April 27. The workshop will end Sunday, April 29.

For more general information on Sociocracy, see the Wikipedia article - <https://en.wikipedia.org/wiki/Sociocracy>

For a short video of young people demonstrating Sociocracy in action see, Sociocracy - The Operating System of the New Economy (<https://www.youtube.com/watch?v=l3zFWpntExg>).

Testimonial for Sociocracy ... *this training has helped apply sociocracy to anything from small community projects to businesses with 30 tiers of hierarchy. Applying sociocracy helps flatten the hierarchy - i.e. the organisation becomes more resilient, more adaptive and more humane because people are listened to and the collective wisdom of everyone is tapped. (Checkout consent vs consensus if you're curious).* - Charlie S.

For more on Diana's workshop experience, see:
Sociocracy - a deeper democracy - <http://www.sociocracy.info/diana-leaf-christian-united-states/>

Some videos of Diana on Sociocracy:

1. Three Parts of Sociocracy - https://www.youtube.com/watch?v=B_veNLFHXPw
2. Purpose and three parts of Sociocracy - <https://www.youtube.com/watch?v=IXvEtm13bV0>
3. Seven Parts of Sociocracy - <https://www.youtube.com/watch?v=ctoDmbrpCD0>
4. The Three Parents of Sociocracy - <https://www.youtube.com/watch?v=Lst5y6lXq48>



Third Annual Friends of Sahale weekend January 12-14, 2018

Kirsten Rohde

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.

These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

Please consider coming to this year’s Friends of Sahale weekend. This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other’s company, and share many appreciations.



Birthdays and Anniversaries

- ♥ Happy Birthday, Kaitlin Benner-Kenagy
- ♥ Happy Birthday, Brittany Smith Pettit
- ♥ Happy birthday – Russ Pogemiller - December 14
- ♥ Happy birthday – Evelyn Cilley - December 15
- ♥ Happy birthday – Tessa James - December 1

Additional Announcements:

SOUTH SOUND WOMEN'S DRUM CIRCLE in Olympia

December 15th - Friday

7 – 9 pm @ The Coach House

For Directions Google: 211 22nd Ave. SW, Olympia, WA 98501

Wings

Wandering in the deep of the night
A thousand birds take flight
And our dreams are born
On the wings of change
We are weaving the world tonight
— Suzanne Sterling and Witchcampers

Come join **OTTER WOMAN**, our medicine drum, and **TURTLE HEART SONG**, our community drum in celebration of the **WINTER SOLSTICE**. Let our souls experience the deep stillness as the pendulum halts in its return swing toward the light and renewed hope

All Women Welcome - No Experience Necessary

NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.

Pathwork

Joan Valles

Pathwork, a program of Convocation: A Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. **Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to change your mind and move beyond habitual patterns is invited to join.** You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gatherings are on December 10 and December 17 in the Community Center in West Seattle. For additional information, contact Colette (hoff@goodenough.org).

Calendar of Programs and Events, 2017 - 2018

What makes community meaningful and fun?. The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: January 19, March 2, June 1.** Contact Kirsten Rohde for more information:

krohde14@outlook.com

The women's program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: January 20, March 3, June 9. Womens Weekend: April 13-15 at Sahale.**



The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men's gathering. October 6-8, June 8-10** at Sahale. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Pathwork, a program of Convocation: A Church and Ministry. On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

Gathering are at the Community Center in Seattle: Dec 3, 17, Jan 7, 28, Feb 11, 25, Mar 11, 25, Apr 8, 22, May 6, 20, June 3, 17.

Contact Colette Hoff for more information: hoff@goodenough.org



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.

Contact: Colette Hoff hoff@goodenough.org



True Holidays Celebration, Saturday, December 1, 2018

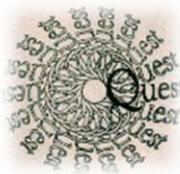
Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

Contact: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 25 – 28, 2018), 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.

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion.

Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family

groups to be happier and more effective in relationships.

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