

... Expectations we have can lead down the path where that devil discouragement lives. ~Tom Dundee

ACT WITHOUT EXPECTATION.

-LAO TZU

Expectation: A Challenge for the Mind

John and Colette Hoff

Sometimes expectations motivate and guide you as you proceed and at other times expectations can distract and undermine energy and goals. Expectations function paradoxically by encouraging us toward achievement and goal setting and on the other hand, low expectations undermine effort.

At the holiday season, we often have both experiences: the anticipation and the possibility of disappointment. Anticipation can be positive as we look forward to holidays traditions that help prepare for a variety of seasonal experiences. It can be a distraction when expectations are unrealistic and cause difficulty in relationship. Effort is not motivated and expectation can take us away from the present moment. You will find quotes throughout this issue that exemplify both perspectives of expectation. Joan Valles offers some wisdom about perfection from a newsletter she receives.

John and I hope your holiday season has the appropriate blend of expectations that lift and guide and motivate without disappointment and regret.

Blessings, Colette and John

December 9, 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

Upcoming Events:

Solstice Bus Trip – Sat, December 19 Christmas Sunday –December 20 Christmas Day –Sahale, December 25 New Year's Eve – Sahale, December 31



Is everything perfect?

Excerpted from a Newsletter by Rick Hanson: <news@rickhanson.net>

The Practice

Relax anxiety about imperfection.

Why?

"Imperfections" are all around, and they include: messes, dirty clothes, weeds, snarled traffic, rain during a picnic, wine stains on carpet; injury, illness, disability, pain; problems, issues, obstructions, losses - including with others; objects that are chipped, frayed, broken; mistakes, errors; confusion, lack of clarity; war, famine, poverty, oppression, injustice.

In a nutshell, an imperfection - as I mean it here - is a departure from a reasonable ideal or standard (e.g., dog poop on your shoe is not ideal, nor is the hunger that afflicts one in six people worldwide). These departures-from-ideal have costs, and it's reasonable to do what you can about them.

But we usually don't leave it at that: we get *anxious* - uneasy, nervous, troubled, stressed - about imperfection itself, rather than recognizing it as a normal, unavoidable, and widespread aspect of life. Instead of dealing with conditions as they are - weeds, injuries, conflicts with others - and just handling them, we get caught up in worrying about what they mean, grumbling, feeling deflated, becoming opinionated and judgmental, blaming ourselves and others, and feeling woe-is-me and yet again disappointed/ mistreated/wronged.

These reactions to imperfection are major second darts (as described in the previous chapter). They make you feel a lot worse than you need to, create issues with others, and make it harder to take skillful action.

Here's the alternative: let the broken cup be a broken cup without adding judgment, resistance, blaming, or worry to it.

How?

Make appropriate efforts to improve things, but realize the impossibility of perfecting anything; even the most sophisticated technology cannot produce a *perfectly* flat table. You

just can't perfect your personality, thoughts, or behavior; trying to do so is like trying to polish Jell-O. Nor can you perfect others or the world. Open to this fact: you cannot perfectly protect your loved ones, or eliminate all of your own health risks, or prevent people from doing stupid things. At first this opening could feel poignant or sad, but then you'll likely feel a breath of fresh air, a freedom, and a surge of energy to do the things you can now that you're not undermined by the hopelessness of making anything perfect.

We need standards and ideals - from the strike zone in baseball to the aspirations in the world's sacred teachings - but we also need to hold these lightly. Otherwise, they'll take on a life of their own in your mind, like petty tyrants barking orders: "You *must* do this, it's *bad* to do that." Watch out for righteousness, for self-important moralizing insistence on your own view of how you, others, and the world should operate. Know if you have tendencies toward perfectionism; I do, and I've got to be careful about them or I become a difficult person to live with or work for, as well as unhappy inside.

Further, many things transcend fixed standards. For example, could there ever be such a thing as a perfect rose or a perfect child? In these cases, anxiety about imperfection is absurd - which applies to trying to perfect your body, career, relationships, family, business, or spiritual practice. Nurture these, help them blossom, but give up on perfecting them.

Most fundamentally, all conditions, no matter how imperfect, are perfectly what they are: the bed is perfectly unmade, the milk is perfectly spilt. I don't mean morally or pragmatically "perfect" - as if it would be just perfect to tear a shirt or start a war - but that all conditions are utterly, thoroughly themselves. In this sense, whatever is the case - from dirty diapers and everyday hassles to cancer and plane crashes - is the result in this instant of the perfect unfolding of the entire universe. Try to see that unfolding as a vast, objective process in which our personal wishes are as consequential for it as a patch of foam is for the Pacific Ocean. In this light, perfection and imperfection vanish as meaningful distinctions. There are only things in their own right, in and of themselves, without our labels of good or bad, beautiful or ugly, perfect or not. Then there is no anxiety about imperfection; there is only simplicity, directness, engagement - and peace.



True Holidays Celebration

Peace and Love, Consider a Gift

Kirsten Rohde

I'm feeling a lot of gratitude for all the generosity at our True Holidays Celebration just last Saturday. As compared to last year, we almost doubled our proceeds. I heard from so many

there that it was such a fun time. I heard appreciations for the way we encourage everyone to approach the winter holiday season, setting some intentions for how we will remain friendly and mindful in our relations with others. We will donate 10% of our proceeds to Northwest Harvest.

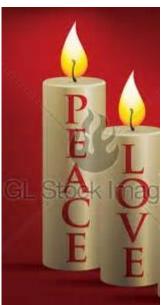
This is our community at its best: offering experiences that are supportive, inspiring, educational, and fun. All our programs and events are open to the public and new people are regularly finding out about the Goodenough Community. Some highlights specific to 2015 include the following:

We continue with the transition within our community as new people come into the community and those in long-term leadership are seeking ways to pass on what we have learned to newer generations. Our community development weekend in November, "Celebrate Community," was a multigenerational experience on topics such as: how do those with many years of involvement pass on what is most valued about our community to newer people? How

do newer people integrate this knowledge with their own creativity and contemporary ideas as they begin to hold roles and bring their own visions for the future of communities into the ongoing conversation? A number of our interns, accompanied by Bruce Perler and Mike DeAnguera, traveled to California to attend an all communities West Coast gathering. There they shared information about the Goodenough Community and led one workshop and attended several others.

This year we again had a very successful Sahale Summer Camp for children, the annual Human Relations Lab, cultural gatherings for women, couples, and older adults, seasonal events, and training and educational weekends. This has also been a year of providing support for many transitions in the lives of individuals: illness, surgery, job changes, retirement, education, house moves, and more.

At Sahale we now usually have a dozen people at the dinner table including our interns, Sahale residents, guests, and friends who drop by. Increased food production provides many of the ingredients for meals for guests even in wintertime. Various infrastructure projects are accomplished with a team of hard-working, good-spirited folks. Friends visit and join in. They learn about permaculture and are drawn to learn more about our community due to their experiences.



In Seattle we have utilized our community home on SW Barton Street (acquired February 2015) for regular public gatherings attended by many friends, family and newcomers. These gatherings celebrate life in many ways and provide opportunities for all to learn and to enjoy the company of other good people. These gatherings go beyond just celebrating a person or event; they provide a taste of good people offering support and friendship – an encouragement to want to be a good person engaged in life with others. Remember the Laughter Workshop in early 2015!

Consider also the idea Colette planted last week about our community supporting a Syrian refugee family in the future (see following article). We are also considering ways to make a difference in the Tahuya area.

All of this work is supported by generous donations throughout the year for which we are all very grateful. I hope you will consider our community this month in your year-end gifting plans. Our two nonprofit organizations provide many valued services and programs to several hundred people and families in a year regardless of ability to pay.

Thank you for thinking of the Goodenough Community.

At the end of this eView are two donation forms for your use: The American Association for the Furtherance of Community sponsors **the Goodenough Community**, Sahale, cultural and educational programs, and seasonal events. Donations also support our Scholarship fund for the Children's Summer Camp and the Human Relations Lab

Donations can also be made to **Convocation: a Church and Ministry** which provides individual and group counseling through **Quest: a Counseling and Healing Center**, and a Sunday circle which helps people learn about and strengthen spiritual practices for healthy living and relating. Convocation helps people find spirit in life, without having to be connected to a particular religious belief. Convocation sponsored a well-received "quiet retreat" weekend at Sahale this year. Donations to Convocation also support the Sahale mortgage and we continue to appreciate all who continue to pledge to our Sahale Mortgage Fund.



Could the Goodenough Community and Convocation sponsor a Syrian Family?

I am getting a good response from a variety of people. Let me know if you are one of them, Colette

My heart is breaking for the Syrian refugees and I would love for us to do something beyond ourselves.

I realize there are rules, regulations, and lots of red tape to make this possible. We will need research and probably lots of patience.

What **you** can do now:

Let me know what you think about the idea. (hoff@goodenough.org) You might begin to consider ways you might help a family: money, driving, errands, help setting up a home, money, and so on. Email Evelyn Ciley (cilleyevelyn@gmail.com) to let her know what occurs to you to offer.

This is just an idea and is such an illustration of the power of community. Maybe the Goodenough Community could encourage other communities to follow. Peace and Love, *Colette*



succeeds beyond his or her wildest expectations unless he or she begins with some wild expectations. - Ralph Charell

What screws us up most in life is the picture in our head of how it is supposed to be.



Holiday Experiences in Community

Winter Solstice Bus Trip - Saturday, December 19.

Please register your interest by emailing Elizabeth ASAP

A Registration form is attached to the eView email
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 horsedrawn sleigh ride awaits us, followed by a buffet dinner.
Please register with Elizabeth now (last year we sold out).



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! 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, many people have said it is one of the most delightful of days. Colette Hoff will be our guide this year.

This experience 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

<u>Please register with Elizabeth now</u> (last year we sold out). A registration form is attached to the eView message.

Sunday, December 20

Gather with friends to deepen your experience of the holidays.

Colette Hoff

Many people have let John and I know the importance of acknowledging the season on the Sunday evening before Christmas. I would like to offer an evening of holiday reflection, music, and your stories at our Community Center at 3610 SW Barton St. All are welcome to join this experience beginning 7:00 p.m. with snacks.

Christmas Day Open House at Sahale

Colette Hoff

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. We will provide food and drink and invite any one coming to bring a dessert or a side dish. Please RSVP at hoff@goodenough.org. You are welcome to spend the night and join a brunch on Saturday and consider staying through Sunday.

We are considering a white elephant gift exchange, more to come!





New Year's Eve Weekend at Sahale

Kirsten Rohde

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, and time to enjoy 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 let Kirsten Rohde know of your plans (krohde14@outlook.com)



The deAnguera Blog: True Holidays 2015





This is the season for expectations. When I was young I looked forward to Christmas presents, time off from school and snow. Definitely presents around a brightly lit tree. There was always Christmas music in the background. Oh yes for a ten year old Christmas could be magical. A respite from the boredom of school and bullies.

Now 50 years later I have some nice friends who put on the True Holidays last Saturday at the Mercer Island Congregational Church complete with contra dancing led by Sherry Nevins moving in and out around us. That really put me in the mood for the evening by revving up my energy level. Guess good energy can come out no matter one's age.

We must have set a record for attendance at this year's True Holidays because all the hangars on the coat rack were taken.

Presents are not quite so important for me now and I no longer have to go to school. I recently put presents for my nieces, Alice and Anna in the mail. I will not be seeing them this Christmas. Thanks to my Goodenough friends we will probably have a tree again this year. It is quite possible we might have one at Sahale and the new Community Center.

Snow? I have my snow tires on my car just in case although we are getting deluged with rain and are experiencing spring like weather. Our meadow is beginning to flood. El Nino?

I am getting in the mood for Christmas. We still have the Solstice Bus Trip as well a couple dinners culminating in a New Year's celebration at Sahale. December will quickly be gone and so will 2015. We will be in 2016. Just a few more years and we will be into the third decade of the $21^{\rm st}$ Century.

Think of all the hard work and dedication we put into our Christmas events. If you are spending Christmas alone, come check us out. One should always have a family to spend Christmas with. This is really important as I get older because so often older adults are alone and Christmas can be a painful time for them. I feel so lucky to have a community to live in and share the good times with. This is a family that will always be there for me.

Wonder if I will see my friend, Kathleen this season? This can be a very busy time for her.

Community can pull us all together. With all the Christmas shopping going on it seems the world's demands can pull us all apart unless we have some kind of counter balance. I

believe our busyness leads to our isolation from each other. Our hard work is actually isolating us from each other. Community work, even hard work can bring us back together again. We live in a time where the bonds of family and community are breaking all over the place. We need places like the Goodenough Community to help our society survive as it changes.



Jim Tocher and Douglas DeMers doing a contra dance stomper along with friends.

More Pictures from True Holidays next week!

Community News

Birthdays

- Happy belated birthday, Brittany Smith, Dec 3.
- Happy birthday, Russ Pogemiller December 14
- Happy birthday, **Evelyn Cilley December 15**

With Heartful Appreciation

Elizabeth Jarrett-Jefferson

wanted to be sure to tell you all how grateful I am for all of the thoughts and prayers that so many of you have sent to me regarding my recent health scare. To bring you up to date, after a couple of days in the hospital, I received two heart stents and came home with five new medications! I have since had an echocardiogram to get a better sense of heart health; thankfully, there was minimal damage and there are no more procedures ahead, "just" heart rehab and lifestyle changes of diet and exercise. I returned to work on Monday and just need to take it a day at a time to see how my energy holds up.

Yes, it was frightening and I continue to work with what it means and how I feel, physically and emotionally. There is a lot to adjust to on the "outside" and I can foresee some time to adjust to the reality of a new relationship with my heart and all that that means.

I am deeply touched with visits, well wishes, and your love and care for me. It means a great deal to me. Thank you for being such dear friends in my life.

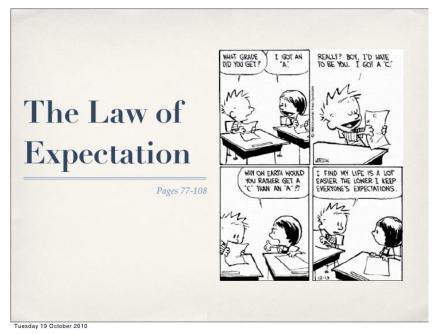


Can you help?

Our friends Joan, Barbara, and Jim are moving their shared household on **Tuesday, December 15 at 10:00 a.m.** Please let Barbara Brucker (barbara1brucker@gmail.com)

know of your availability. Consider helping with packing next week. Call ahead. Barbara: 206 412-9417







New dates for 2016 are highlighted Cultural Programs & Events in 2016

All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.

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

■ Colette Hoff

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.

Programs & Events:

Third Age Gatherings

The Men's Culture

Family Enrichment Network

Women's Culture

Human Relations laboratory

Sahale Summer Camp

Women's Culture, Upcoming Next Gathering: Saturday January 23



The women's culture meets on Saturdays: January 23, and March 26 from 10am to 2pm. There will be a weekend May 13 to 15. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It's a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us Saturday, January 23, from 10:00 a.m. to 2:00 p.m. at the Community Center at 3610 SW Barton St in West Seattle where we will gather to share our lives and to learn from each other.

As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn't respond!!

We appreciate a contribution of \$20 toward the women's program, and trust that you will give what you feel is right for you. Contact hollisr@comcast.net for more information.

Third Age Gathering: Next Meeting Friday, February 5, 2016

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this "third stage" of life.

Third Age will also meet on Friday, April 25, 2016.



We meet at the Community Center at 3610 SW Barton St in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Annual Membership Weekend, March 11 to 13, 2016

Where are we now as the Goodenough Community, The American Association for the Furtherance of Community, Convocation: A Church and Ministry, Sahale Learning Center and the EcoVillage at Sahale? The weekend will begin at 8:00 Sahale and conclude at 3:00 p.m.

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, **March 25 to 27, 2016.** Please let Bruce know of your interest.



Men's reading I'm using and recommending:

- The Way of the Superior Man_ by David Deida>
- Iron John by Robert Bly
- Integral Life Practice_ by Ken Wilber, Terry Patten, Adam Leonard & Marco Morelli

bruce perler@hotmail.com

MEMORIAL DAY WEEKEND, MAY 27 TO 30 AT SAHALE LEARNING CENTER

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for 9 to 12 Year Olds

June 26 to July 2, 2016

http://www.goodenough.org/camp.htm

Sahale Summer Camp is entering its 10th

season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.

A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see The Junior Staff Training Program. Please contact Irene Perler for more information - 206.419.3477 or irene perler@hotmail.com.

Human Relations Laboratory August 7 to 13, 2016

Freedom as a Mature Adult

The best event to experience the Goodenough Community

Seven Fun-filled Days of Social Creativity & Experiential Learning about Friendship and Effective Relationship **Sahale Learning Center** A 68-acre retreat on the Kitsap Peninsula

www.goodenough.org (360) 275-3957

An event designed to encourage human development

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.







 Former attendees have referred to the Lab as transformative and rejuvenating.

We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.

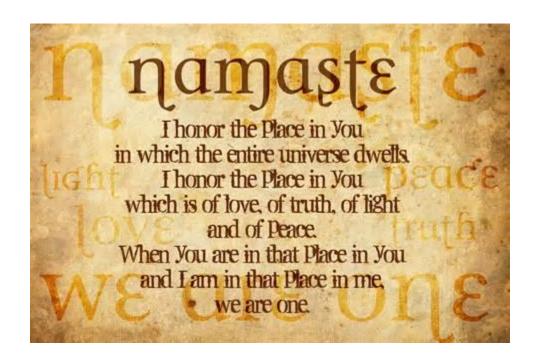
To register: www.goodenough.org or call (360) 275-3957 to find out more



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. In Seattle, John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



Yes, I want to support the work!

Donations to Convocation support the work of providing a spiritual focus to human development, and provide support to professional staff, Quest Counseling, and Sahale property expenses. (A form for donation to the Association is on the following page.)

Name:					
Address:					
Phone: email:				-	
I support th amount to support				of Convocati	on. I pledge a monthly
□ \$25 □ \$	50 🗆 \$75 🗆	☐ 100 ☐ Oth	er \$		
I wish to m	nake a one-ti	me donation	of \$		
Payment Method					ion eattle, WA 98144
☐ Mastercard	□ Visa		_(amount)		
Card Number					Exp. Date
 Signature					

Yes, I want to support the work!

Donations to The American Association for the Furtherance of Community support cultural and educational programs, scholarships for attending programs, Sahale operations, and the creation of educational materials for broad availability.

Name:				
Address:				
Phone:email:				
I would like to ma	ke a donation	to support th	ne work of the Ass	ociation and the Goodenough
Community \$20	\$100	\$500	\$1000 <u></u>	other amount
I pledge \$ Community.	per month	to support th	ne work of the Asso	ociation and the Goodenough
I am interested in	learning mor	e about levels	of membership: p	lease contact me.
Payment Method	Check	(amount)	made out to AAFC	
	Mail to this p	age and chec	k to: 2007 33 rd Ave	e S, Seattle, WA 98144
□ Mastercard	□ Visa		(amount)	
Card Number				Exp. Date
Signature	-			
Pay online to the	Association: <u>v</u>	vww.goodenc	ough.org "click to c	lonate" button.
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