

Village eView

December 18, 2019

Kirsten Rohde, Editor

*"...This is the solstice, the still point
of the sun, its cusp and
midnight,
the year's threshold
and unlocking, where the past
lets go of and becomes the
future;
the place of caught breath, the
door
of a vanished house left ajar..."*

— Margaret Atwood, [Eating Fire:
Selected Poetry 1965-1995](#)

COMING UP

Christmas and New Years at
Sahale

**Bus trip to Leavenworth and
Eagle Creek** January 11th

MLK Weekend Nature at Sahale
Jan 17 - 19

Solstice

In a few days we will reach the winter solstice, the shortest day of the year. In the last couple of years I've noticed the darkness coming in the late afternoon more so than other years. A few weeks ago I went outside to do something and realized it was already completely dark; I was surprised. I'm less interested in being alone for very long before I go where others are, especially if there is a fire going and it's warm. I remember some times when, on our winter bus trip over the mountains and at the end of the day, we'd return to Blewett Pass. In the dark we'd get out and walk up the parking lot to stand together in the dark and cold. And then after facing out around the circle into the night, we'd turn around and there was a fire going! Lit by Norm Peck who brought a portable fire for us.



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

This year we will be going over the mountains for our annual bus trip in January (January 11th). See below for more information about how you can join us – a great trip for families and friends. It's not quite the solstice but still a great way to enjoy winter and still have a warm coach to return to after snow play.

A thank you to Marjenta Gray who contribute the stories of Solstice below and Hollis Guill Ryan who contributed poetry for this issue.



The Light is Returning!

Celebrating Winter Solstice

Winter Solstice 2019 will be this coming Saturday, December 21. At 8:19pm, Pacific time, the northern half of the planet will be tilted at its furthest point away from the sun for the year. The word 'solstice' comes from the Latin solstitium, which means 'sun stands still.' This is because the apparent movement of the Sun's path north or south stops before changing direction. We celebrate because the sun will now be gradually closer to earth, bringing us longer days, shorter nights and more light.

Imagine a world without electric or solar lights, where we would depend on just the light of the sun for illumination. Or, where fire was the only human-ignited light once the sun went down. Those long, dark nights of winter must have been filled with fear. What cause for joy and celebration to reach the point where the days are gradually growing lighter and longer, where the coming of Spring is sure!

Even though we modern people have electric lights and so many conveniences that help us ward off the cold and dark of winter, we are united with our ancient ancestors in appreciating and celebrating the return of light after solstice, the longest, darkest night of the year.

I like the celebration of Winter Solstice as it is a universal experience, rooted in our being on a planet that revolves around a sun, with seasons that are felt by everyone. Celebrations of mid-winter and the return of light pre-date Christmas by thousands of years. Most of our Christmas traditions originated in ancient pagan Solstice celebrations.

Here are some things I learned when exploring the history of Solstice celebrations around the world:

As Early as the Stone Age

The History website states that “Neolithic monuments, such as Newgrange in Ireland and Maeshowe in Scotland, are aligned with sunrise on the winter solstice. Some archaeologists have theorized that these tomb-like structures served a religious purpose in which

Stone Age people held rituals to capture the sun on the year’s shortest day. Stonehenge, which is oriented toward the winter solstice sunset, may also have been a place of December rituals for Stone Age people.” The Stone Age began about 10,200 BC.



Yule, or Yuletide, is an ancient pagan winter Solstice festival, celebrated by the Germanic and Northern European peoples (the ancestors of most of us white Americans). It was connected with the worship of the Norse God Odin and the celebration of Odin’s Wild Hunt, where Odin and his goddess Frigg rode through winter light in the night sky to chase damned souls to the underworld. Yule was celebrated for 3 days from the first

night of Solstice, December 21 or 22, to the 24 or 25th. Some peoples celebrated Yule for a whole month, or even up to three. Some of the traditions were slaughtering animals for feasting, burning candles, bonfires, and large Yule logs. The ashes of the Yule logs could be scattered around homes to ward off evil spirits. Other customs that have survived to our present era include decorating homes with trees covered in candles, metal ornaments, and fruit, and caroling or wassailing, where wandering groups of singers were rewarded with warm mugs of cider or ale.

Modraniht, Mutternacht (Mother’s Night or Night of the Mother’s) was part of Germanic/Norse Winter solstice tradition, held on December 24. On this night, the Sun Goddess Freya was said to have given birth to her son. As she rode across the skies in her reindeer-drawn chariot, she pulled the sun, which would return on the 25th. During this feast day, the ancestral founding women, grandmothers, mothers and caretaking women of the clan were honored, along with Frigg and local/geographical female deities.



Saturnalia The ancient Roman solstice celebration, Saturnalia, started as a one-day celebration earlier in December and evolved into a week-long party from December 17 to the 24. Social norms were shed as everyone indulged in drinking, gambling, feasting and giving gifts. It is understandable why Saturnalia was dedicated to Saturn, the god of agriculture and time, when the returning sun would bring the renewal of crops. An unusual part of the celebration was that some masters allowed their slaves to be masters for the week.



The **Dōngzhì** Festival or Winter Solstice Festival (meaning 'the extreme of winter') is one of the most important Chinese and East Asian festivals celebrated by the Chinese, Japanese, and Koreans during the [winter solstice](#). The origins of this festival can be traced back to well over 2500 years ago, to the yin and yang philosophy of balance and harmony in the cosmos. This celebration welcomes the return of longer daylight hours and therefore an increase in positive energy flowing in. Dong Zhi is a day for a family reunion, to worship the ancestors, and to eat traditional food. In southern China, the most traditional food is the glutinous rice balls known as tang yuan, a food with the symbolic meaning of family reunion. Northern Chinese enjoy plain or meat-stuffed dumplings, a particularly warming food for a midwinter celebration.



-+

(*Marjorie's history of Solstice around the world continues on p. 14.*)

Winter Bus Trip to Leavenworth Saturday, January 11, 2019

Dashing through the snow, fun for all ages...
Join friends and family for a day-long journey into the mountains!

Now is the time to register for this magical experience of a day with friends. this year it will be a wonderful way to celebrate the new year.

For more information or to register by phone, please contact Elizabeth Jarrett-Jefferson at 206-313-9803 or elizabeth.ann.jarrett@gmail.com. Family rates are negotiable.



DASHING THROUGH THE SNOW, FUN FOR ALL AGES...
Join friends and family for a day-long journey into the mountains!

WINTER Wonderland

BUS TRIP TO LEAVENWORTH

- 9:00am** At the Eastgate Park & Ride, we board a tour bus and *travel through snow-laden trees*, craggy mountains, and iced streams over Snoqualmie and Blewett Passes.
- 10:30am** We will stop at *Blewett Pass for snow play*, sledding, and walks in the woods.
- 12:00pm** We will re-board the bus and go to the *Bavarian Christmas village of Leavenworth* to enjoy the lights, shops, and treats.
- 2:45pm** Bus departs Leavenworth for *Eagle Creek Ranch*, where a horse-drawn sleigh ride awaits us. We return to the lodge for a *country banquet*.
- 7:00pm** Board bus, *drive through Leavenworth and return* to the Park and Ride lot around 9:30 to 10:00 PM

Colette Hoff will be our guide. Be sure to bring extra warm clothing, a packed lunch, bottled water and snacks to enjoy and share. We encourage you to bring sleds, skis, inner tubes, or other equipment for snow play.

COST Includes transportation, sleigh ride, and a hearty dinner. Family rates negotiable. Children under 2 free.



\$95 Adults (19 and older)
\$75 Children (13 to 18)
\$55 Children (3 to 12)



REGISTRATION & INFORMATION

Elizabeth Jarrett-Jefferson
elizabeth.ann.jarrett@gmail.com
206-313-9803



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon. **Happy hour is at 4pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

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, 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!

ADVERTISEMENT

IT'S A WONDERFUL LIFE | Dec 06-21, 2019

Whidbey Island Center for the Arts

<https://www.wicaonline.org/events-calendar-view/2019/10/11/its-a-wonderful-life>

Our friend, Gabe Harshman is the lead for this classic!



New Year's Eve at Sahale, 2019 – 2020. **Tuesday** will be New Year's Eve and Wednesday 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 Monday, Dec 30 and stay

through Dec 2. **Make your plans now especially if you would like specific sleeping accommodations.** Email **Kirsten** (Kirsten Rohde (krohde14@outlook.com)) to RSVP. A suggested donation of \$35.00 per night will cover expenses.

Solstice Poem (excerpt)
Margaret Atwood

In this house (in a dying orchard,
behind it a tributary
of the wilderness, in front a road),
my daughter dances
unsteadily with a knitted bear.

Her father, onetime soldier
touches my arm.
Worn language clots our throats,
making it difficult to say
what we mean, making it
difficult to see.

Instead we sing in the back room, raising
our pagan altar
of oranges and silver flowers:
our fools' picnic, our signal,
our flame, our nest, our fragile golden
protest against murder.

Outside, the cries of the birds
are rumours we hear clearly
but can't yet understand. Fresh ice
glints on the branches.

In this dark
space of the year, the earth
turns again toward the sun, or

we would like to hope so.

from *Cries of the Spirit: A Celebration of Women's Spirituality*, edited by Margaret
Sewell, 1991

Martin Luther King Weekend and Nature at Sahale

Kirsten Rohde

This year we have decided to utilize the Martin Luther King weekend to focus on natural systems at Sahale and you are welcome to join us in a weekend of enjoying our natural world and working together to explore and develop ideas and plans.

A little background:

The Goodenough Community is now practicing the governance system of Sociocracy. One of the four “daughter” circles is the Sahale Circle. In this circle we work with all that concerns Sahale. One sub-circle or “granddaughter” circle is Nature Systems. We are inviting anyone interested in learning more and contributing to this focus of nature at Sahale to join us on the MLK weekend. Those of us who live at Sahale and/or regularly contribute to work on the land are eager to share our learnings and entertain new ideas. Therefore this weekend is open to anyone with an investment, ideas, or interest in the natural world at Sahale.

Some possible ideas for conversation and further development might be:

- reviewing and fine tuning the site plan,
- permaculture and food production;
- aesthetics and education (such as signage) for visitors;
- business development such as Sahale products for sale, offering educational workshops, etc.;
- the future of this land – conservancy, shifts that will come with climate change, restoring natural systems, earth repair, sustainable principles;
- and more.

The weekend includes breaking out into subgroups, perhaps doing some land projects weather permitting, and walk arounds to explore concepts in more detail. The weekend will start Friday evening and conclude Sunday after lunch, with an option to stay through Monday to enjoy Sahale some more.

Please contact me (Kirsten) at krohde14@outlook.com with questions, ideas for the weekend, and to register for the weekend.





Mindful Mike's Blog: Solstice
Mike deAnguera



We have just a few more days to go to Solstice, the shortest day of the year. A dark and dreary time it can be with overcast skies and lots of rain.

What does one do in such a time? Well since Wylie Aylward was here, I built him a ferry boat. It has ramps and the rug even has waves! Just like the real thing. I used cardboard, Superglue, and lots of Scotch tape. Wylie certainly had lots

of fun with it.

3 year olds can certainly be a challenge but putting kids together with us older folks can be very nice. They bring out the youth in me. Just like the colored Christmas lights we have everywhere.

Sometimes I wonder if adults are really that much different than kids. We certainly spend a lot more on our toys.

For me Christmas was all about snow, getting out of school, and presents. Now I enjoy giving to others. I like being of service, especially to the young ones.



Wylie can make a train out of a line of cars and fire engines. I bet even adults could have fun with a toy box.

Camphill communities bring older adults and children together. That makes a lot more sense to me than segregating older adults into retirement homes. I fantasize us becoming like Camphill.

St. Nicholas Church in Tahuya is getting ready for Christmas. Trees were

put into the sanctuary and lights strung up outside.

In this season I find myself wondering how

people live their lives in various dwellings as families and as single adults. Christmas can be a sad time for many. To me family is a present in itself so naturally I want more of it.

Isn't Marcus having fun in the Sun room? You should see the Boeing 737 jet he and Lillie built out of construction paper and tape. They got the basic ideas from a library book on the 737.



Now Wylie wants me to build him a rocket ship. That should be simpler than the ferry boat since it will be a cylinder, cone, and fins. But please don't tell that to rocket engineers. I'm sure real rocket ships such as the Space Shuttle are a lot more complicated. Of course I have a book on the Space Shuttle full of delicious photos and diagrams. I remember the full sized mockup at the Boeing Air and Space Museum near one of the Boeing plants.

Ah.....Christmas can be so many things to many people. I certainly had nobody to make me paper models when I was Wylie's age.

Oh, the weather was nice enough for Lillie Hoff and Wylie to play outside in our sandy area. Construction time! Of course real construction equipment is used sometimes day and night regardless of the weather.



Snow? Come with us on our snow journey Jan 11th. I know these kids will definitely be there.



Christmas Holly History

by [Melody Rose \(melody\)](#)

December 7, 2019

The holidays mean decking the halls with fresh greenery and the iconic red berries and evergreen leaves of the holly are a familiar symbol of the season. However, holly has a long and strange history.



Holly is a traditional Christmas plant

Front door wreaths, table centerpieces, Christmas cards, jewelry and clothing designs all feature holly at this time of year. Holly is a symbol of the season and it is such a beautiful plant, it is no wonder we love it so. However, there's an interesting backstory to how this shrub or small tree found its way into our winter celebrations. The genus *Ilex* is found in tropical and temperate regions throughout the world and there are about 450 members of the genus, however there are only about 18 plants in the genus that are actually referred to as holly. It is the English holly, *Ilex aquifolium* and American Holly, *Ilex opaca* that are often associated with the Christmas season.

Ancient Romans considered holly sacred

The ancient Roman celebration of Saturnalia was observed in mid December, leading up to the solstice. It was a time of merry-making, gift giving and slaves sat down with their masters at the banquet tables and were treated as equals. Many candles lit the festivities and children were gifted with toys. They decorated their homes with evergreen branches because evergreens were believed to help carry the sun through the dark winter period. Holly was especially favored because their god Saturn considered it sacred.

Ancient European holly lore and beliefs

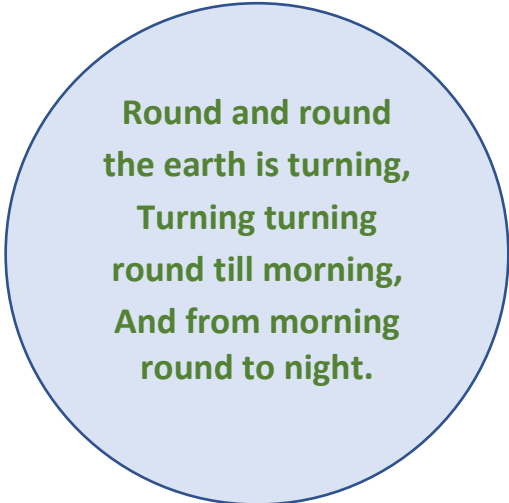
The Norse, Celts and Druids also considered holly sacred and many customs and beliefs surrounded it. They believed that cutting down a holly tree would bring bad luck, however, trimming the branches was just fine. They cut holly branches and brought them inside to keep witches away, however holly leaves brought indoors would encourage fairies to enter and bring good luck. They also hung a holly branch from the ceiling to prevent lightning strikes. Actually, the distinctive veins and spines in holly leaves do in fact, act as miniature lightning rods and protect the tree and other things nearby, so modern science and superstition sometimes agree. The Norse legend that migrated down to the Celts believed that the holly

and the oak fought each year with the holly winning the dark portion and the oak winning the light. The holly was the king of winter and long nights, while the oak was king of the summer and long days. They also made their front door step out of a piece of holly wood to repel evil spirits. Holly wood was supposed to have magical properties that affected animals, especially horses. They thought that holly wood tamed and gentled them. Thousands of coach whips were even made from holly wood long into the 18th Century.

Early Christianity and the holly plant

As Christianity spread across Europe, holly and other pagan symbols were incorporated into the new customs and beliefs. Farmers had their cattle pens decorated with holly on Christmas Day since they believed the cows would produce more milk in the coming year by seeing the branches. They also burned the cut holly branches on the 12th Night to prevent bad luck. However holly wreaths hanging in churches were considered immune and the wreaths were divided between the parishioners and sprigs of holly taken to each home to ensure good luck. New babies were bathed in water that holly leaves had been steeped to ensure a long and healthy life. The new stories surrounding holly said that the prickly leaves represented the crown of thorns and the red berries drops of blood on Christ's forehead. Before the custom of Christmas trees reached England, kissing balls woven of ivy, boxwood and holly were placed in entryways. The other formerly pagan plant of mistletoe was hung from the bottom of the ball inviting people to kiss under it. In fact, the first Christmas trees in pre-Victorian England were holly bushes. However, there was still some lingering lore held over from the pagan era. It was believed that if you made a steaming tea from holly and sage and yawned over it, if you had worms or internal parasites, they would fall out of your mouth. Young maids slept with holly leaves under their pillow to dream of their future husband and young men carried holly leaves and berries in their pockets to attract young women. They also made holly wood cups for children to drink from. They thought that this would prevent whooping cough.

https://davesgarden.com/guides/articles/christmas-holly-history?utm_medium=Email&utm_source=ExactTarget&utm_campaign=



**Round and round
the earth is turning,
Turning turning
round till morning,
And from morning
round to night.**

We're almost on top!

The roof on our Sahale-based gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

We are almost to our goal of \$7000; \$800 to go!

Here are some details about the tent and new roof:

- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!

Donate now at www.goodenough.org

Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof. For more information: Tom George thomasageorge@live.com



Marjorie's International History of Solstice continued:



Shab-e Yalda Iranians around the world celebrate Shab-e Yalda, which translates to “Night of Birth” on the winter solstice, commemorating the triumph of Mithra, the mythological goddess of light, over darkness. This ancient Persian celebration dates to Zoroastrian times or earlier (2000-4000 BCE).

According to tradition, people gather together on the longest night of year to protect each other from evil, burning fires to light their way through the darkness and performing charitable acts. Friends and family join in making wishes, feasting on nuts, pomegranates (a symbol of birth) and other festive foods and reading poetry, especially the work of the 14th-century Persian poet Hafiz. Some stay awake all night to rejoice in the moment when the sun rises, banishing evil and announcing the arrival of goodness.

Inti Raymi In Peru, like the rest of the Southern Hemisphere, the winter solstice is celebrated in June, when we celebrate our summer Solstice. The Inti Raymi (Quechua for “sun festival”), is dedicated to honoring Inti, the sun god. This ceremony dates back to the Inca empire, and was the Inca New Year. It was a custom to fast for three days before the solstice. Before dawn on the fourth day, they went to a ceremonial plaza and waited for the sunrise. When it appeared, they crouched down before it, offering golden cups of chicha (a sacred beer made from fermented corn). Animals—including llamas—were sacrificed during the ceremony, and the Incas used a mirror to focus the sun’s rays and kindle a fire. After the conquest, the Spaniards banned the Inti Raymi holiday, but it was revived in the 20th century. Inti Raymi is still celebrated in indigenous cultures throughout the Andes. Celebrations involve music, wearing of colorful costumes (most notable the woven *aya huma* mask), and the sharing of food.



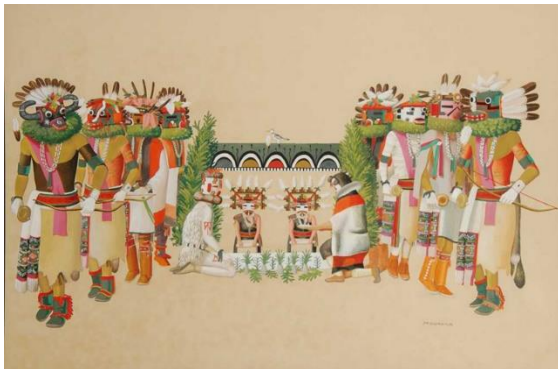
Shalako For the Zuni, one of the Native American Pueblo peoples in western New Mexico, the winter solstice signifies the beginning of the year, and is marked with a ceremonial dance called Shalako. After fasting, prayer and observing the rising and setting of the sun for several days before the solstice, the Pekwin, or “Sun Priest”



traditionally announces the exact moment of itiwanna, the rebirth of the sun, with a long, mournful call. With that signal, the rejoicing begins. The celebration includes dances, prayers, remembrance of ancestors, and ritual blessings for health and fertility. The Shalako messengers, personated by trained dancers in elaborate masks, are depicted as very tall kachina who accompany the Council of the Gods, or Shalako, in a ceremony that lasts all evening. After four days of dancing, new dancers are chosen for the following year, and the yearly cycle begins again.

Soyal

Like the Zuni, the Hopi of northern Arizona are believed to be among the descendants of the mysterious Anasazi people, ancient Native Americans who flourished beginning in 200 B.C. (As the Anasazi left no written records, we can only speculate about their winter solstice rites, but the placement of stones and structures in their ruins, such as New Mexico's Chaco Canyon, indicate they took a keen interest in the sun's movement.) The Soyal Solstice Ceremony is celebrated over a period of 16 days which starts with prayers and supplications and ends with a



feast and Kachina Dance. The Sun Chief takes on the duties of the Zuni Pekwin, announcing the setting of the sun on the solstice. An all-night ceremony then begins, including kindling fires, dancing and sometimes gift-giving.

Similar to the Zuni's Shalako ceremony, the Hopi perform Kachina dances as part of the Soyal Solstice Ceremony. A Kachina is a powerful being or spirit who, if given due veneration and proper respect, could use their powers for the good and well being of

the people, bringing rainfall, healing, fertility, or protection. Kachina spirits are represented by dolls and emulated at ceremonies, in which the participants wear masks and highly colorful costumes. There are more than 400 different types of kachina in the Pueblo culture, each holding different powers and influence. [Kokopelli](#) is the most famous of all the Kachina spirits. Kachina ceremonies are prepared with great care in the [Kiva](#), a special sacred building, often built underground, in which the Pueblos prepare for sacred ceremonies. The Kiva is symbolic of the fourth world, the home of the Kachina spirits. [Prayer Sticks](#) were prepared in the Kiva and used for various rituals, including the Soyal Solstice Ceremony, for calling forth spirits in the evocation of a prayer.

Toji

In Japan, the winter solstice is less a festival than a traditional practice, centered around starting the new year with health and good luck. Similar to Dong Zhi, Toji is rooted in the Chinese philosophy of yin and yang. It is believed that the 'yin' of cold and darkness are at their most dominant on the shortest day of the year. Once the yin passes, the 'yang' of warmth and light will be upon us. It's a particularly sacred time of the year for farmers, who welcome the return of a sun that will nurture their crops after the long, cold winter. People light bonfires to encourage the sun's return; huge bonfires burn on Mount Fuji are a tradition. A widespread practice is to take warm baths scented with yuzu, a winter citrus fruit known for its cleansing, healing properties, and believed to ward off colds and foster good health. Many public baths and hot springs throw yuzu in the water during the winter solstice. Kabocha squash holds a special place during the winter solstice meal in Japan. It is thought to bring luck, and is used to create rich, delicious dishes that fill the body with warmth and nutrients to prevent winter illness.



Programs and Events of the Goodenough Community

Please Note: New dates for 2020 are highlighted.

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 **General Circle** meets Monday evening for light dinner & business at hand. The schedule is as follows: November 18; December 2, 16.

In 2020, our meeting schedule will be: January 6, 27; February 10, 24; March 9, 23; April 6, 20; May 4, 18; June 1, 15. Our Annual weekend will be March 13 to 15.

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. We meet Saturday mornings from 10:00 to 2:00 with lunch included. In 2020, our first gathering will be January 25 at Hollis’ home. In February, our meeting will be February 29.

The annual women’s weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 7, 2019 (In 2020, December 5)

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 Elizabeth Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. December 13 will be the next gathering. In 2020, February 14 will be the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men’s Program

Our **Men’s Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men’s work advocates and the founders of this circle. The semi- annual men’s weekend will be June 5 to 7. For more information, contact: 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 PM under the leadership of Colette Hoff. This is a time to learn together about our personal goals, 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. On December 15, we will meet in Seattle with holiday theme. **In 2020, Pathwork will meet January 5, 26; February 9, 23; March 8, 22; April 5, 19; May 3, 17, 31; June 14.** Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28.

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

Contact: Irene Perler, Irene.Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. *Traditionally*, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 22 to 25, 2020**) 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

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) to make an appointment.

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