

## Upon the Turning of the New Year

Colette Hoff

This is the time of year when the earth is fast asleep, but the human soul in perfect counterbalance, is holding vigil, awake and clear. This is the time of the year when Mother Earth has breathed in for 6 months, nature showing us with the blooming flowers that begin to die off and bow their heads downward, then the fruits that hang heavy on the branch, eventually falling to the ground, followed by the leaves and cones ... until finally all of nature's children have been called back to the earth and have been tucked into their beds for a rest. At the apex of her in-breath, there is a slight pause before the breath changes direction. We are in the pause before the turn. This is a particularly powerful time to be in meditation.

Dyanne Harshman, community friend and Waldorf teacher, provided this information from Rudolph Steiner's perspective about this time of year.

John Hoff wrote, I think that Steiner would want us to view a calendar as showing us the pattern of our days. There is the pattern of spring, summer, fall, and winter. There is the pattern of temperature changes. It is helpful to notice the patterns in your life and of your own breathing. **Don't breathe in your future life without being conscious of what you are releasing.** Pause to meditate, to become conscious. Notice what patterns need to change. You are the change your life needs. You are the meditator. You are the mediator. You are the medicator ... Since you know how to breathe, you know how to how to do this. John Hoff was also a student of Rudolf Steiner's.

# Village eView

January 2, 2018

Colette Hoff Editor

## COMING UP

**Third Age**, January 11

**Pathwork**, January 13

**General Circle**, January 14

**Friends of Sahale Weekend**, January 18 to 20

**Women's cultural gathering**, January 26

## ***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

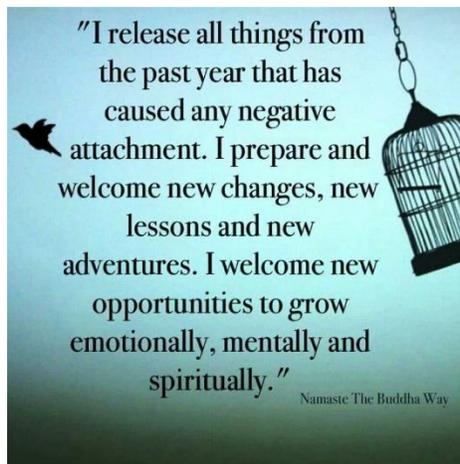
Set aside your new year's resolutions for a few days. Reflecting on the year that was is essential before moving into the new year. What patterns need to change? What are you releasing? What about your relational life needs correcting?

What do you most need to learn from the past year? This week is a time for such reflection and included in this eView are quotes and an article to inspire your reflections.

*Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time. Call up a forgotten friend. Drop an old grudge and replace it with some pleasant memories. Vow not to make a promise you don't think you can keep. Walk tall and smile more. You'll look ten years younger. Don't be afraid to say, 'I love you'. Say it again. They are the sweetest words in the world.* ~Ann Landers

*For last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning.* ~T.S. Eliot

Any new beginning is forged from the shards of the past, not from the abandonment of the past. ~Craig D. Lounsbrough



## 20+ Questions For a New Year

Tsh Oxenreider

As you end this new year and move on to the next, take some time to review, to contemplate, to meditate. Post-eggnog, it's easy to speed forward with gusto and juice-cleanse your system from all the holiday indulgence. I'm a future-oriented thinker, so I love new year planning, goal-setting, and getting excited about the next twelve months.



But ease your foot onto the brake just for a few days. Give yourself the space and freedom to reflect on the past year.

I'm all for starting a fresh new year, dreaming big, finding that one special word, or whatever helps you clean out the cobwebs in the corners. But all this is *much* more meaningful when you remember the bends in the road behind you.

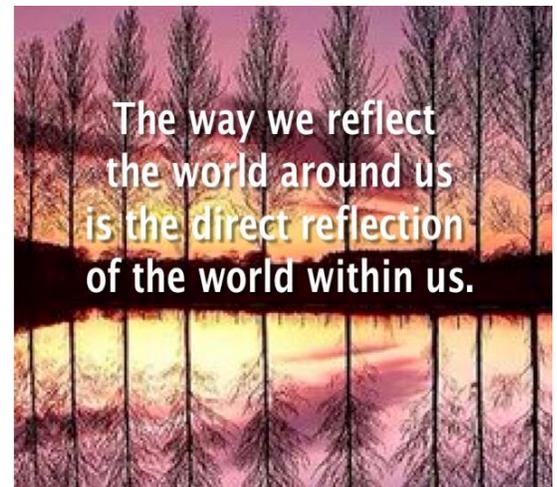
Honor the past year by celebrating your joys, mourning your losses, and shaking your head at the wonder of it all. *Isn't it amazing another year has passed?* And so the earth goes round and round, about to orbit once more.

Whether you're headed to a party or headed to the living room with a bowl of popcorn, New Year's Eve is a great day for reflection. A whole year has passed since the last one. You're a year older. Are you a year wiser?

Use these next 48 hours to reflect on the past 365 days.

### **20 Questions for Reflection on New Year's Eve**

1. What was the single best thing that happened this past year?
2. What was the single most challenging thing that happened?
3. What was an unexpected joy this past year?
4. What was an unexpected obstacle?
5. Pick three words to describe this past year.
6. Pick three words your partner or close friend would use to describe your year.
7. Pick three words your partner or close friend would use to describe their year.
8. What were the best books you read this year?
9. Who were your most valuable relationships with?
10. What was your biggest personal change from January to December of this past year?
11. In what way(s) did you grow emotionally?
12. In what way(s) did you grow spiritually?
13. In what way(s) did you grow physically?
14. In what way(s) did you grow in your relationships with others?
15. What was the most enjoyable part of your work (both professionally and at home)?
16. What was the most challenging part of your work (both professionally and at home)?
17. What was your single biggest time waster in your life this past year?
18. What was the best way you used your time this past year?
19. What was biggest thing you learned this past year?
20. Create a phrase or statement that describes this past year for you.



<https://theartofsimple.net/new-years-eve-reflection-questions/>



## Pathwork, January 13, 2019

Colette Hoff

Our Pathwork Circle will meet again on **January 13 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126<sup>th</sup> St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



It's a new year bringing a new focus for our Circle. Several ideas have come up including studying Judaism and returning to the study of Islam. For our gathering on January 13, we will watch a video by the Three Interfaith Amigos: [Imam Jamal Rahman](#), [Pastor Don Mackenzie](#) and [Rabbi Ted Falcon](#). Discussion and sharing will follow.

Pathwork is an excellent context for instituting new practices, support for maintaining spiritual practice and provides many with a feeling connection so necessary for a good life.

The Three Amigos started working together after 9/11. Since then, they have brought their unique blend of spiritual wisdom and humor to audiences all over the U.S., as well as Canada, Israel-Palestine, and Japan.

Their work is dedicated to supporting more effective interfaith dialogue that can bring greater collaboration on the major social and economic issues of our time.

Pathwork will continue to meet January 27; February 10, 24; March 10, 24. April and May dates will be listed soon.



**More Is Possible! March 1 to 3, 2019**

**More Energy - More Connection - More Communication - More Passion**

***A weekend for committed partnerships (over 40)***

*Again and again the sacred texts tell us that our life's purpose is to understand and develop the power of our spirit, a power that is vital to our mental and physical well-being . . . We are biological creations of divine design.*

~Caroline Myss



**F**or many years, the Goodenough Community, with leadership by John and Colette Hoff, has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and long-term partnered relationships. Couples have been encouraged to learn about themselves as individuals, as a relationship, and how to be a more effective partner with support from other couples.

**More is possible in your relationship now!** This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.

This weekend will deepen themes introduced at the 2018 Human Relations Laboratory. Materials will be provided for individuals to identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.

Each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present, although optional.

Leadership is offered by Colette Hoff and Rich McGrue, a new friend to the Goodenough Community.

**From Colette Hoff, MEd:** Since John's passing, I have felt called to continue our work with couples and offer a weekend. I've learned that couples need other couples to relate to. Many couples live with less relationship than they could have, and I want to be an agent for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication to relationship.

**About Rich McGrue:** Rich is the founder of the New Greenwood House in Seattle, an eight-person, two-year old intentional community founded on the principles of tantra, consciousness, and social justice. Rich is a retired Army officer and Boeing executive; a former non-profit executive director; a former Pastor of over 20 years; and a professional mediator, who has counseled/facilitated hundreds of couples and individuals in various states of marital crises and discord. Rich has recently expanded his healing skills and understandings to also include various alternative spiritual modalities to enhance this workshop, including Reiki, tantra, orgasmic meditation, professional cuddliest, erotic healing massage, and non-violent communication.



### **What You Can Expect at This Workshop**

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be encouraged to spend time in the natural world, alone and with your partner. You will also be paired with small group (partners will be placed together) where you can practice, be observed, and receive feedback.

We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening, March 1, at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 on Sunday, March 3.

**Cost:** The cost of the weekend is \$350 per couple which includes room and board as well as learning materials.

**For information, please contact Colette Hoff ([hoff@goodenough.org](mailto:hoff@goodenough.org))**



### **The Fourth Annual Friends of Sahale Weekend January 18 to 20, 2019**

This fourth annual weekend is a time for appreciation as well as sharing information and continuing to envision the future at Sahale. We want to gather all who are connected to Sahale for a good weekend together.

We will have the opportunity to be informed about the various aspects of Sahale: the EcoVillage, the finances of running Sahale, residents and future residents, the retreat business, land use and restoration, food production, educational programs, and more. We will review what we have learned this year and the status of various projects we agreed to at last year's gathering, including fundraising.

Together we will engage in shared visioning for the future and put some directions, priorities, and plans in place. Leadership for the weekend will be offered by members of the Sahale Sociocracy Circle. Consider joining this weekend. Please let **Elizabeth** know if you are interested. [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



## The deAnguera Blog: Reflections on 2018



Another digit has flipped within the past two days. 2018 turned into 2019. Click! It's just a number, right? We measure years by a number. Is it really 2019 years since the birth of Christ? Jesus Christ? Our Messiah? Rabbi Jeshua ben Yosef?

We have clocks measuring time down to the second. They can be everything from wrist watches to the computer clock in my cell phone which is always accurate and never needs resetting, not even for daylight savings.

How does time really work? I have to admit 63 years old still feels weird.

There are those who say time does not really exist. That everything is happening all at once. Then why did I and everyone around me turn old?

I measure the passage of time by an arbitrary number. I can change the number back to 1968 but nothing else around me will change. I can make up any number I wish. 2019 is an arbitrary number.

Back in 1955 I was a baby just like Juniper Aylward, latest daughter of Collin and Amy Aylward. My body has grown and changed. Juniper's body will do the same.

We use numbers to measure time. They can be any set of numbers. If we were Islamic we would use a different number for the year.

The measuring of time is the measuring of a process. The same process allowing movie film to go through the projector.

So we mark a new year. In my mind the New Year should really start on the Solstice when days get longer again. For Pagans that's when the Sun comes back.

Why the extra week? Maybe we want to delay the New Year to celebrate the significance of this time. As you can see by the pictures in this article we at Sahale have made good use of this time. Everything from John Schindler preparing a ham to people playing train dominoes. The picture above shows Larry and Sophie Hoff with Irene and others in the dominoes game.

My brother Paul and his wife Pat came to share our Christmas dinner. Usually they have a dinner at their own home. More and more they feel like a part of our Goodenough family. They had a really good time.

All the holidays mark special times of the year for us. They help to form the wheel of the year. Going through the year with my Goodenough family is a very good exercise for me. If I were living alone the whole year would be a very confusing time for me. I would be missing the anchor

of Sahale. I need community just to stay healthy. I need a place where my life can have meaning. This was something I realized only after having lived at Sahale.

You should see our magical tree right by the nice warm stove. The Kloshe living room is very good place to be on a cold rainy night.



Gift giving was a treat, especially seeing the ecstatic joy on Marley's face as she opened her presents from home by the Christmas tree.



Future eView topics will include:  
1/9: Hope  
1/16: Expectations, Marjenta will be editor. Please have articles to Marjenta by 5:00 p.m.  
1/25: Presence



### **Spatialist for Hire**

*Pam Jefferson*

**Do you need help** with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

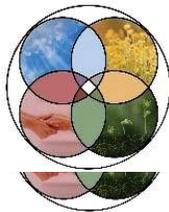


## Programs and Events of the Goodenough Community

**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](http://www.goodenough.org)



The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be December 10 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026).

**The Third Age** - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** December 14 and January 11. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women's weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information and directions to our meeting place.

**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. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto: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 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. **Gatherings are in Seattle, beginning January 13.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

### **Friends of Sahale weekend, January 18 to 20, 2019**

Join with others for a weekend focusing on all aspects of Sahale. Proposals and decisions will be encouraged. All are welcome. Please email Elizabeth with your plans, [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

### **Weekend for Couple, March 1 to 3, 2019**

**More is Possible - More Connection - More Communication - More Pssion**

**More is possible in your relationship now!** This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



**Annual Goodenough Community Meeting March 15 to 17, 2019** This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. [krohde14@outlook.com](mailto:krohde14@outlook.com)



## Let's Prepare For Another One

© Pankaj K. Negi Published: January 1, 2019

Completed another revolution around the sun.

Let's prepare for another one...

Ups and down, lows and high, yet more to come.

Let's prepare for another one...

Learn from the past, get ready for tasks undone.

Let's prepare for another one...

Spread happiness, kindness, and love to everyone.

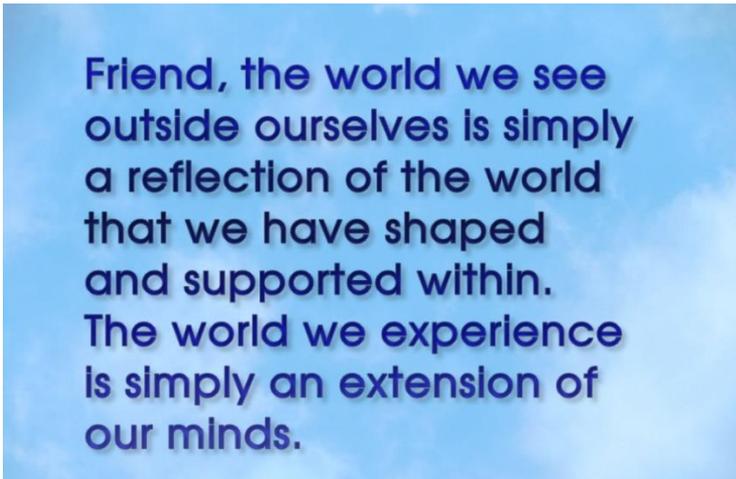
Let's prepare for another one...

Live every moment, enjoy, and have lots of fun.

Let's prepare for another one...

Happy New Year!

Source: <https://www.familyfriendpoems.com/poem/lets-prepare-for-another-one>



Friend, the world we see  
outside ourselves is simply  
a reflection of the world  
that we have shaped  
and supported within.  
The world we experience  
is simply an extension of  
our minds.