

#### COMING UP

**Pathwork Circle**, May 12

**General Circle**, May 13

**Third Age** May 17

**Memorial Day Weekend**, May 24 to 27

# Village eView

May 8, 2019



## Awareness deepens the experience of NOW!

Colette Hoff

Awareness is the ability to integrate sensations from the environment with one's immediate goals and feelings in order to guide behavior, according to an on-line dictionary.

Gilbert Ross writes awareness is fundamental to all human activity. It is the basis of all our mental states and processes, creativity, perception, knowledge and culture. Everything starts from awareness. It is the portal between consciousness and the world around us.

By learning to focus it, expand it or redirect it consciously, we can transform ourselves by gigantic positive leaps. It's the key to greater inner peace, happiness and self-mastery. In fact there is no possible way one can walk on the path of self-mastery without learning to direct his awareness.

. . . When you are interested in something, you start paying attention to it which means that you slightly focus your awareness on the object or event.

When you concentrate on something or you are totally absorbed in the task at hand (what psychologist [Mihály Csíkszentmihályi](#) called being 'in the flow'), your awareness is focused like a laser beam on the subject, closing off all signals from the rest of the environment that might distract you. Your awareness intensifies and deepens on the subject in the present moment. There is a strong sense of aliveness in it because your heightened awareness enriches the perception of the world around you and your relationship to it.

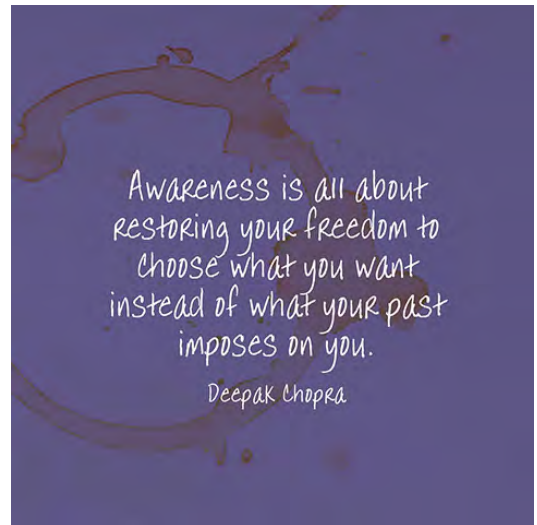
The first step to developing higher awareness is being conscious of it. You need to start training yourself to be aware of your awareness. By getting in the habit of observing how it behaves you start learning to redirect your focus from subconscious awareness to conscious and more coherent forms of awareness.

<https://soulhiker.com/developing-awareness-part-1/>

In writing about awareness, John Hoff suggested the following:

Let there be this **order** to your **thinking** –

**First look within** “and honestly face the thoughts you think, noticing the monkey mind of emotional obsessions and the unhappiness of your attitude about most things. Please accept that this is not what is meant by “thinking.” This first step in ordering our minds and increasing awareness is to notice that much of the language process passing through our minds is not the same as conscious reflection on what you know about something, what your experiences have been and what conclusions have you come to in the past. As you do this, memories come to you as conscious thought and you are able to remember your reaction and response. Experiential learning begins in this way—we step back from our habitual reactions to notice those reactions and learn from them. Then we choose to bring a quality of attention to our own experiences and prior learnings. The joy and pain that comes from such reflection teaches us. This becomes experiential learning as we decide in our hearts to speak of our reflections/learnings to some specific other persons.



**Secondly**, remain within yourself. *Be more meditative.* You are enjoying quiet reflection—conscious thought and awareness. Stay within and move ever so slightly to cease the thinking. Learn to value an empty mind, look soft eyed at a flower or gazing out a window. Close your eyes and notice what you see. All of this is about meditating and developing the capacity to hold peace in your mind. Quietness. Day dreaming is not wrong when it’s about a flower, passing clouds, or the Divine.

Next, in the order of things, is to move out from your inwardness—and it is wise if you prepare for doing so:

- Remember who you are by remembering who you intend to be

### ***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

- Be aware of your inner experiences and decide how you want them to impact your external life. Notice what you have to share
- Decide to share it, and perhaps with whom

**Third, come out into this obvious world.** It is filled with things material and some more alive and some conscious, similar to you. Re-mind yourself that everything around you is related to everything else—in patterns of connection and function that are truly amazing. Remember you are a part of this, caught up in the dynamics of relatedness to things and people. Become aware of your own desires and aversions and do not indulge them. These are not good



“reasons” for relationship. Instead experience how you are with others in a still larger experience that extends ever outward through a spectrum of causation. Breathe, breathe again. Experience yourself being held by the living tissue of your reality. You are choosing to be aware of relatedness rather than to engage in the defense against relatedness. You are choosing to relax in a world that is already here and open to you. While there are many versions of doing this, you are about to say to the world “and how may I help you?”

**Fourth, finding yourself companions in a world full of joys and sorrows, needs and frustrations,** is how you keep your sense of connection to the whole, while you deal with the realities of a human life. Decide at this point to hear all voices as coming from friends and simply be clear that you are looking for companionship. Choose friends that are mutually caring and helpful. When your friends will join you in accomplishing together what you could not singly do alone, you have begun to organize your life. Your life can be greatly enriched by seeing yourself a member with others, on teams that accomplish good things in the world. In this area, are life’s greatest achievements—when we join with each other in common cause in order to build within, between, and around ourselves what is worthwhile and long-lasting—**Community!** This is the heart of the communitarian vision that holds individuals capable of seeing themselves as voluntarily members of a larger world that cooperates with nature and exalts in being beautifully, naturally human . . .

Developing and deepening awareness is a tool to value and learn to use consciously increasing effectiveness for the world around you!



## Global Earth Repair Conference, Fort Worden, May 3-5

Kirsten Rohde

I attended the **Global Earth Repair Conference** with Irene Perler and Mike deAnguera, at Fort Worden, Port Townsend, last weekend. This past September at the West Coast Communities Conference, Michael Pilarski (“Skeeter”) presented his idea to have a conference on earth

repair. Skeeter is a friend to us at Sahale, having visited and taught permaculture at Sahale many times. I know him to be a truly energetic person and it was still amazing to see what came together in less than a year from then. A very collaborative event, the Earth Repair conference brought together people mostly from North American but also from a number of other countries. Also present were members of indigenous communities, including two of the Thirteen Grandmothers who “represent a global alliance of prayer, education and healing for our Mother Earth, all Her inhabitants, all the children, and for the next seven generations to come.”

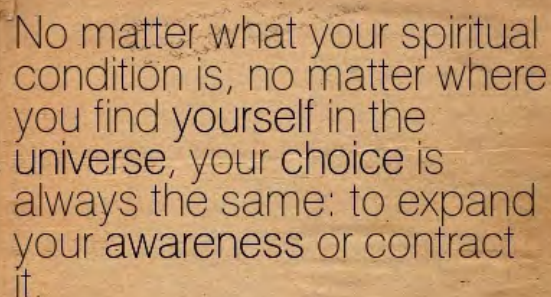
While debate was certainly present, it was relieving to be with people all of whom are awake to the dire predictions about the earth’s future. No debate there. I encountered so many people of all ages committed to continuing actions and forming new alliances all in service to our Mother Earth and all beings. Some workshops were practical: I attended one on beavers, learning how to be friends to a nice multigenerational beaver family living at Sahale. (I discovered how many people just wish they had beavers on their land!) Other workshops explored larger frames including learning to work together respectfully, seeking the broadest possible ways to focus work – practical, political and global. Projects and ideas that could have been successful contributors to reversing climate change years back are now past their usefulness in this time of urgency. The most unifying and large-scale changes needed now will hopefully succeed in uniting the world – a big hope but still conceptually possible.

There is more that I think each of us want to communicate over the next few weeks. Meanwhile, I’m still living with the memory of Libby Roderick singing “Low to the Ground” to 500+ people in the theater Saturday night. Many people talked about the need for heart connection to each other and to the earth as the most necessary ingredient. I come away feeling joined with many others, full of ideas about Sahale, and sobered about the daunting task ahead for humanity. For everyone I think it really is about expanded awareness and willingness to look at what is true.

*We stand on the edge of a cliff in the deepest night I’ve ever seen  
People looking for light, people who cherish a dream.  
But the light’s shining out from our eyes and the dream’s resting deep in our souls  
If it’s magic we’re needing to keep us from falling, it’s magic we already know.*

*c Libby Roderick*

*Music 1991*



No matter what your spiritual condition is, no matter where you find yourself in the universe, your choice is always the same: to expand your awareness or contract it.



## Loving our Mother

Irene Perler

Its Mother's Day this weekend and I'm feeling deeply for what a Mother represents; bearer of life, loving presence throughout all of life – nurturing, giving nutrition and support and encouragement. It so happens that I also just returned from the **Earth Repair Conference** – several days of experiences designed to build networks among people who came together to talk about how to take care of our Earth Mother. The theme of Mother has expanded greatly as I move back and forth between images of my own mother and the nurturing mother I receive in connection with mother earth.

Michael Pilarski pulled off this amazing gathering, calling it the Earth Repair Conference. In just one year of planning he invited big-hearted friends in the cutting edge world of earth repair wisdom (and climate change specialists) to come and speak of their wisdom and invite all of those gathered to take seriously the role we all have in healing our relationship with the Earth. All the presenters and participants felt like friends and partners in our desire to do what we can. I am particularly focused today on remembering a large gathering on Friday afternoon.

I was touched at the very beginning of the conference by the words spoken and the feelings expressed by Grandmothers **Agnes Baker Pilgrim** of the Confederated Tribes of Siletz and Unci (Grandmother) **Rita Long Visitor Holy Dance** of the Oglala Lakota from Pine ridge South Dakota. These women are the two oldest grandmothers from the **International Council of Thirteen Indigenous Grandmothers**. Each in their 90's, they speak all over the world about the importance of our relationships with the earth, with one another and all peoples around the world, with all life forms and with our selves.

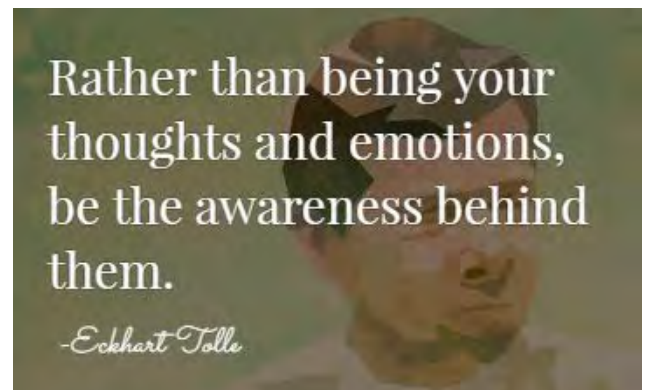
I listened with my heart, as this is what they were intending and asked us to do and I came away with simple and clear messages for me and universally for all humans in this time. This is what my heart heard:

Heal your own heart first and take care of yourself. They were very loving and appreciating everyone for being there. They appreciated their family and support that was needed to get them there and appreciated being together again as friends. They asked us all to open our hearts to love and care about healing our relationships, and ourselves so we can be whole and loving presence now and into the future.

Heal our relationships and love one another. (I hear Beaver Chief's voice telling us to love one another, brothers and sisters). Remember we are all the same.

Be kind and loving and grateful for our families and our lives. Smile and have fun.

From this place of being connected to our hearts, all things are possible and healing of the



This is what I heard and it is where I am focusing.

Aren't these loving thoughts and feelings from grandmothers? I could feel their warmth and care and presence and their intention to spread this to each person they meet. These women get together with other wise women from around the world to give these messages. They spoke of Amma in India and other women I do not yet know much about...but I am left with such a sense of having a grandmother who cares about me and us, the essence of a wise grandmother.

This warm and supportive feeling does not solve the concerns of the day about the harm done to the earth that we each must do our part to care about, but the loving messages help me balance the concern I feel and lighten up a bit and not get lost in the pain or helplessness.

They said that we must all be lighter and smile and work on filling up on these human needs because we are seeking so much for other things and not filling up...we are in so much trouble because we are never filled, we are always hungry and taking so much, that we are confused about what we all need...and the earth is paying the price for our grasping and greed. We can fill up and open our hearts instead of thinking more stuff and more food is what we need.

This was how we started the conference and I believe it set a tone for the whole event...open hearted and open-minded people with ideas and concerns to share about how we might heal our relationship with Mother Earth. It starts with wanting loving relationships and caring!

So, this year I will be celebrating Mother's Day by honoring my relationship with Mother Earth as well as remembering the loving presence that my mother and my grandmothers offered in their lives and honoring the mothering heart that I also have to guide me. Blessings on your Mother's Day and join me in a gesture of gratitude for Mother Earth from whom all life, as we know it comes.



## **The Human Relations Laboratory 2019**

We are pleased to present the flyer for the 2019 Human Relations Laboratory. Appreciations go to the Communications Circle: Kirsten, Draï, Hollis, and Elizabeth (currently on sabbatical) and especially Draï for producing such a beautiful representation of what a group of people are preparing for this 50<sup>th</sup> Lab.

To celebrate this accomplishment, a picnic is being planned for **Saturday, August 10 at 2:00** (Lab will close at 12:00). Lab participants in 2019 and Lab alumni and their families who may not be able to join a full week are all invited. Please RSVP to [hoff@goodenough.org](mailto:hoff@goodenough.org). A program will facilitate story-telling and memories of Lab over the years.



# 50th Annual HUMAN RELATIONS LABORATORY

Sponsored by the Goodenough Community

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AUG 4 to 10, 2019

## How to Live in Heaven, **HERE!**

Lab feels like heaven – right here and right now. Heaven is not a location but a state of mind, an attitude of **AWE** and **WONDER**. We can create heaven inside ourselves through spiritual and psychological development, and between and among individuals through relationships, collaborative circles, and the culture we create together.

### FOR SEVEN DAYS YOU CAN:

- Practice radical openness in a safe context
- Connect deeply with others who are also growing themselves
- Dissolve barriers to love
- Enjoy creative expression of all kinds
- Live in the natural world, explore freedom and energy, and live in the present

**\$750** | The Lab fee includes accommodations and learning materials.

*Special rates available for groups of three or more, seniors, students, and interns.*

*Please consider an additional tax-deductible donation to the scholarship fund. Thank you.*

To learn more, call (360) 275-3957 or visit: [www.goodenough.org/lab](http://www.goodenough.org/lab)

[Click Here to Register](#)

[Click Here to Visit our Site](#)

**Space is limited, register now.** [www.goodenough.org/lab](http://www.goodenough.org/lab)

Held within the magical 68 acres of Sahale Learning Center, on the Kitsap Peninsula.



# Saturday August 10th

# CELEBRATE

The accomplishment of 50 years

This picnic is an opportunity to connect and reconnect the generations of Lab attendees. There will be a program helping us all share Lab stories. It's naturally a beautiful time to remember John Hoff and a time to let our hearts sing together again.

## Who is invited?

- All 2019 Lab attendees.
- 50 years of Lab Alumni.
- Families are welcome.

## What can you bring?

Bring your Lab stories and photographs to share.

## When?

- Noon** 2019 Lab Ends  
**2:00** Anniversary Celebration begins with refreshments  
**4:00** Program  
**5:30** Picnic Dinner

**RSVP** to hoff@  
goodenough.org  
TODAY or by  
Aug 1st.







## Giving ourselves to love—2019 women’s weekend

Joan Valles

By my count there were 20 women at our annual women’s weekend last weekend at Sahale. Well, 19 women, ages 19 to 84, and one very good-natured baby girl, age 5 months. Sahale herself was sunny and in her spring glory. Our theme was “Give yourself to love,” and we were invited to search out our barriers to loving energy and open ourselves to love through a guided program of movement, music, meditation, and intimate conversation.

Highlights for me:

I very much enjoyed meeting and learning from women who had not been at one of our events before. I was moved by Colette’s meditation to the heartbeat of the mother drum (thank you, Pedge). Hollis beautifully described the characteristics of the developmental archetypes that we use in our women’s culture: maiden, mother, guardian, and crone; and we had a good representation of women in each age group. (Not all guardians and crones!). I loved seeing my women’s team teammates at the top of their game. I was touched by the openness of honest sharing of all the women. Well done!



*You must give yourself to love  
if love is what you're after;  
Open up your hearts to the tears and laughter,  
And give yourself to love, give yourself to love.*

Kate Wolfe



## Goodenough Men’s Circle: Upcoming

Bruce Perler

Our Men’s Circle is an expression of brotherhood and practice with wisdom, gathered from our own lives, other men’s work advocates and the founders of this circle. Much appreciation to John Lawrence Hoff for his years of love and dedication.

In the fall of 2018, during our annual event-tent take down project, we acknowledged authentic interest and began preparing for a young men’s rite of passage experience the following spring. As preparation for this important event in a young man’s, I’ll be leading a few young men and fathers, in a backpacking weekend and vision quest into the Olympic National Park. A vision quest experience, centered around a small group backpacking trip into the Olympic National Park, will be held earlier in the spring.

**These two events are now scheduled; our annual tent-up ritual and retreat (6/21-23).**

For more information or questions, please contact me: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)

The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function. Future themes of the eView include:

May 8 – **Awareness**, Colette Hoff, Editor

May 15 – **Surrender**, Colette Hoff, Editor

May 22 – **Collaboration**, Colette Hoff, Editor



## Pathwork, May 12

*Colette Hoff*

Our Pathwork Circle will meet again on **Sunday, May 12, 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 Street, Tukwila, 98168. Barbara's cell phone is 206 412-9417.

Pathwork is an excellent context for instituting new spiritual practices, provides support for maintaining current practice, and gives many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.



After May 12, Pathwork will continue to meet on June 2, and July 14.



## The deAnguera Blog: Awareness



Am I aware of all things? No because I usually focus on just what is in front of me like this article I am typing. This means I am not going to be focused on my surroundings. I might miss

what is happening right by me. I am very much a work-focused person. Have been so all of my life. Of course my survival in the past depended on me being work focused.

Here at Sahale I can focus on the big picture of our community. My awareness of my interactions with those around me increases. The quality of my relationships rises. For the first time in my life I am working with friends. That releases my creative powers.

Of course, I also realize even friendly relationships can have challenges. That's what it takes for all of us to be real with each other. We rub against each other until we all become smooth like polished rocks. Adversity is what it takes for me to grow. Otherwise I have no substance as a character.

To raise my awareness I need to step back from my intense focus on my work. I then bring other aspects of my life into awareness like how others are feeling. Slowing down is very helpful here. When I can slow down I feel better about the quality of my work and about myself. I can seldom work well under pressure. Good skillful work needs to be done slowly and precisely. It is nice to know this kind of precision is appreciated here at Sahale.

Last weekend I joined Julie Wolf and her husband Russ at the Earth Repair Conference. Kirsten Rohde and Irene Perler also went. Kirsten brought Irene and me home. I didn't have to drive at all which was a relief.

It is great to know people are becoming more aware of our culture's need to change big time. Skeeter is one of the biggest contributors to our level of awareness rising because he organized it. He seems to be doing more events with each passing year. I can remember when he held the first ever Pacific Northwest Permaculture Convergence here at Sahale. The movement has grown by leaps and bounds ever since.

Newspaper headlines illustrate the rate at which the Earth is losing its ability to support life. For me the suspense grows. Will we make it? Here is how I look at it: I could either live to tell my story to future generations or I could be blown away by something. Either way it is going to be a terrific ride. Maybe it is what I incarnated for.







At the “OUR” Ecovillage – in British  
Columbia  
September 13 - 15

Friday 2:00pm - Sunday  
5:00pm

**T**his conference is an intentional  
experience of community.

Whether you live in an intentional  
community / ecovillage / co-housing  
and are interested in joining or starting  
one, are a networker or organizer, or  
are new to intentional communities,  
this conference will have something  
for you. Come learn about the

intentional communities of western North America, gain skills and understanding for living in  
and developing intentional communities, and find mutual support and camaraderie with others  
involved with intentional community. Come celebrate the diverse types of community that  
exist, expand the potential of increased inclusiveness, and explore Intentional Communities  
and Ecovillages and Co-Housing as a model for impacting wider social change.



### 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** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be May 13 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026). Future meetings are June 3 and July 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 are announcing the annual women’s weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information.



**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be **in June**. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto: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. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men's *rite of passage* experience preceded by a smaller group vision quest. These two events are scheduled for **June 7 to 9** for the vision quest component centered around a small group backpacking trip into the Olympic National Park and **June 21 to 23** will be the annual tent raising weekend.



For more information, contact: [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, May 12, June 2 and July 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

### Summer Camp for Youth

**Announcing new dates for Summer Camp 2019: Wed., June 27, to Tues., July 3, 2019.** 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](mailto:Irene_Perler@hotmail.com)



### Human Relations Laboratory, August 4 to 10, 2019

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](mailto:hoff@goodenough.org)

### True Holidays Celebration, Saturday, December 7, 2019

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 for more information.



### Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** 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](mailto: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 arrangements.

