



July 1, 2015

Colette Hoff, Editor

Upcoming Events

[Celebration for John Hoff's 80th, July 5](#)

[Pathwork, July 19](#)

[Open House, HRL 2015, July 20](#)

[Human Relations Laboratory, August 9-15](#)

Gift

A **gift** or a **present** is an item given to someone without the expectation of payment. The gifted item should not be owned by the recipient. Although gift-giving might involve an expectation of reciprocity, a gift is meant to be free. In many countries, the act of mutually exchanging money, goods, etc. may sustain social relations and contribute to social cohesion.

Economists have elaborated the economics of gift-giving into the notion of a gift economy. By extension the term **gift** can refer to anything that makes the other happier or less sad, especially as a favour, including forgiveness and kindness. Gifts are also first and foremost presented on occasions -

Gift giving occasions may be:

An expression of love or friendship

- An expression of gratitude for a gift received.
- An expression of piety, in the form of charity.
- An expression of solidarity, in the form of mutual aid.

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

- An expression of solidarity, in the form of mutual aid.
- To share wealth.
- To offset misfortune.
- Offering travel souvenirs.

“The only gift I have to give, is the ability to receive. If giving is a gift, and it surely is, then my gift to you is to allow you to give to me.”

— Jarod Kintz, *The Titanic would never have sunk if it were made out of a sink*.

In a story about an illness, Caren Goldman, author of *Healing Words*, shares the following reflections on what a gift is. *What makes a gift a gift? I've often wondered. Is it when someone presents a present to another? Does it have to be intentionally given, or can it be unconsciously imparted? Is a gift when something changes hands? Or is it when the recipient feels gratitude in her heart, not just her mind, for something that's come her way with no strings attached? Does our acceptance of a gift return another to the giver? What does a gift obligate me to –especially this mysterious gift from the Divine called Life?*

Life is a gift. Wake up everyday and realize that. Unknown



Me laddies and lassies, it be time I write again.

The theme for this week is Gift, so I figured I would share some insight into what I have discovered are the two greatest gifts to give another person, and also to receive from another person. Those are empathizing, or that is to say listening to understand as opposed to reply/advise, and making positive assumptions about another person's motives and intentions.

In my long life, I have learned, and am still perfecting, the skill of listening to another person to understand their perspective and thought processes. This entails paraphrasing back to them so they can clarify, and not having the mentality that they are wanting or needing a 'fix.' I try my utmost to not offer any advice unless they specify they so want, or I might ask them if I may so advise. If no is the answer, I am fine with that. I have discovered both with myself, and conversing with others, that an empathic heart, a listening ear, and an understanding mind are all that is usually wanted. And sometimes if they have felt understood thru the efforts on my part to paraphrase back to them, they will then ask for input.

As to what I call positive assumptions. That is harder to do, but easier to detect. I catch myself doing this on occasion still, but have gotten better at not. And that is the presumption that I know the other person's motives or intentions for saying or doing something, AND, usually those are not only wrong, but of a negative ascription. So what I have learned to do is to suspend judgement and ask why said person spoke or did something. On the flip side, I hate when someone presumes they know why I said or did something without seeking to clarify. Having most recently dealt with

that, I have had to learn to not take it personally, and also am deciding the levels of trust I put into humanity in general.

So for now.

PJK



A Gift and a Giver, John Lawrence Hoff

Colette Hoff

The theme of **gift** is very appropriate as we are preparing to celebrate John Lawrence Hoff, this Sunday. John is a gift and has gifted many people with teachings, discoveries, perspectives, solutions they hadn't considered, suggestions for development, and most of all John has extended the gift of offering relationship to those who want to receive it.

Kirsten Rohde wrote the following article few years ago and it seems right to share it on the occasion of John's 80th birthday:

Introducing Dr. John Lawrence Hoff

By Kirsten Rohde

Many individuals get to know John through working with him on personal growth issues or relational issues or talking with him about the community and its relevance in our lives. What people say over and over is that they just feel better after being with John. They can't just pin this on a particular insight they have gained, or something tangible that can be described in words that would only fit a counseling experience, a teaching experience, or any friendship that they have known up till now. Some describe a sense of physical change in their bodies or their energy. They find their creativity is sparked; problems seem to melt away and are replaced with a sense of well-being, happiness and optimism. What is this about?

Some of us have been with John for 10, 20, 30 or more years. When we put our heads together, we realize that the experiences described above are common to all of us. We also know that at times we feel fearful, want to run away, wish we could go back to some earlier time before this inner change and challenging growth started happening. This fear can have something to do with how we see John, too. We find that the teachings that John provides, his own and those of many other teachers through the ages, help us understand the profound struggle that occurs when our egos are confronted with spirit within and in another human being. An important learning for many of us has been to see how John can "stand in" for our own inner spirit. John is essentially a Vedantist and reminds us that an individual must first find and accept his self before knowing the divine origin of this Self. As Hindu tradition says it, "We discover that Atman is Brahman" --when we are in a good relationship with our own spiritual selves, we notice we have a good feeling for John; when ego begins to raise doubts, fears, tries to re-assert itself as the one in control, we notice our relationship with John may deteriorate. Unless we can catch on by seeing our relationship with John as a message about our relationship with our own essential Self.

This is just one example of an understanding about how John functions in our lives. Yet as we developed some understanding, we had to come to terms with what this all means about who John is. Reading about spiritual teachers and mystery schools that have existed over time, we recognized John. The experiences that students of spiritual teachings describe sound familiar to us. John *is* a spiritual teacher; in fact he is also named Spirit John. Describing John as a therapist, a minister, an administrator does not alone capture what he is doing here. None of these “jobs,” all of which he does do, explain the teachings he brings us about such things as unconditional love and the power of forgiveness, teachings that turn into experiences in relationship with him and with each other.

John has crafted a life that brings into being the products of his own creativity -- the Human Relations Laboratory, the Goodenough Community, men’s and women’s work, pastoral counseling, deep transformational work described by others as work in the field of Transpersonal Psychology, and much more. So he certainly is a particular individual who seems to be bringing his Spirit present in a unique way. He has spent a lifetime studying the ways of other teachers and communities, including native peoples in the Yukon, Buddhism, esoteric Christianity, Hinduism, Vedanta, as well as studying extensively in the fields of psychology and western religion. His doctorate in theology, earned from Pacific School of Religion and the University of California at Berkeley (1966), places him historically and academically with other pioneers in the field of comparative religions and comparative methods of transformation or healing. Out of his studies and his experiments with different lifestyles has come his work, to help create community as a path for healing and social change. And he has devoted himself to living in community, for more than 40 years. One thing we know that John is *not* is a yogi in an ashram, in other words, he has not chosen the path of living apart from the world. He has chosen the path of doing this work in the midst of daily life. This *is* a unique expression -- his own individual witness to mystery and “founding the life Divine.” (Sri Aurobindo)

John has chosen to teach his wisdom through offering us a relationship with him. In this relationship he will go anywhere we are inside to help us find our self, our spirit being. This type of work is powerfully transformational, and by its very nature, it is open to misunderstanding. John has chosen the path of love, and shows us the healing that comes from expressing our love to each other fully. Our community is designed to be a community that offers work in the intimate zone as a transformational method to achieve what our hearts yearn for. We learn how to offer deeply healing relationships to each other.

Some of the content of John’s conversations with us come out of his concern that we think for ourselves and engage, even contend, with him fully. In such transformational work, John has implored us to study the pitfalls of



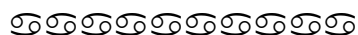


a community such as ours. He continues to disagree with any attempts on our part to hold him in awe, passively giving over our personal power to him. What he offers in fact is a path to personal empowerment, through allowing the voice inside that is spirit, to become the Voice that we listen to, that will Guide our lives. The very existence of our community, where we learn to work openly with each other, creates a healthy multi-relational environment. In this way, we have members in our community that espouse a variety of philosophies and beliefs -- each choosing that which seems to fit. We each have our favorite authors for example. Taking the time to study and inquire about issues and questions is one method that John encourages. One of John's frustrations that he expresses to us is that we are not being rigorous about pursuing intellectual understanding.

"The necessity of doctrine is felt all the more keenly when the master is dealing with intelligent students who are not content merely to imitate and obey but want to think things through with him." (Durckheim)

As Durckheim says, *"We can find and accept outside masters only if, deep down in our true natures, we are masters ourselves and are starting to realize this. This is what one master meant when he answered the question 'How does one become a master?' by saying 'Simply let him out.' From the outset we are always ourselves: fundamentally, the person we seek to become. The inner urge that sets us seeking is itself the thing we are looking for."*

In closing, it would be important to share our own experience of John as a devoted, warmly compassionate, patient teacher. He has taught a path to spiritual enlightenment for those who wish to take it. He has taught methods to create an abundant life. His unconditional love of people of all types and walks of life is joined with his commitment to this dream of community as an essential ingredient to living in these times. Remembering that he holds a broad view of the world and of humanity on a journey that spans thousands of years, makes it easy to understand his expression of urgency that we take action, organize, form a community with common purposes, in service to others as well as serving as home for those who choose it for themselves.



How can we ever say thank you to John for the gifts we have received?? Think of how John has touched your life. Let him know soon in words or a note how John has made a difference in your life. Receiving is about letting the giver know how the gift matters!



The Gift that is Your Potential

John L. Hoff

I have learned that when I'm being given a gift, I know my feelings very quickly regarding the gift. Almost quicker than I can think, I have some kind of physical response. If I understand the science of this correctly, it's good for us to discover that a gift encourages a bodily response. We see children allow themselves to be excited at relatively small gifts. As we're receiving a gift we learn from the overall experience how we are feeling toward the person who is gifting us, how we experience the gift itself, and sometimes a flash of memory causes us to remember an experience where something has interfered with the flow of empathy. You see, a gift is really an experience and it is an experience that requires more than one person. I notice occasionally that Colette speaks of giving herself a pair of shoes or some such article of clothing and seems to really enjoy shopping for herself, then receiving it in an obvious way. I think a gift can best be thought of as an interpersonal experience in which a person or two give a gift to others stating their feelings and speaking of valuing the relationship. In this case **a gift is a symbol of a relational experience in which appreciation is in the gift and in the receiving.** I'm aware of experiences I've had in which gifting plays a role. I often hear of people gifting each other a lunch or a dinner—taking all of the responsibility and trouble to provide a good dining experience with others.

One of the meanings of gift is as a symbol of a relational experience that is treasured as a reminder of good feelings. When I think of gift, I think of Native potlatch. This is a culture that values the meanings of things, and you'll notice that a potlatch does create an experience in which gifting is transformed to a larger relational process. For instance, honoring or gifting someone is often expressed by the dinner that is created, **the pictures as memories** that are passed around, and some open conversation about the challenge of the venture and its meaning. I notice that in my own life it sometimes takes me awhile to realize the value of a gift or an experience we have shared. I am so much for the practice of gifting that it is hard for me to raise another way I see it: Gifting done erroneously or destructively. These are gifts that pose as a statement of honor but also carry a subtle reference that shows anger and hard feelings.

Years ago I was helping a couple move and we were moving the bedroom furniture when the man said, "Oh there's that key. I've never been able to give it to you in all these 30 years." And she laughed and said, "I can understand that." Later they quite confidentially shared with me that they had been traveling with another couple and in the evening had been sleeping in two double beds in the same suite and apparently the couples were playful before settling in with their own partners. Before leaving the hotel, the husband bought a key for that room with the room number on it, thinking that it would prompt a conversation with his wife in the future. Now I think you can understand it might be difficult to find the right time when this would be a respectful gift. A gift has good power when it is a clear symbol of some positive memory and an affirmation of the receiver.

So after some thought I have come up with several elements that seem to be in the act of giving:

- **A gift is a symbol** shared by one or more people to others who have some appreciation for the power of the symbol. It adds meaning to the gift. In the Goodenough Community over 40 years several of us have often gone on trips together and the most meaningful gift has been to share our pictures of the shared experience
- **A gift has value in and of itself**, especially if it is a clear reminder of a shared memory.
- **Gifting is a relational experience.**
- The healthiness of our gifting is seen in the way the gift expresses meaning for **all of the people** who are present for the experience.
- Gifts, which can be called donations, must be **given freely** for the word “gift” to be properly used.
- **Gifting is very powerful** in some cultures, and in our affluent society the monetary value of the gift has become too much the focus.



In my memory of being with Natives as a child I remember how much many of the Natives treasured small gifts given to them. More can now be said about how Natives use gifting in the potlatch ceremony. While gifting is at the heart of the potlatch experience, it is actually an occasion to pay attention to what the gifting does to the culture of the people. Potlatching is a method for redistribution of wealth. Blankets gifted in the Northwest were very important for survival on long winter nights and were used in many ways. Gifting was also an expression of appreciation by one family for the support of the whole community. I remember in southeast Alaska as a child, I knew a building that was referred to as “Harper’s Roof,” and that was because many years before when the building was going into decay, the Harper family that worked in construction together rebuilt the roof and generally fixed it up as a “community house”. Appreciation for that gift was expressed by referencing it in the name of the place. The potlatch ceremony among Natives has been used to settle disputes such as when one family said to two other families that were quarreling, “You two families often quarrel about things that involve money ,and we have a family that is willing to take that issue off the table because we will pay for anyone’s wishes in order to help avoid the conflict. We don’t think that money is the issue here and we want to learn about that.” They would use gifts and analyze dynamics in terms of “if we didn’t think about money, what would it matter.” Natives used potlatching to shift values and meet social needs and sometimes make fun of people who were ostentatious about giving. There were times when potlatches were competitive, much in the spirit of the gifting done through a lottery, a silent auction, or the like.

After all of this I notice that I am most touched by the thought that my first and physical response to a gift has probably provoked the most change in me over the years. I notice with things the grandkids give me, I’ll touch them during the day and some things Colette has given me I carry with me the Button Vest that was made for me for my retirement has a great deal of meaning for me. It

is right for me to add here that Colette gives me an annual birthday present of a birthday party, and I will look forward to seeing many of you at Sahale this weekend.

Come to Celebrate John's Journey!



John Lawrence Hoff

It's your 80th Birthday!

We're going to celebrate on

Sunday, July 5,

Sahale Learning Center

Games and Play at 3:00

Dinner at 5:00 p.m.

RSVP

You are welcome to celebrate the 4th at Sahale. Come anytime beginning Thursday July 2. The Tahuya Day Parade begins at 1:00 Saturday, July 4.

Email hoff@goodenough.org with your plans.

Freedom is one of the priceless gifts given to man but we must fight everyday to claim it. ~ Terry Mark



Themes for Village EViews, Voice Your Opinion

We have been putting out this on-line newsletter for many years. We have agreement among us that it could be improved by having more stories and personal information from our lives. We are encouraging you to help us by suggesting *words* that might serve as useful anchors in your life, something to help you ponder and reflect on your own thoughts. For instance, we will appreciate your ideas, dreams, brief messages and concerns you want us to know about. The Village eView has a purpose to encourage communication among us and to make sure that ideas and concerns get talked about in our everyday lives. Many of you have appreciated having themes published ahead so you can think and write about them. As a community we continue to learn that the path to a better community involves communicating more. Help us! Consider taking a pause and write out

words you would like more clarity about. This summer we are going to be talking about words that are key in describing our community and its purpose in our lives. We welcome your contributions. Thanks for helping! Here are some suggested themes:

July 8, Passion

July 15, Risk

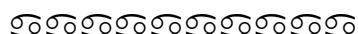
July 22, Whole

July 29, Truth

August 5, Listening

August 12 is the Human Relations Laboratory and no eView is published

August 19, Self



Using the eView theme

Kirsten Rohde

I'm appreciating our use of themes for each eView. I do find it entertaining to think about the theme for a day or two and see where it leads me. This week I've been walking around Sahale and noticing all the weeds. Pretty soon all I see are the weeds. I don't notice the birds, the trees, the sky, nope – just the weeds. This leads me to realize that I really do choose what to see and this is often because of my thinking and it can lead to more thinking about the same subject ("I've just got to get out there and weed.") So then I've realized that it is up to me how I see my environment. I can choose where to rest my eyes and if I allow my vision to be more expanded I will see the sky, rainbows, trees in the breeze, wildlife and people too! My feelings and my thinking can lead my eyes and if I let it happen, my eyes can choose the best views for me too.

If you enjoy the eView, I encourage you to play with the themes and see what you may find to contribute.



The Gift of Archery

Bruce Perler

For 9 of the 10 years Sahale Summer camp has been in operation, we've used archery as one of a few primary focus activities for the campers. In those early years Phil Stark brought equipment, training and passion to the camp as our Master Archery. He's inspired many, including me. What a gift to us all!

This year we worked with the thought form that, archery has an inside and an outside. This gave a way for Sophie, my Jr. Councilor assistant, to speak to the campers about the inside of her archery experience; quietness, focus and relaxation as she demonstrated the outside skills.



Sophie and a few hardy campers at the range on Saturday

,
Archers to the line; load ... draw ... fire when ready



Phil Stark - Sahale's First Master Archer, joined us at the range on day 3. What an honor for us and a treat for Phil!





Go Orange Clan!



This clan brought several new archers to the range

Retrieving arrows with great care is part of the practice. We only lost 2 all week!

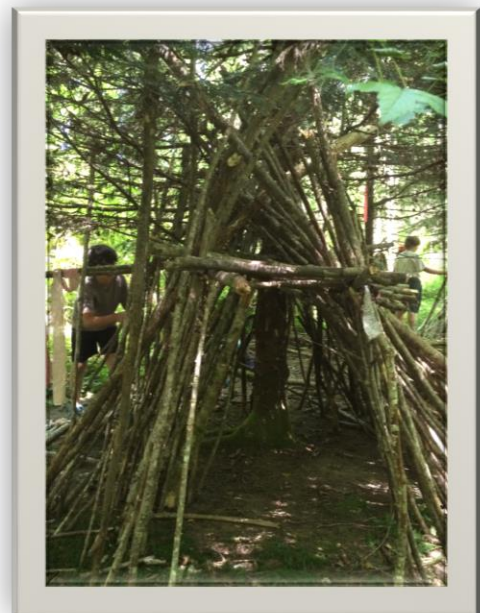
Tis a gift to be simple,
tis a gift to be free.
Tis a gift to bend the bow in the name of archery.

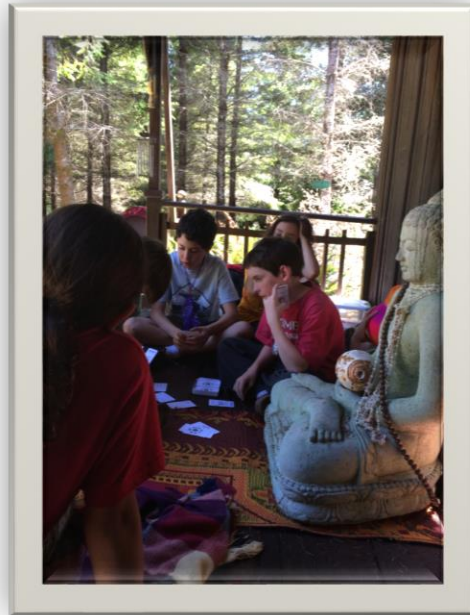
See you next year!

Postcards from Summer Camp – Irene Perler

Dear Mom and Dad,

Camp is great, it's everything I could want it to be. I'm making new friends and trying new things. Great camp food, building forts and even a teeter-totter, playing in the river, gee, it's hot after lunch, listening to stories about living in the Yukon from Elder John, catching snakes, archery, how to make a fire. I made a cool leather pouch and a wristband with my totem animal on it – the Eagle. We sang Home on the range and On top of Spaghetti and something called Bill Grogan's goat while we roasted marshmallows. I like making up new songs and drumming with Jetty "Song-jay", playing chess at lunch, Frisbee, sleeping out under the stars and so much more. My counselor is really nice and helpful. She is kind and taught us a really fun game today called "Murder." Don't worry, no body really dies. There's this other crazy card game called "chaos". I can't understand it but its funny to watch. Gotta go, my clan awaits me....I think were making boats from recycled stuff and duct tape! Love you, say hello to sister and brother...





More pictures from camp:



Thankful for Summer Camp and all the people who make it happen

Kirsten Rohde

As a Sahale resident, even though I was not on the staff for Summer Camp, I still got to be “around the edges” of the week. It seemed to me to be a week that was going very well. I could also tell that there was a lot of hard work going on. One morning I saw from my porch (early) Irene driving down to blow the conch for wake up time and then driving back up. I thought, wow, Irene is really dedicated to this camp; I’m so glad she’s the Camp Director. The camp is sponsored by our community, the Goodenough Community, and it represents our commitment to the youngest generations. Helping children learn to care for themselves in all ways, learn to be good friends, and have fun is a great gift to the future. Those of us at Sahale help camp happen so my gratitude specifically goes to Sahale residents: Irene Perler, John Hoff, Colette Hoff, and Bruce Perler who provided leadership and organizational support to the camp all week and to Josh DeMers, Pharaoh Kuykendahl, Mike DeAnguera, and Evelyn Cilley who helped prepare Sahale for the camp, provided support in the background during the week, did many dishes, and helped put everything back in its place after camp was over. Many other people in our community helped (thanks Elizabeth!) Sahale Summer Camp be the great week it was and we are all grateful for everyone’s energy that goes into this week for children.



Get On

By David Wilcox

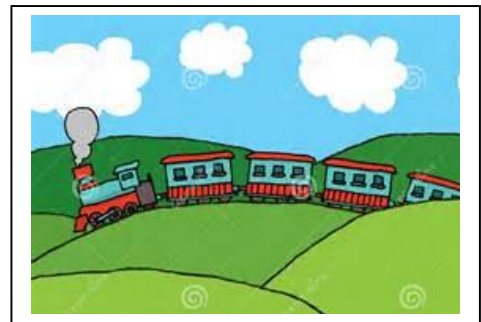
This song was presented by Pamela Jarrett-Jefferson at the 2015 Lab Training weekend in March and is very descriptive of the human experience. Editor

It's sure to take its toll on me
'Cause my heart and mind will not agree
But there's something in this mystery
That calls me from beyond the blue

Right now I only wish I knew
Where all of this is leading to
I'm working up the courage as I stand here
With your hand in mine and I'm running out of time

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

It's not just by coincidence
That lives are made of accidents
And doesn't it make perfect sense
That life turns on a point in time



And I know that this is mine

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

Someday somewhere
With one sweet kiss
You will bring me back to this

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

More about the 2015 Human Relations Laboratory, August 9 to 15

John Hoff

I have been asked to offer my sense of what the Lab will be like. First of all, I want to give some information to individuals who might be considering attending the Lab. The purpose of this Lab (and perhaps all Labs) and human relations events offered by the Goodenough Community is to support human development including mental and emotional health and relational soundness. Attending this Lab will enable you to revisit the therapeutic process in your life. We will be encouraging a review family of origin work and understand the core issues in various developmental age zones. You will have an opportunity to evaluate your own inner work and recommit yourself to health and wholeness as an integrated person and a relational partner.

The theme of this Lab is ***"A Path From Stuckness to Freedom."*** The Lab will look at ways we have become stuck in our development and perhaps distracted from growth and learning. During the week we will be identifying a variety of ways we can each become stuck in our own inner process and encourage people to take the opportunity to recommit to growth.

After our review of goals and themes which we have done in preparation for the event, we are seeing a core of activities and several rich areas of learning that have emerged as basic exercises in Lab processes. For example, the following have been identified: intergenerational conversation; how to do the work to integrate body, mind and feelings; and aging, dying and death as well as grieving.

We will be remembering the books that have most impacted us and the therapeutic processes that seem to work the best and the problems that have yielded the most growth and learning in our

lives. I have found that getting ready for this HRL 2015 has been a demanding exercise for Colette and me and several others who have been doing research. If you have some learning to share or some questions you would like to see discussed in the Lab context, please send an email to”

John and Colette Hoff hoff@goodenough.org

Kirsten Rohde krohde14@outlook.com

Bruce Perler bruce_perler@hotmail.com

Elizabeth Jarret-Jefferson who is registrar for the event
elizabeth.ann.jarrett@gmail.com



By the way you can help our planning for Lab by registering at
www.goodenough.org.

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

**Seven rich days of experiential learning and social
creativity within a community environment**

Sahale Learning Center

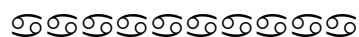
Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)

360-275-3957

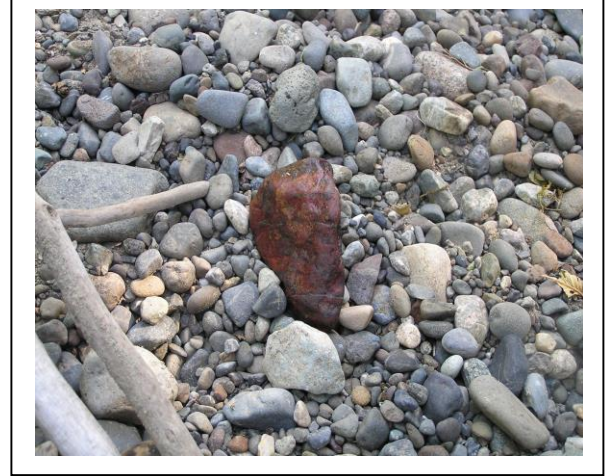


Useful for your marriage, a resource for your family and a kick
in the pants for your personal development.





The deAnguera Blog: The Goodenough Gift



Do I always notice a gift? Like the face on the rock found at our river play site, it usually has to be pointed out to me.

This last week was a week of Summer Camp. The fact that we can run a camp for kids as a group is significant. There was a time when we just went to Lab. Summer Camp is proof that we can run something for young people. That is a gift for us. Without our Lab work none of us would have been capable of running a camp.

The kids nearly always have a good time and most of them look forward to returning again next year. We are showing them what real community and friendship can feel like. It is something they are not likely to get anywhere else. That's because all the work we do at Lab pays off here.

My writing the E view article every week has drawn me out and sharpened my writing skills.

People let me know how they appreciate my writing. My writing is probably getting better as a result. Writing is something I would not have done without the Goodenough Community.

This week Colette has us cleaning out the cooler in Potlatch. My, what a job that is! But I have found that with the 5 of us (Josh, Evelyn, Pharaoh, Colette and myself) working together we can make it happen. This was time well spent. I really felt proud of our efforts. We were all collaborating. Nobody was competing with anybody else. For me, that's what community is all about. We are all helping each other get stuff done.

Life itself is a gift. For some people that may be hard to accept. It's something that is often hard for me to swallow. For a brief period it is a chance for each of us to create our stories. I can either just take what is dished out to me. Or I can do something different. My story can become really interesting when I apply my creative powers. But that often goes against my nature. I am by nature a shy retiring person. Why am I this way? Probably so I could experience the results which were not pleasant.

I am quite sure John could have been content to be a pastor just like his dad. He might have even been a very good one like John Rickers, the pastor of a church I once attended while in the Navy. But John Hoff was destined to be more than a pastor. That's why he spent 7 years with the Tlingits in the Yukon as a child.

Did I need the ministry of John Hoff? Yes I did. There was not a single area of my life that was working right. I can be sermonized on what I should be doing and how sinful I am but that's not helpful to me. I needed to understand the importance of relating to others in community.



A real first for Summer Camp. The campers went to the Swamp after the campfire for lemonade and popcorn and discovered it was a great place to let off steam.

News from Members and Friends

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries & Special Announcements

Bit O'Summer

By Elizabeth Jarrett-Jefferson

Birthdays

- Happy Birthday, Leo Gossett, July 1
- Happy Birthday, Joe Buchmeier, July 2
- Happy 80th birthday – **John L Hoff** - July 7
- Happy birthday – **Dyanne Harshman** - July 8
- Happy Birthday – Reider Geraci – July 7

Cultural Programs & Events in 2015

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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 in 2015

<i>Third Age Gatherings</i>	<i>Women's Culture</i>
<i>The Conscious Couples Network</i>	<i>Human Relations laboratory</i>
<i>Family Enrichment Network</i>	<i>Sahale Summer Camp</i>
<i>The Men's Culture</i>	<i>Relational Weekend, page</i>

Third Age Gathering

Joan Valles

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well aging and supporting each other in this “third stage” of life. Sept 18, October 23, and November 20 are the remaining 2015 dates.



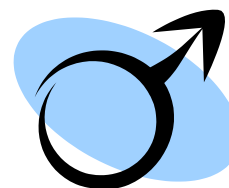
and while

Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings 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

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall. Please let [Bruce Perler](#) know of your interest.



Human Relations Laboratory

August 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957



Sponsored by

The Goodenough Community –

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 you 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.

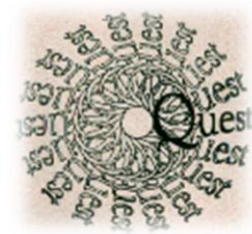
To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

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).

Currently, John and Colette are now visiting with clients at the new community center , 3610 SW Barton Street, Seattle 98106 as well as Sahale.



Falling in love is easy. Fools fall in love all the time. Staying in love is the test of time and the gift you give to one another daily...."

— James A. Murphy, *The Waves of Life Quotes and Daily Meditations*

