

## Village eView

October 16, 2019

Colette Hoff, Editor

### COMING UP

**Pathwork**, October 20

**General Circle**, October 21

**Women's gathering**, November 2

**Meditation Retreat**, Nov 15 to 17

**True Holidays**, December 7

### Stillness is the key

Colette Hoff

As I was driving the other day and listening to NPR, I heard an interview with Ryan Holiday speaking about his new book, titled *Stillness Is the Key*. The following abbreviated article by Ryan Holiday includes some of the skills and practices to develop stillness introduced in his book. Most are basic common sense yet as practices, they have great value. You will have an opportunity to practice stillness with others at our Meditation Retreat November 15 to 17.

In English: *stillness*. To be steady while the world spins around you. To act without frenzy. To hear only what needs to be heard. To possess quietude—exterior and interior—on command.

Stillness is that quiet moment when inspiration hits you. It's that ability to step back and reflect. It's what makes room for gratitude and happiness. It's one of the most powerful forces on earth. We all need stillness, but those of us charging ahead with big plans and big dreams need it most of all.

Still, the word "stillness" can feel vague or ephemeral. It doesn't need to be. There are, in fact, concrete and actionable ways to bring it into your life. It doesn't just happen. You have to put in the work. You have to follow the guidance of the masters.

I looked at Stoicism, Buddhism, Confucianism, Epicureanism, Christianity, Hinduism, and

### ***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

countless other philosophical schools and religions, and I found that the one thing all these schools share is a pursuit of this inner peace—this stillness—and a belief that it's the key to a happy and meaningful life.

**Journal.** Michel Foucault called the journal a “weapon for spiritual combat.” According to her father, Otto, Anne Frank didn't write in her journal every day, but she always wrote when she was upset or dealing with a problem. One of her best and most insightful lines must have come on a particularly difficult day. “Paper,” she said, “has more patience than people.” I start the day with stillness by pouring out what is *not* still into my journal. But there's no right way or wrong way to journal. The point is *just to do it*.

**See The World Like An Artist.** Marcus Aurelius, who is supposedly this dark, depressive Stoic, seems to have seen beauty everywhere. Why else would he write so vividly of the ordinary way that “baking bread splits in places and those cracks, while not intended in the baker's art, catch our eye and serve to stir our appetite,” or of the “stalks of ripe grain bending low, the frowning brow of the lion, the foam dripping from the boar's mouth”? While other people are oblivious to (or overwhelmed by) what surrounds them, we want to practice really *seeing*. Try to notice the little things. Look at that tree like you're a painter and trying to understand its essence. Observe that interaction with your parents like you were a stand-up comedian looking for material. An artist must be present. An artist must notice. An artist is still.

**Take Walks.** Nietzsche said that the ideas in *Thus Spoke Zarathustra* came to him on a long walk. Nikola Tesla discovered the rotating magnetic field, one of the most important scientific discoveries of all time, on a walk through a city park in Budapest in 1882. When he lived in Paris, Ernest Hemingway would take long walks along the quais whenever he was stuck in his writing and needed to clarify his thinking. The cantankerous philosopher Søren Kierkegaard walked the streets of Copenhagen nearly every afternoon, as he wrote to his sister-in-law: “Every day I walk myself into a state of well-being.”

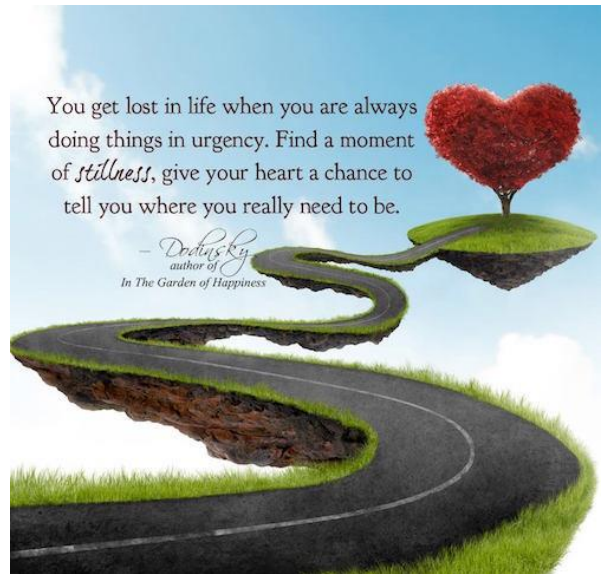
**Detach From Outcomes.** Archery master Awa Kenzo spent little time teaching his students how to deliberately aim and shoot. What Kenzo wanted students to do was to put the thought of hitting the target out of their minds. He wanted them to detach even from the idea of an outcome. “The hits on the target,” he would say, “are only the outward proof and confirmation of your purposelessness at its highest, of your egolessness, your self-abandonment, or whatever you like to call this state.”

**Ask Questions.** As in, do I need this? If I get what I want, what will actually change? Why do I care what they think? What am I working on in myself today? Will this matter in five years? What if I did nothing? Questions like these help us calm the anxieties in our head and help us slow down—allowing room for stillness. It's important to question our beliefs and our instincts.

**Get Rid Of Stuff.** Xunzi said, “The gentleman makes things his servants. The petty man is servant to things.” Every month, we go through our house and fill up bags for Goodwill and

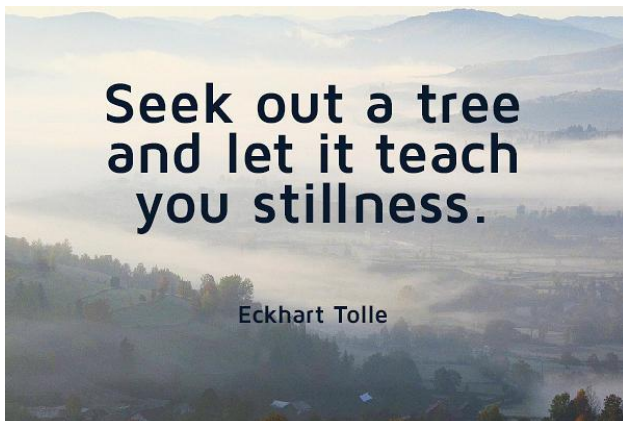
the Salvation Army. If we aren't using it, it doesn't need to take up space in our house. If it is causing us anxiety or worry ("Be careful or you'll break it!"), we get rid of it. The less you have, the less you have to be worked up about.

**Seek Solitude.** "If I was to sum up the single biggest problem of senior leadership in the Information Age," four-star Marine Corps general and former secretary of defense James Mattis has said, "it's lack of reflection. Solitude allows you to reflect while others are reacting." Bill Gates schedules "think weeks" where he goes off by himself and just reads and thinks. . . . If you're surrounded by others constantly, you're likely to think and act as they do. To be original, you have to spend time alone. To have peace, you need solitude too.



**Slow Down — Look Deeper.** Framed on the wall of Fred Rogers's production studio was a snippet from one of his favorite quotes: *L'essentiel est invisible pour les yeux*. What's essential is invisible to the eye. Appearances and first impressions are misleading—we are so often deceived by what's on the surface. It is in Stoicism and Buddhism and countless other schools that we find the same analogy: The world is like muddy water. To see through it, we have to let things settle. We can't be disturbed by initial appearances, and if we are patient and still, the truth will be revealed to us.

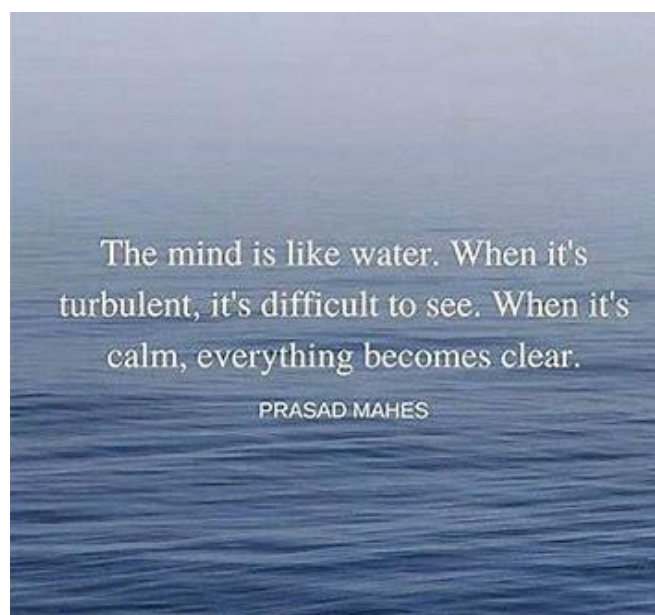
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**Cultivate Relationships.** Life without relationships, focused solely on accomplishment and success, is empty and meaningless. Love, Freud said, is the *great educator*. I've never understood the idea that monks and priests should turn away from relationships. No, it's through loving and being loved that we reach a higher plane of stillness and understanding.

Each of our paths to stillness will be unique, but the outcome will be the same: quiet,

strength, insight, peace, happiness. Most of all, we will be surprised to learn that the stillness we sought is not found outside us but *within* us. It's been ours all along.





CONVOCATION: A Church & Ministry Invites YOU!

# Quiet Your Mind, Open Your Heart A Meditation Retreat

**NOV 15-17, 2019**

Sahale Learning Center



[This picture was taken by Al Brown, a recent guest.]

**This retreat will help you build or renew  
your own personal mindfulness practice.**

**Being fully present to life... opening to and allowing what  
is, without judgment... This is mindfulness. And the central  
practice for achieving mindfulness is meditation.**

**WHAT.** Unique to this retreat is the long-established sponsoring interfaith community which is dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. You will be supported and encouraged by the community's open and inviting ambience.

During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be encouraged to try a variety of forms of meditation:

- 🌸 Periods of silence when you can become centered in yourself
- 🌸 Experiences of heart-opening connections with others
- 🌸 Conversations where you can share your experience, ask questions, and learn from others
- 🌸 Skillfully led guided meditations, sensory experiences, chakra toning, and movement, with time in the natural world.

**WHO.** Your central leader is Colette Hoff, M.Ed., a pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by the team of Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. Contact Colette Hoff ([hoff@goodenough.org](mailto:hoff@goodenough.org)) or call 206-755-8404 with questions.

**WHEN.** The retreat will begin with dinner Friday, November 15, at 6:00 p.m. and will conclude at 3:00 p.m. on Sunday.

**COST.** Your registration fee of \$220 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, AND

**2 nights lodging     Abundant meals     All learning materials**

**Register Today Space is Limited!**

Please register online. [www.goodenough.org](http://www.goodenough.org). Select the Convocation link.  
The registration button is at the top of the Convocation page.



## Women's Culture

Hollis Ryan

**Our next women's gathering will be on Saturday, November 2, from 10:00 a.m. to 2:00 p.m.**, followed by a shower at 3:00 p.m. for Brittany Pettit, who is expecting a baby boy at the end of November. Congratulations to Hal and Hollis too!

As is usual, we will mingle over coffee before settling in for conversation, laughter, introspection, movement, companionship. We'll serve a light lunch toward the end of our time together.

I hope you will plan to attend! Please put the date on your calendar now, and let me know whether you intend to come. RSVP [hollisr@comcast.net](mailto:hollisr@comcast.net)



*A Little*  
**Pumpkin**  
*is on his way*  
PLEASE JOIN US FOR A  
**Baby Shower**  
HONORING  
**Brittany Pettit**

SATURDAY, NOVEMBER 2, 3:00 TO 5:30PM  
HOME OF HOLLIS RYAN  
7801 SE 37 STREET  
MERCER ISLAND, WA 98040

Please bring a children's book for Brittany  
—an old favorite, one you had yourself, or a brand-new one--  
\*\* We will also be collecting for a massage for Britt \*\*  
Please RSVP to Colette Hoff or Elizabeth Jarrett-Jefferson  
([hoff@goodenough.org](mailto:hoff@goodenough.org); [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com))

## Save the Date

**"A Joyful Celebration of the Holidays"**

### ***The Goodenough Community's annual True Holidays Celebration***

**Saturday, December 7, 6:00 to 10:00pm**

**Mercer Island Congregational Church**

*Come and spread joy this holiday season! We will once again have Sherry Nevins joining us, guiding us around the (contra) dance floor and accompanied by a new musical group, the Geoducks. There will be a silent auction, a raffle, storytelling, and treats/libations aplenty.*

**It's not too late to be Happy! We'll help you choose it.  
For additional information, contact  
Elizabeth Jarrett-Jefferson, Colette Hoff, or Kirsten Rohde.**



"To the mind that is  
still, the whole  
universe surrenders."

~Lao Tzu



**Joyfully Announcing the return of a traditional event . . .**

## **Winter Bus Trip to Leavenworth Saturday, January 11, 2019**

*Dashing through the snow, fun for all ages...*



Eagle Creek ranch <https://www.eaglecreek.ws/>

**Join friends and family** for a day-long journey into the mountains. By passing the traffic we encountered a couple of years ago, and although it will not include a Solstice celebration, we are choosing January, to bring this cherished experience back! We will acknowledge the New Year!

Colette Hoff will be our guide. Be sure to wear and 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

Our cost includes transportation, sleigh ride, and a hearty dinner:

**\$95 – Adults (18 and older)**

**\$75 - Children (13 to 18)**

**\$55 - Children (3 to 12)**

**Children under 2 free**

For more information or to register by phone, please call Elizabeth Jarrett-Jefferson at 206-313-9803 or email at [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com). Family rates are negotiable.

### **A time of play and relaxation with family and friends!**

- At the Eastgate Park & Ride, we board a heated bus and travel through snow-laden trees, craggy mountains, and iced streams over Snoqualmie and Blewett Passes

- Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- A horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
- We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
- You will be informed what time to return to the bus.
- Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM



## **A Story about the Sahale Gathering Tent**



“We come together, Saturday, June 8, 2002, one year after his passing, to dedicate this cedar grove in the memory of Fred Jameson Beaver Chief Kgee-tae-luckt.”

These were the first words spoken at the first public gathering held at Sahale. Our white tent was installed with the help of the company three days prior to this memorial.

**And now, the tent needs a new roof to enable Sahale to continue to offer this versatile space for retreats and events.**

Since that event, our white gathering tent, also known as **Kunamokst** meaning to join, unite, meet, assemble, congregate-- has served many functions. It held Bruce and Irene Perler's wedding in July of 2002 at least 20 weddings since then. We have had 17 Human Relations Laboratories, family reunions, a large conference in 2018, Sahale Summer Camp, and many groups outside the Goodenough Community have all made use of the tent. The tent has been patched and repaired over the last few years and now a new tent roof is needed by spring 2020.

**Will you help? Your donation will help us purchase the new tent roof.**

**AND . . .**

A donor who attended the Lab reunion picnic will add \$1000 when we get to \$5000 and our stated goal is \$6700. Donations can be made on-line or mailed to:

The Goodenough Community

Box 312

Tahuya, WA 98588



### **Mindful Mike's Blog: What's Really Out There**

Being an Asperger's person can actually give me a very narrow view of what the world is really like.

My narrow view can focus on all sorts of details. I want to know where everything is manufactured from food to automobiles. Another obsession for me is maps. I love all kinds of maps. Put a world atlas in my hands and I will be absorbed with it for the rest of the day.

As an ASPI I am blessed with a built in desire to study things with a magnifying glass. I am always amazed by what I find. Like seeing the face of a dragon fly. I feel like I am communicating with the fly.

The downside of my ASPI gift is that I can miss large parts of reality. Notice I call my autism a gift rather than a syndrome. The word 'syndrome' can have a negative connotation. So I decided to call my condition an ASPI gift.

In the past my ability to empathize and connect with people was shallow. I knew very little about the lives of people.

But I can ask: Is it possible our perceptions of reality are all limited?

Another question follows: is it possible that all it takes to change the world is to change my perception of it?

When I am with you, am I seeing you as you really are or as I imagine you to be? I suspect the latter is usually the case. The result can unsettle me.

But I believe I am on my way to becoming a much better person than I was before. In fact this seems to be true of all of my friendships as well. That's very, very good. We have had people appear at our white tent takedown such as Tom O'Conner, our Market Fresh Fruit man. He shared some delicious fruits with us.

I don't necessarily have to agree with somebody on everything in life because that is impossible. Instead the idea is to remove all the barriers to a loving relationship so we can be together admiring butterflies and fall leaves.

My brother Paul and his wife Pat both have artistic talents and so do I. They bought me a coloring book with color pencils at a large art supplies store called Michael's. Hmm.....that's my name. Coincidence? I don't believe in coincidence.

Art gives me a tool to work with my inner self in a way nothing else can. The same is true for music. I now find myself really enjoying classical music, something that in the past I didn't give much thought to.

Oh yes, I can observe the natural world around me in its every detail. Like my sister-in-law Pat, I love taking lots of photos of the texture of tree trunks or just getting the reflection of the sun in the water of the Tahuya River.



Here are two really beautiful photos taken near the Beaver Chief Cedar Grove.



A tree trunk.  
River/



The sun in the water of the Tahuya

*"You can't reach for  
anything new if your  
hands are still full of  
yesterday's junk!"*



## Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod came up with the plans many years ago. Last fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it. Also, we just happened to have a carpenter/craftsman, named Paul Rave, who together with Tod Ransdell put it all together and Pedge has protected the finish.

\$\$This project couldn't come out of the general budget and we were not sure how much it would cost even with some things available here. So, while it's not our usual way, we built it and now two people are carrying the \$650 it cost. HMM that doesn't seem right.

While we have donations for \$225, with \$425 to go any contribution would be wonderful. Will you join? **Anyone who makes a donation receives a gallon of cider!**

Please mail donation checks to Box 312, Tahuya, WA OR go on line to the Goodenough Community donation button. More Cider produced faster!

## 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.**



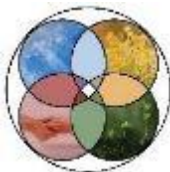


## Programs and Events of the Goodenough Community New Dates are included.

**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 Monday evening for light dinner & business at hand. The schedule is as follows: October 21; November 4 , 18; December 2, 16.

**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. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal’s daughter Brittany. In 2020, our first gathering will be January 25 at Hollis’ home. For more information, contact Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)





**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. **November 8** will be the next gathering. 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. 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** -- October 20; November 3, 17; December 1, 15. Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

A meditation retreat, **Quiet your mind, open your heart**, will be offered **November 15 to 17, 2019**

### **Summer Camp for Youth**

***New dates for Summer Camp 2020 will be announced.*** 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 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](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** 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.

**Winter is the season of  
stillness and a time to  
prepare for spring,  
which is about  
movement and energy.**