



# The Village View

December 8, 2021

Barbara Brucker and Hollis Guill Ryan, Editors

## Coming Up—

- **Pathwork**, Sunday, December 19 – 7PM ***This is a change***
- **Third Age**, December 17, 7PM

## Love is what it is all about

Hollis Guill Ryan

Yes, it is all about bringing love to the world.

That is what the Goodenough Community is about ... learning to love yourself ... learning how to relate with love ... learning how to serve a larger community with love.

This year we are introducing a new way to show your love for the Goodenough Community – Membership.

As you have known, the Goodenough Community has, for decades, deliberately chosen to be a community without formal membership. That is, we wanted to learn what we needed membership to entail before defining membership responsibilities and privileges.

Two or more years ago, the Lifeways Circle undertook the project of designing a membership process. We have worked hard, talked long, we have written and rewritten (and rewritten and rewritten and rewritten!) many words about membership, and have finally produced a document defining membership. It's a document and a process we are proud to present to you.

Who are these persistent people who form the Lifeways Circle? I wish I could ask them to take a bow: Barbara Brucker, Rosemary Buchmeier, Colette Hoff, Marjenta Gray, Elizabeth Jarrett-Jefferson, Hollis Guill Ryan, and Joan Valles. Plus, Drai Schindler who was instrumental in the document's production.

### On-Line News of the Goodenough Community System

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

American Association for the Furtherance of Community  
Convocation: A Church and Ministry / Mandala Resources, Inc.  
Sahale Learning Center / The EcoVillage at Sahale

# DEFINE YOURSELF









Who are **you** in the Goodenough Community System?

***The Goodenough Community is now a membership community!***

This membership is based on love and service and is a graduated process, beginning with Heart Friends, and progressing through several levels of service and commitment. ***Membership gives you a way to choose how to become part of the team*** that is working together to assure that the community we love has a sustainable future.

If you enjoy hanging around the community, we invite you to consider becoming a Heart Friend, or a full member.

What is your level of service?  
We invite you to put your service where your heart is.

Service Level 1 Water 		Service Level 2 Earth 
	Service Level 3 Fire 	
	Service Level 4 Legacy 	

To read the membership document and/or become a member, please visit:

[www.goodenough.org/membership](http://www.goodenough.org/membership)

# Gifts of Love

## I Believe in Christmas

Sung by Glen Campbell

Written by Edward Leslie Hamilton in 1972



I believe in Christmas  
But Christmas isn't snow,  
Candy floss, or mistletoe  
Or Santa's ho, ho, ho.  
Love is what it's all about  
And I hope this yuletide rings  
With thoughts of love for everyone  
And friends of long ago.  
Christmas is a feeling  
Only children know  
Theirs for such a little while  
We lose it when we grow.  
Christmas comes a winging  
Just once a year to you  
If all that love would stay awhile  
Then Christmas could come true.



**To Listen to Glen Campbell sing this lovely song, please visit [www.goodenough.org](http://www.goodenough.org).**

**You will find it on the home page holiday collection! Click, enjoy and share!**

This song inspired the theme for last weekend's True Holidays party, "Love is what it's all about." Particularly apropos for this first holiday party in two years were the words, "... love for everyone, and friends of long ago." As is traditional at the True Holidays party, new friends and friends whom we have not seen in a long time came together to greet each other, dance together, enjoy good company and good food, and join a meditation and discussion about the meaning of the holidays and ways to relish our experience of this season.

Joy at seeing our friends filled the room. Clusters of people chatted and laughed and hugged. Because of Covid, there was many a respectful request, "Are you hugging?" in place of an assumed openness to touch. While I saw a few elbow bumps, they were replaced by enthusiastic hugs once willingness was verified. Friendship and love, not social distance, were evident.

Every year, the True Holidays party is a gift of love – love for each other, love for our guests, love for the event itself. The party's uniquely warm, welcoming ambience simply could not happen without the love among those volunteering their effort and their time. Hal Smith commented repeatedly that the set-up and take-down of the event was smooth and efficient, giving the appearance of little effort. This apparently effortless accomplishment is due, in part, to years of experience of working together. More than that, though, is the friendship among those sharing the goal of making the holiday party as good as it can be, which includes smooth, friendly, behind-the-scenes collaboration.

Barbara Brucker, who for many years has been the focal person for the kitchen and café, corroborates the gift of love that comes to her as support from many, many people. This loving support includes loading, unloading, and reloading cars; setting up the café tables; preparing food; serving; cleaning up ... and ever so much more! Barbara points out that it is not just long-time friends gifting her with the support she needs. Friends who are new to the event pitch right in and help in every way. That is love in action.

Yes, love is what it is all about. The party itself is a gift of love. It is a place where loving friendships are rekindled and where new friendships can take root. It is our wish, as the song says, for "all that love to stay awhile" so the spirit of the season can come true.



## Holiday Planning



### *Christmas Day Open House at Sahale*

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. **Happy hour is at 4pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert, or side dish. **Please RSVP to Elizabeth Jarrett** <elizabeth.ann.jarrett@gmail.com> You are welcome to spend the night.

**We will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to less than \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!



**New Year's Eve at Sahale, 2021 – 2022.** Friday, December 31, will be New Year's Eve and Saturday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. Consider coming anytime on December 31 and stay through January 1. **Make your plans now, especially if you would like specific sleeping accommodations.** Email **Elizabeth Jarrett** <[elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)> to RSVP. A suggested donation of \$35.00 per night will cover expenses.

## **New Year's Day 2022 at Sahale**

First off, it's next year; New Year's Day. January 1.

Next up. I get it. We're in Advent. Christmas, that is. I'm not the one skipping holidays here. It's the stores; they're already putting up their Independence Day decorations. Just sayin'.

Oh, I see I've lost you. New Year's Day. You're thinking it's the holiday after Christmas. Nope. It's the eighth day of Christmas. Complete with eight maids a milking, 23 assorted birds, and five rings. Unless you're in the South. There it's black-eyed peas, collard greens, and corn bread.

This New Year's Day skip the birds, maids, and rings and come on by for some black-eyed peas, collard greens, and corn bread. I'm even cooking up a mess of hoppin' John and some boiled peanuts.

The specifics:

- Three o'clock on January 1, 2022 y'all c'mon by Sahale, now y'hear.
- As far as RSVPs go, I start cooking early. Early, as in December 30 early. Meaning, I do my grocery shopping the day before. In other words, please RSVP by five o'clock on December 28. This will let me get my act as close to together as it's ever going to get.
- Here is where here is:
  - 2901 Tahuya River Road, Tahuya, WA 98588
- RSVP to me, Elizabeth Jarrett ([elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)), or Colette Hoff ([hoff@goodenough.org](mailto:hoff@goodenough.org)). When you do so, we'll send you directions to get here. It's just an hour from the Southworth or Bremerton ferry terminals (or from Gig Harbor, for those thinking of driving around). In your RSVP, let us know if you'd like to spend the night.

Cheers,

Sam

Sam Staatz

([mrstaatz@gmail.com](mailto:mrstaatz@gmail.com))





## Are you interested in a Winter Bus Trip to Leavenworth in January?

For the past many years we have offered a magical experience with friends & family where we journey via a chartered bus through the mountains to Leavenworth, stopping along the way for snow play and ending up at Eagle Creek Ranch. There, we are treated to a sleigh ride and a country banquet, returning home that same evening.



This is a fun event for all ages!

Right now, we are assessing interest for this event in 2022. We will, of course, monitor Covid and take that situation seriously in any planning.

If you are interested, please let [Elizabeth Jarrett-Jefferson](#) know and we will keep you informed.



### Mindful Mike's Blog: Good Enough to Love

Mike deAnguera

Am I good enough to Love? I embody the Divine just as you do so the answer is yes. There is nothing I have to do to earn this Love. I am worthy of Love just as I am. It is not necessary for me to have a career as status I am worthy just as I am.

Christmas is all about unconditional Love. That's why we just had a True Holidays Event. We held it at the Mercer Island Congregational Church. We thank these kind folks for letting us use their sanctuary. Hopefully we will have left some good energy there.



You can see we are all having fun eating all that great food present. Juniper Aylward's head can be seen in the picture on the left. I'm sure the kids enjoyed this event just as we did.

Christmas is based on Solstice. Winter Solstice is the darkest time of the year. It is a time when we need to do all we can to keep each other's spirits up. This is a time when monumental changes are occurring around the world. We are challenged as never before.

Where do I find Love and trust? With my community friends of course. Our friendships have been built through over 50 years' worth of training.

As our political institutions are found wanting, community is going to become even more important. It is the best solution for disconnection, alienation, and homelessness. There is only so much government can do. It can only reflect the choices we all make. Are we making the right choices? Am I?

I need to understand I am making choices all the time though I may not be aware of it. I am much more powerful than I realize.

Community makes collective choices possible. We can have more of an impact than each of us acting alone. That can be a challenge to those in power. The powerful always will do things they can get away with. Community makes it easier to hold them responsible. It can also put people with compassion and integrity into office.

Community is the best way to practice Love as an antidote to our fear based society. It is the best way to grow Love in our children. Lack of community is a major reason why so many families are falling apart. Only a healthy society can grow healthy families.

Can community be present in our institutions? I have not noticed it very much. There was no community in the corporate world because we all had our individual careers and were competing with each other. We were just factors of production.

Unfortunately corporate values get imprinted on everybody through education from our parents and teachers as well as the media. They already have me thinking the way they want me to think. Their goals become my goals. Community helps me reclaim my life.

We were lucky to have Sherry Nevins lead us in contra dancing again this year. These are traditional dances rising out of people in small towns throughout our country. This shows what ordinary folks can do. The corporate world may try to copy it but they will never be able to convey the spirit through television or any other medium.



## **STAND UP SPEAK UP**

*Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over all the expressions of racism and injustice and inequality against Black people. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about the racial injustice in our country.*

### **This week the challenge is to you!**

Barbara Brucker

“Love is what it’s all about” and yet, during the holiday season we often find ourselves gathering with family and/or friends whose perspectives may be very different from our own and whom we may think to be racist, prejudiced, or bigoted. After a tumultuous 2020 when many families didn’t gather, this year we look forward to the opportunity to join in holiday traditions with family and friends. At the same time, often there are people present whose views are different from our own on everything from public health to racial justice, the economy, or politics. The question becomes, “How do I maintain my integrity about these issues in the presence of ideas I believe to be inaccurate, objectionable or disrespectful” – that is, in the presence of prejudice, bigotry and racism? There are loving ways to do this.

Debbie Irving is a racial justice educator and writer who offers the following. These definitions can be helpful in our thinking about these issues. In answer to the question “Are prejudice, bigotry, and racism the same thing? She answers

No. And this is a HUGE source of misunderstanding.



**Prejudice** is when a person negatively pre-judges another person or group without getting to know the beliefs, thoughts, and feelings behind their words and actions. A person of any racial group can be prejudiced towards a person of any other racial group. There is no power dynamic involved.

**Bigotry** is stronger than prejudice, a more severe mindset and often accompanied by discriminatory behavior. It's arrogant and mean-spirited, but requires neither systems nor power to engage in.

**Racism** is the system that allows the racial group that's already in power to retain power. Since arriving on U.S. soil white people have used their power to create preferential access to survival rights and resources (housing, education, jobs, voting, citizenship, food, health, legal protection, etc.) for white people while simultaneously impeding people of color's access to these same rights and resources.

<https://www.debbyirving.com/are-prejudice-bigotry-and-racism-the-same-thing/>

In the presence of the preceding scenario, the challenge is to meet others respectfully, be curious about their ideas and the sources of those ideas while speaking up for your own beliefs and values. This may mean dealing with prejudice or bigotry expressed by slurs and stereotyping or it may mean respectfully engaging conversation about opposite points of view.

I am including an article by Nova Reid, an Activist, TED Speaker and author passionate about helping people role model the change they want to see. <https://restlessnetwork.com/how-to-deal-with-racist-relatives-this-holiday-season/> It deals with addressing racism and I find it relevant for dealing with any of the contentious topics that may arise when people of different social and political persuasions find themselves in conversation.

This article will be followed by Six Steps to Speaking Up against Everyday Bigotry, an excerpt from "Speak Up" from the Southern Poverty Law Center <https://www.splcenter.org/20150125/speak-responding-everyday-bigotry#six-steps> It's an extensive article and well worth following the link to read in full.

## How to Deal with Racist Relatives This Holiday Season

Nova Reid

It's the most wonderful time of the year.

Well.

Not for all of us.

Christmas and holiday gatherings, concoctions of good food, a ferocious political climate and alcohol can bring joy and festive cheer, but it can also bring out some ugly ISMs.

Just the sheer thought of spending extended periods of time with family we wouldn't normally socialize with, or family that have strong views about politics and race that are different to ours, can raise anxiety and make us dread this time of year.

Many people think the way to end racism is to:

1. Stop talking about it (I suspect those people aren't reading Restless Magazine)
2. Just get rid of Far Right organisations
3. Wait for the older generation to die out. (I know, rude!)

But racism is systemic, it is both subconscious and conscious, often unknowingly passed down from generation to generation, which is why it is still very much prevalent in society.

The real power to dismantling racism is having difficult conversations with people you love, with the people closest to you, the people you have given up hope on 'changing their minds' simply because of their age, because that's 'just the way they are'.

The irony? We often don't address racism in our families because we don't want to upset people. But the biggest impact you can make this festive season is to not continue to let casual racism pass at the dinner table. Racism is learned behaviour, and because of that, we all have the capacity to unlearn it.

Here are **6 tips** to help you have difficult conversations with racist relatives

### 1. Curiosity

Our socio-political views are as clear as night and day. We are divided right down the middle. The only way to bridge the gap is to facilitate uncomfortable conversations with people with views we oppose, especially family. Not easy, but necessary.

Approach challenging views with curiosity. Go in with a view not to change their mind, not to judge, but to better understand where they are coming from.

'Help me understand – Tell more about why you feel that way...'

### 2. Challenge the truth

In debates about racism or xenophobia people often misinterpret their opinions as fact. Our thoughts are NOT fact.

Respond to fear-driven retorts with fact-based evidence

**Common fear-driven retort:** "Immigration is getting out of control. Refugees are violent drains on society. They're coming over here, taking our jobs"

**Possible fact-based response:** Most refugees are vulnerable women and children fleeing terrible conditions. The current percentage of refugees in the UK make up just 0.26% of the population. I'd like to think if things got that desperate for us we would be able to find safe refuge in a welcoming country. Have a read up on it to find out more, it's amazing what we think isn't always a true reflection of what's actually going on.

### 3. Compassion

Practice compassion – I promise it makes this easier – most relatives are well-meaning and don't know the harm they are causing. So don't use your words as weapons, don't use your understanding of anti-racism as a moral high ground. Meet them where they are at. Remember

you are not on the same part of the journey. Remember there was a time when you knew less than you do now, there was a time when you caused offence or tripped over words. What helped you get on board and change – being shamed or being compassionately informed?

Don't get me wrong. This doesn't mean giving people a free pass. We can hold people accountable firmly without shaming and demonizing them.

Try this:

1. What you said then (repeat what they said back to them)
2. I know you care and wouldn't want to intentionally cause harm to people, so I wanted to let you know that this is harmful/ offensive/ racist because xxxx
3. If relevant – I know language is always changing and it's hard to keep up, here's an alternative instead xxx

#### **4. Risk Assess**

Where are your allies in your family? Are there others you can lean on if you need to, or call afterwards? Is this the best time to engage in debate in the moment with everyone, or will you have more impact to pull them aside 1-2-1. Go with your gut, there is no right or wrong. Up your self-care – having tough conversations with people you love is not always easy and assessing whether you have the current capacity to engage or not, is key.

#### **5. Decide**

Decide whether this is a relationship that is serving you or not. Families are circles we are born into and sadly some relationships are toxic and it may get to a point where you have to put up boundaries and make an important decision whether it is worth continuing to invest in this relationship or not. With all the will in the world, sometimes people do not want to engage or change and willingly choose to sit in their ignorance. If it's causing you pain and after years of trying behavior does not change, sometimes the best thing you can do for your sanity is to let go.

#### **6. Keep Learning**

Education is key in addressing racism. The more you understand, the more reading and learning you do, the easier it is to have conversations with people and to support them in widening their understanding. Read books, podcasts, articles, follow advocates online, keep abreast with the news beyond the mainstream, enlist on anti-racism courses. The more you know, the easier it becomes to effectively hold others accountable for their racism.

One of the most powerful things we can do to help reduce racism is having the courage to have uncomfortable conversations with family and friends, because they are the places we can effect the most change. Just imagine the ripple effect if we all did this?

In the words of Brené Brown – “Speak truth to bullshit. But be civil.”

*Nova Reid is a diversity campaigner and anti-racism educator who offers consultancy, workshops and online anti-racism courses. With humility and humor, she uses her professional background in mental health to focus on mindset change, to help dismantle racism from the inside-out.*

**Editor's note:** In training workshops I have attended through Braver Angels [www.braverangels.org](http://www.braverangels.org), I have learned that direct confrontation with facts is not likely to be an effective strategy. Once people have decided what they believe, facts lead to rebuttal, not a change of mind and heart. It may be more effective in challenging the truth to first find a place where you can join the other's point of view, affirm the other as a compassionate and loving person, and then ask if you can offer another perspective

## Six Steps to Speaking Up Against Everyday Bigotry

Southern Poverty Law Center

Whatever situation you're in, remember these six steps to help you speak up against everyday bigotry. In any situation, however, assess your safety, both physical and emotional. There is a risk, and that must be acknowledged as you make your own choice to Speak Up!

### 1. **Be Ready.**

You know another moment like this will happen, so prepare yourself for it. Think of yourself as the one who will speak up. Promise yourself not to remain silent.

"Summon your courage, whatever it takes to get that courage, wherever that source of courage is for you," said Dr. Marsha Houston, chair of the Communication Studies Department at the University of Alabama.

To bolster that courage, have something to say in mind before an incident happens. Open-ended questions often are a good response. "Why do you say that?" "How did you develop that belief?"

### 2. **Identify the Behavior.**

Sometimes, pointing out the behavior candidly helps someone hear what they're really saying: "Janice, what I hear you saying is that all Mexicans are lazy" (or whatever the slur happens to be). Or, "Janice, you're classifying an entire ethnicity in a derogatory way. Is that what I hear you saying?"

When identifying behavior, however, avoid labeling, name-calling or the use of loaded terms. Describe the behavior; don't label the person.

"If your goal is to communicate, loaded terms get you nowhere," said Dr. K.E. Supriya, associate professor of communications at the University of Wisconsin, Milwaukee, and an expert in the role of gender and cultural identity in communication. "If you simply call someone a racist, a wall goes up."

### 3. **Appeal to Principles.**

If the speaker is someone you have a relationship with — a sister, friend or co-worker, for example — call on their higher principles: "Bob, I've always thought of you as a fair-minded person, so it shocks me when I hear you say something that sounds so bigoted." (*Editor's note – perhaps quit before saying it sounds bigoted.*)

"Appeal to their better instincts," Houston said. "Remember that people are complex. What they say in one moment is not necessarily an indication of everything they think."

#### 4. **Set Limits.**

You cannot control another person, but you can say, "Don't tell racist jokes in my presence anymore. If you do, I will leave." (*Perhaps add a please, and perhaps omit the threat to leave – at least on first request*). Or, "My workspace is not a place I allow bigoted remarks to be made. I can't control what you say outside of this space, but here I ask that you respect my wishes." Then follow through.

"The point is to draw a line, to say, 'I don't want you to use that language when I'm around,'" Bob Carolla, spokesman for the National Alliance for the Mentally Ill. "Even if attitudes don't change, by shutting off bad behavior, you are limiting its contagion. Fewer people hear it or experience it."

#### 5. **Find an Ally/Be an Ally.**

When frustrated in your own campaign against everyday bigotry, seek out like-minded people and ask them to support you in whatever ways they can.

And don't forget to return the favor: If you aren't the first voice to speak up against everyday bigotry, be the next voice.

"Always speak up, and never be silenced out of fear," said Shane Windmeyer, founder and coordinator of Campus PrideNet and the Lambda 10 Project. "To be an ally, we must lead by example and inspire others to do the same."

#### 6. **Be Vigilant.**

Remember: Change happens slowly. People make small steps, typically, not large ones. Stay prepared, and keep speaking up. Don't risk silence.

"There's a sense of personal disappointment in having not said something when you felt you should have," said Ron Schlittler, acting executive director of the national office of Parents, Families and Friends of Lesbians and Gays.

Carolla put it this way: "If you don't speak up, you're surrendering part of yourself. You're letting bigotry win."

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## **Smile Foundation:**

### **One way to send a little extra to our community**

*Kirsten Rohde*

*For the Goodenough Community Economy Team*

**T**hrough their foundation, Amazon makes it possible for donations to go to selected nonprofits with every purchase. The Goodenough Community is listed with this program, and you can follow the instructions below to participate. There are many opinions about Amazon, and it is also true that our community received \$500 in donations through this program last year!



Expediency, cost, availability can all be reasons any of us use Amazon.com for purchases. For myself I usually try to find a local store for purchasing. Many of us who purchase for Sahale try to shop locally whenever possible. Three tries is my limit and then I go online but I still try to order directly from companies, especially smaller ones. For some smaller companies, Amazon.com makes it possible to increase sales. So sometimes Amazon is the only option. Then I use *smile.amazon.com* to make purchases so that a small percentage of the price is donated to the Goodenough Community.

Thank you to all of you who think of the Goodenough Community when you shop at Amazon!

**Here are the details:**

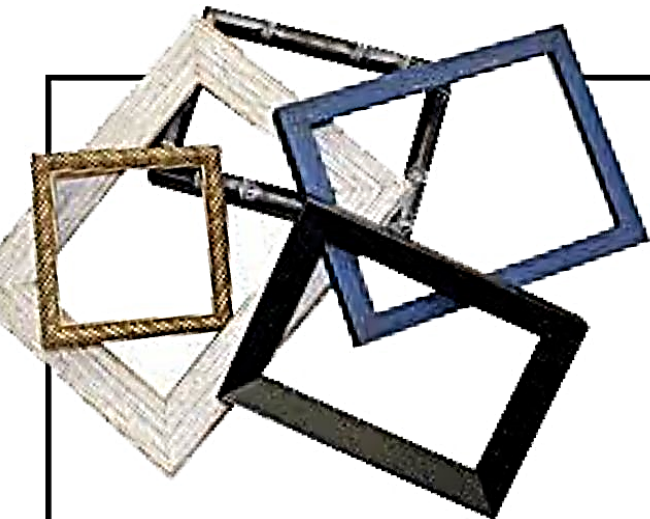
*The Amazon Smile Foundation will donate 0.5% of the purchase price from your eligible Amazon Smile purchase. It's easy to shop through Amazon Smile if you already have an Amazon account. On your first visit to Amazon Smile, select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon remembers your selection and then every eligible purchase you make will result in a donation.*

***We ask that you please select  
the Goodenough Community.***

**TO SIGN UP LITERALLY TAKES ABOUT 30 SECONDS**

- 1** Visit [www.smile.amazon.com](http://www.smile.amazon.com). Provide the email address and password that is already attached to your amazon.com account.
- 2** Choose Goodenough Community as the organization you wish to support. Agree and Save.
- 3** Every time you shop, login to [smile.amazon.com](http://smile.amazon.com)! *Remember, only purchases at smile.amazon.com (not amazon.com or the mobile app) support donation.*





# *Sahale* Walls of History

## PICTURE FRAMES NEEDED

If you are cleaning out the attic or redecorating a room and you find picture frames you wish to get rid of....

If you are at the thrift store or a garage sale and see great picture frame values...

Please consider donating them to Sahale for a really cool historical project! We would like all kinds of frames in any style or material: metal, wood, plastic, leather, pleather — preferably with glass and hardware to hang on a wall. We would like an abundance of 5x7 and can work with other sizes too.

If you have questions or wish to arrange a donation, please contact Drai: [goddessdrai@gmail.com](mailto:goddessdrai@gmail.com).

*Thank you!*

## **Programs and Events of the Goodenough Community** **Announcing Winter and Spring Dates**

**Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connect, many of which are now via Zoom.**

Throughout the year we intend to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential for having a good time in life and with others. Information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



### **Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now**

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. Next summer in 2022 we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



**The Goodenough Community's governing body, the General Circle,** meets monthly, 7:00 PM

**Winter and Spring Dates**

- ☐ January 24, 2022
- ☐ February 24
- ☐ March 21
- ☐ April 25
- ☐ May 23
- ☐ June 20

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



**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.

*Saturdays, 10AM to 1:00 PM via Zoom:*

**Winter and Spring Dates:**

- ☐ January 22, 2022
- ☐ March 26
- ☐ April 29 – May 1 - *Annual Weekend for Women*

For more information, contact [Hollis Ryan](#).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. Contact [Kirsten Rohde](#) for more information *There will not be a gathering on December 17.*

**Winter and Spring 2022 dates:**

- ☐ January 28, 2022
- ☐ February 25
- ☐ April 15



**The Men's Program** - 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.

For information, contact Norm Peck, [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com)



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7pm to 9pm. Contact Colette Hoff: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

*\* The next fall date: December 19 – this is a change \**

**Winter and Spring Dates:**

- ☐ January 9 and 23
- ☐ February 6 and 20
- ☐ March 6 and 20
- ☐ April 10 and 24
- ☐ May 8 and 22
- ☐ June 5 and 19



**Work and Play Parties throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times 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 questions.



**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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 Hoff (206-755 8404).