

October 21, 2015

Elizabeth Jarrett-Jefferson, Guest Editor



## *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**

## *The Heart for It*

*John and Colette Hoff*

In the 1960s I worked for a Church in Sonoma Valley CA (on the north side of the bay). It was here that I received my first education on the way the passage of time and life changes us—

from the behaviors and attitudes of youth to the relaxedness of elderly ears. I was a young man in my mid-twenties when I began to work there and the congregation was 80 percent retired and many people that were leaders were over 70 years old. For a half dozen years, I experienced the clash between youth and old age. One day back then, I was chairing a meeting of

largely elderly people who were discussing the life of the church from their perspective. They had struggled to set aside money for the church through several financial reverses in the economy. However, a group of young people with many young families had come into the fellowship and wanted a church school building and a “fellowship hall.” In my leadership I worked to keep the conversation focused on facts rather than opinions. However, the facts

did not soften the conflict but only revealed more fully that some of the people (generally older) had sustained the organization through decades of time with money that was hard to come by. Now, younger people with new families were wanting to change things and build things. One evening at a membership meeting, an elderly couple began the meeting with a simple statement. They said, “There is a lot of conflict here around most of the issues we

### *Upcoming Events*

**Women’s Culture Gathering – Oct 24**

**Celebrating Community Weekend – Nov 6-7-8**

**Celebrating 80 Years with Jim Tocher – Nov 15**

**True Holidays Celebration – Sat, December 5**

**Solstice Bus Trip – Sat, December 19**



need to face. We have been talking together as a couple about our history here and we were thinking of how we once put our operating money on the kitchen table and we sorted it so that more went to this church and less to repairing our home and car. We were excited about what the church was doing in our lives and how it was helping us be a family; and yesterday in a conversation we began to recognize that the younger people, often with families, want the physical facility that will serve the needs of their families. My husband and I want the same for the young families that are around here now. We think we are all on the same side—we are for the needs of families and young people. We must not divide ourselves by focusing on being older or younger. We don't have the heart for this conflict and we must cooperate in supporting youth and the development of children into responsible adults. We need to put our hearts into cooperation and working together for goals that support the future.

This brief story has been repeated many times in my life and I am putting my heart into exploring how the Goodenough Community might serve better by focusing on future development and the importance of community for families and young people. One way I personally explore this line of thinking is to imagine what it might mean for our place—Sahale—to be more of service to children and youth than it is now. I think it is a good time for us to consider the future of our community and the importance of what we do here for our children and families. I only ask that you take my words into your heart and see if they feel helpful to you. I hope so!

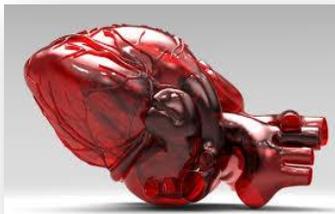
As I feel my heart today, it is full of gratitude for all the prayers and warm wishes from so many in so many places. While the open heart surgery has been postponed, we are appreciating the rest. The new date for surgery will be announced soon. Blessings to you each.

*Love, John with Colette*



***Editor's Note: John's heart surgery, which was scheduled for today, October 21, has been rescheduled – It will be either **Friday, October 30**, or **Tuesday, November 3**. We'll let you know.– EJJ***

## *Heart...*



**The chambered, muscular organ that maintains the flow of blood through the entire circulatory system; the vital center and source of one's being, emotions, and sensibilities**

*Through pain may crack the heart open—leaving us raw—rather than taking something away from us, it offers us a chance to be present to or own life process, to feel the heart stirrings—even though*

*pain is there. – Helen Hunt*

*A slimy, throbbing mass of muscle entwined in its own veins and arteries, a tender, fearsome instrument of love and power—the heart! – George Leonard*

*There are pains that cannot be contained in the mind—only in the heart.—  
Stephen Levine*

Once upon a time, Clair Sylvia's view of the heart was similar to that held by Western medicine. For her, the organ that ancient peoples considered to be the seat of love, courage, the intellect, and the soul was merely a mechanism that carried no wisdom, no knowledge, and no memories. However, today, Sylvia, who underwent a heart-lung transplant in 1988, knows otherwise.



Almost immediately after the lifesaving operation that removed her damaged organs and replaced them with those of an eighteen-year-old man who had died just hours earlier in a motorcycle accident, Sylvia began to experience unusual thoughts, cravings, and emotions. In the months that followed, many of her habits and tastes changed, and she began to intuit that her new heart had something to do with it. Five months later, Sylvia had a remarkable dream about a young man named Tim. Upon awakening, she knew that it was his heart that beat in her chest, and she became determined to find his family. After lots of sleuthing, Sylvia finally learned that the anonymous donor was, indeed, named Tim. Moreover, when she met his family, she also discovered that her new and radically different behaviors, thoughts, and emotional responses echoed his.

Reflecting in her memoir, *A Change of Heart*, Sylvia now believes that qualities commonly attributed to the heart are more than metaphorical. “Even today, in our enlightened, scientific era, we still refer to the heart when we discuss our feelings and our values,” she says. “When love dies, or death strikes, we speak of being brokenhearted. We take heart and lose heart all the time. When new want to be demonstrative, we wear our heart on our sleeve; when a person is insensitive, we say he is heartless. Pure heart, aching heart, soft heart, valiant heart, noble heart, tender heart, understanding heart—the list goes on.” Might there possibly be some literal truth to these expressions, she wonders.

“Although Tim’s life was cut short, his spirit, along with his organs, were evidently meant to continue living,” said Sylvia. “I believe that he led me to find his family, to be in touch with them again, and perhaps to resolve or complete that which was unresolved when he lived. I feel this strongly in my heart...I feel privileged to be alive.”

**Affirmation:** More and more I know that matters of my heart matter.

*When the heart is at ease, the body is health. –Chinese proverb*

*It’s a poor heart that never rejoices. –English proverb*

## Celebrating Community – November 6-7-8 at Sahale --You're invited!

*Kirsten Rohde, Bruce Perler, Elizabeth Jarrett-Jefferson, John & Colette Hoff*

**The Goodenough Community is in an exciting time in its story.** There is an increased interest in us, more people are living at and visiting Sahale, we have involvement from a range of ages, we have an established community home in Seattle, and we are engaged in a variety of outreach to others. This time is full of opportunity, new beginnings, changing leadership, authentic challenge and rewarding experiences. Over the past several years we, the Council of the Goodenough



Community System, have sponsored and hosted a number of gatherings designed to invigorate our friends, members and leaders towards our future as a community, a network of relationship, and participants in the global communities movement. It's truly a time of creative possibilities, preservation of our beloved culture, and openness to this time of transition.

We're inviting you to a weekend for your whole being with experiential activities, engaging conversations, creative dreaming time, appreciative inquiry /

evaluation, energized learning and the rare opportunity to be actively involved in this important passage in our community's story.

Those of you who were at the **Human Relations Lab this past summer** will enjoy a chance to reconnect and revisit your learnings from Lab. All of us will enjoy choosing new ways to look at community life while we also determine what of our community culture and wisdom is important to pass on to new generations of community-minded folks.

**So mark the date for celebrating community – the weekend of November 6-8 at Sahale.** We will start at 8pm on Friday, with dinner available before and conclude at 3pm on Sunday. Bring instruments, snacks to share, and your creative energy.

Please let EJ know of your plans to attend: [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com).

For more information about the weekend you can also contact:

Colette Hoff ([hoff@goodenough.org](mailto:hoff@goodenough.org) 206 744-8404)

Kirsten Rohde ([krohde14@outlook.com](mailto:krohde14@outlook.com) 206 719-5364)

Bruce Perler ([bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com) 206 419-8361)



## A Map of the World

Contributed to Joan Valles from *Valentines*, a book by Ted Kooser, given to her by Phil Stark

One of the ancient maps of the world is heart-shaped, carefully drawn and once washed with bright colors, though the colors have faded as you might expect feelings to fade from a fragile old heart, the brown map of a life. But feeling is indelible, and longing infinite, a starburst compass pointing in all the directions two lovers might go, a fresh breeze swelling their sails, the future uncharted, still far from the edge where the sea pours into the stars.

*Editor's note: Our theme last week was Silence. This piece bears repeating---silently, of course. -ejj*

## Meditating on silence

Joan Valles



**Because I am very deaf**, I spend more of my life in silence than those who can hear. There's some benefit in being able to turn off hearing aids and shut out traffic noise and the bleating shrieks of

canned divas at the supermarket. I've been known to turn off my hearing aids at mealtimes in Potlatch. Restaurant dining in the U.S. is a form of torture for the hearing impaired who strain to hear companions who keep talking as if you surely can hear them, while the surrounding volume increases with the alcohol. Modern hearing aids are a wonderful benefit, and I'm grateful to have them. But they're limited in what they can do. They tend to amplify indiscriminately: I miss most of the humorous remarks in group meetings because of bursts of laughter. In fact, I often miss what is being said in groups just because people are across the room or cover their mouths or lower their voices for emphasis. Deafness is isolating.

Silence, the kind of silence we're talking about here, I think, is an inner silence—an inner silence that actually connects us with others—and that's harder to achieve. It's why I practice meditation and why I appreciate silent retreats that last long enough to settle in with minimal distractions--no electronic devices, no chatting, no reading.

I like what Thich Nhat Hanh has to say about silence in a brief piece I found online (from "Tricycle" magazine): "I have the impression that many of us are afraid of silence. We're always taking in something—text, music, radio, television, or thoughts—to occupy the space. If



quiet and space are so important for our happiness, why don't we make more room for them in our lives? ... We can feel lonely even when we're surrounded by many people. We are lonely together. There is a vacuum inside us. We don't feel comfortable with that vacuum, so we try to fill it up or make it go away. Technology supplies us with many devices that allow us to 'stay connected.' These days we are always 'connected,' but we tend to feel lonely. We check incoming email and social media sites multiple times a day. We email or post one message after another. We want to share; we want to receive. We busy ourselves all day long in an effort to connect. What are we so afraid of? We may feel desolate and unloved. We may feel that we lack something important. Some of these feelings are very old and have been with us always, underneath all our doing and our thinking. Having plenty of stimuli makes it easy for us to distract ourselves what from we're feeling. But when there is silence, all these things present themselves clearly."

Familiar? It is to me. Thich Nhat Hanh suggests the antidotes of conscious breathing, which can be done at any time (that I remember): "After a mindful breath or two, you may have less desire to fill yourself up or distract yourself." And sitting meditation when there is more time. Just the promise of a few moments of "real" silence motivates me to practice.

## Community News

*Elizabeth Jarrett-Jefferson*



### Birthdays and Anniversaries

- 🎂 Happy birthday, **Kate Martin** – October 22
- 🎂 Happy birthday, **Leslie Norman** – October 22
- 🎂 Happy 5<sup>th</sup> birthday, **Cadel Roane Jarrett** - October 23



*Please join us!*

**Celebrating 80 Years with Jim Tocher**

**Sunday, November 15, 4 to 7pm**

**Community Center – 3610 SW Barton, Seattle**

**Appetizers and Desserts**

**RSVP to Elizabeth -[elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)**

***"May I meet this moment fully, may I meet it as a friend."***

## Obituary – Becky Sampson (Irene Perler’s mother)

**Rebecca Challys Campbell Samson**, “Becky”, aged 73, passed away Friday October 2, 2015, from endometrial cancer. Her final days were spent at her Sequim home with her husband of 55 years, Herman Henry (“Hank”) Samson and loving family by her side.



**Born October 19, 1942, in Jacksonville, Florida**, she and her older sister Cecily moved several times in childhood as their father’s (Marshall Lemar Campbell) military service, as a pilot, took him to several bases. Settling eventually in Denver, Becky went through school and was influenced by her mother Mary Elizabeth (“Peg”) Wand to be a poised and educated young lady. Becky did well in school and particularly enjoyed history, literature and music, interests that continued throughout her life. She married her high school sweetheart and they started a family while attending the University of Colorado, Boulder, in the early 1960’s.

Becky and Hank made several places home over the years, eventually landing in the Pacific Northwest. Sequim has been a home close to daughters Challys Samson of Olympia and Irene Perler, and son-in-law Bruce, of Tahuya. Four grandchildren bless the family circle: Sarah and Wesley Boone and Campbell and Brighton Brett.

Becky loved nature and enjoyed outdoor activities with the family. Hiking, camping, canoeing and bird watching were regular pastimes for the Samson family. A loving mother and wife, Becky always made an orderly, beautiful and comforting home for her family complete with fresh baked goods and desserts, hand-sewn clothes and home décor, flowers from the garden and candles lit at dinner. Once the girls were in high school, she returned to university and graduated with a double major in History and English from the University of Washington in 1985. She worked up from temporary typist to executive assistant to the president for KCTS television in the late 1980’s. During this time, her hardworking ethic and graceful style earned her admiration from her work associates.



In her more recent years of retirement in Sequim, Becky made many friends through involvement in the Sequim Garden Club and Bunco group. She and Hank enjoyed dinner parties with friends and family and enjoyed occasional travel. Becky also cared for her aging parents and supported her Colorado family with her presence there, enjoying time with her sister and brother-in-law, Cecily and Phil Abel’s family.

It was her determination, style, gentleness and goodwill that will be missed and remembered by so many. Her sweet smile and the twinkle in her eye delighted all who knew her.

In lieu of flowers, please make donations to either: Volunteer Hospice of Clallam County, 540 Eighth St., Port Angeles, WA 98362 or The Olympic Medical Cancer Center, 844 N 5<sup>th</sup> Ave, Sequim, WA 98382.

Linde-Price funeral services of Sequim are in charge of cremation. A celebration of life will be held at the Sequim Prairie Garden Clubhouse at Pioneer Memorial Park, (387 E. Washington) in Sequim on Sunday, October 25 from 2-4pm.

## House and Home

**Transformation! - Congratulations to JR and Jeanne Revello, who did the work themselves. Uplifting!**



After – October 2015



During– October 2014



Before – August, 2014

## Holidays and Holydays

*Save these Dates!*

*John and Colette Hoff*

In the 40 some years of this community's history we have talked a lot with each other about the meaning and celebration of the holiday season. We attempt to be more open about appreciating each other and we try to be practically helpful. We make sure that everyone who chooses can be a part of a "Family Christmas." We begin the season on Saturday, December 5, with the True Holidays event and this year we will be bringing *Peace with Love* into the Holidays. On Saturday, December 19, the solstice bus trip to Leavenworth is a magical day. The Community sponsors a Christmas day dinner, followed a week later by our New Year's eve experience at Sahale.



*"Your heart rate's good, but it shouldn't be beating under the floor like that."*





## The deAnguera Blog: Heart Connections



**The heart. It's that organ pumping blood throughout all of my body.** The pulse can even be felt in extremities such as fingers and toes. My whole body depends on this one organ for continuous life giving oxygen. If my heart is not working I am toast.

There is something loving and reassuring about a heartbeat. Is it possible my heart could also be pulling in energy from the Divine? One of the eight chakras is located in the heart.

In the left hand photo I am giving Earlina what she craves most, petting. On the right Irene Perler and Neddie are obviously heart connected. Irene just showed up at my front door asking me to join her in picking figs off our fig tree. We had some good connection time picking figs. This is something that would never have happened at my condo in Bellevue. There we just shared the same building where we owned or rented units.

The heart has been the symbol of love for a very long time. It is seen as the source of love. A loving gesture would be to put a hand over the heart of a friend and have them do the same for me. Then we would look into each other's eyes. This simple gesture can have a powerful impact on our lives. Lovers can do it for each other. I wonder what would happen if it were to be practiced in a church. Imagine if we were to do this silent practice for 10 to 15 minutes? Just hands over each other's hearts breathing in and out in sync with our heart beats?

When we meditate we meditate alone on our separate mats. I suppose there is a purpose for that but I wonder why no meditations I am aware of feature sharing connecting energy with each other? Does this have something to do with why we are expected to do all of our self- development work alone?

All sorts of groups focus on exercises on individual self- development but as far I know we are the only community to focus on group development.

I need heartfelt touch. A hug does not quite do it for me. It is too brief. Research has shown babies need touch otherwise they can die. It enables them to bond with their mothers. Otherwise they can develop major social problems.

Why can we not have circles of heartfelt connection? We have a society where the norm is social isolation for individuals and families. That's not a healthy way to live. The resulting void is often filled by fear – something politicians take advantage of.

Why can't a circle of heartfelt connection also be a circle of support? Sort of like a tribe. We used to live in tribes. A tribe is the most sustainable human organization ever developed. Tribal people didn't live in isolation. You wanted company, you had it. You wanted a lover, you could easily find one. The conditions would be just right. In a tribe we could be connected with each other in loving ways. What a difference from having to search for a mate on the Internet. We would be like the fingers of a hand. A hand can do way more than a bunch of severed fingers.



I am making a heartfelt connection with these figs because I am smiling! Irene Perler took this picture while we were picking figs.

## *True Holidays - Saturday, December 5:*

**W**e invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 5**, from 6 to 11 PM, at the Mercer Island Congregational Church. Please save the date – and watch the eView and your email for more information to come.



The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community. I'd love to see you there this year.

During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction.

**This year again we are happy to be led in contra dancing  
by Sherri Nevins and her musician friends!**

## *Winter Solstice Bus Trip - Saturday, December 19.*

**With your friends and family**, enjoy this day-long journey that embraces the longest night of the year. We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](#) (last year we sold out). *Additional information soon.*



**From grandchildren to grandparents**, this day-long adventure has proven itself for over 20 years. There is, first of all, a cozy bus ride to Leavenworth and back. On the bus, there is time for eating, getting acquainted, and singing—it's the holiday season! In addition we usually stop for snow play in the mountains where the snow is deep. Our time in Leavenworth is long enough for some shopping and experiencing Christmas sights and sounds. We finally arrive at Eagle Creek Ranch where we board horse-drawn sleighs for a ride through the forest followed by a feast brought with us. Through the years, many people have said it is one of the most delightful of days.

This experience was created years ago by a group of adults who wanted to put all of the pleasures of the holiday season into one day. Come join us and you will find that many of us return year after year because we wouldn't want to miss it.

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

**\$90 – Adults (18 and older)**

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

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

**Children under 2 free**

[Please register with Elizabeth now](#) (last year we sold out).

## *New Year's Eve Weekend at Sahale*

### **New Year's Eve at Sahale!**

*Kirsten Rohde*

This year New Year's Eve is on Thursday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together, and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Of course, we will have our 9th annual Train Dominoes Tournament. Time will also be given for some personal and shared reflection and for joyful celebration.

This year, there is the opportunity for relaxing at Sahale the weekend afterward. A chance for creative expression! Art, poetry, trying out a recipe, music, reading, conversation. Hot tubbing and enjoying Sahale of course. You are welcome to come for the weekend— please do let Kirsten Rohde know of your plans. Kirsten Rohde (krohde14@outlook.com)



## Two offerings from Convocation: A Church and Ministry

**A Relationship Group** – *This series will be taking a break for John’s surgery and will resume at a date TBA.*

By John L. Hoff

3610 SW Barton Street, Seattle (our community center)

I have been inwardly drawn to offer some leadership to a process in which individuals can examine the way they relate to others and make some improvements. We each offer the same relationship to most other people. Early in my life I lived very closely with Tlingit natives in the Yukon and was impacted by the relationship they offered me. Since then, I have studied relationships all the way through the doctorate level of academia. I want to share my knowledge for improved relationships with some people who would help me re-appraise what I know and consider with me how we apply this knowledge to life: friendship, families, and colleagues.

I am inviting you to an on-going group and a weekend in February. This group is intended for **anyone (being in a couple is not required)** seeking to improve relational abilities and deal with old attitudes about relating. There will be an intellectual exploration of the nature of relationship and the skills required including some reading. The interactions of the group are also a source of learning and improves skills. In addition, I will be giving assignments each week and you can expect to be challenged to examine your relationships past present and future. We will discuss all of these things at our first session.

Let me know (John Hoff [hoff@goodenough.org](mailto:hoff@goodenough.org)) that you are interested in a relational / educational counseling approach to personal development. I also invite anyone to have a conversation with me about the group and your potential involvement. The cost for each evening will be \$30.00.

**Pathwork: Sundays – TBA.** – *This series will be taking a break for John’s surgery and will resume at a date TBA.*

**On Sundays**, we invite all interested to participate in a “**Pathwork Process**,” a process of sharing our own faith journeys and problems with development. The focus is on what is happening in our lives now and not on an earlier history. It is a process in which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. **John and Colette would each welcome meeting with anyone interested in attending.** Email [hoff@goodenough.org](mailto:hoff@goodenough.org) to RSVP. Pathwork meets at the Community Center at 3610 SW Barton Street in Seattle. You are welcome even if you are just a little curious!

## Themes for Upcoming eViews

We welcome your contributions to the next series of *eViews*! Send your contributions to the Editor of the Week !

- 👤 October 28 – *Now* – (Elizabeth, editor, [hoff@goodenough.org](mailto:hoff@goodenough.org))
- 👤 November 5 – *Whole* – (Colette, Editor)
- 👤 November 12 – *Health* (Elizabeth, Editor)

## 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.*

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

### Programs & Events:

Third Age Gatherings	Women’s Culture
The Conscious Couples Network	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp
The Men’s Culture	True Holidays Celebration

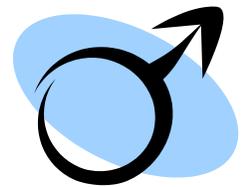
## Men’s Program

**Theme: Friendship among Men – [Bruce Perler, focal](#)**

**Men's Gathering Weekend at Sahale - Friday October 23 to 25 –**

**Note – this event has been cancelled and will be rescheduled \*\***

The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as “are there characteristics of sound maleness that should be lifted up and taught to other generations of men?” The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men’s group and here is an announcement from him about a planned weekend this fall. -JLH





## Creativity Weekends

☐ November 13-15

Please contact *Kirsten Rohde* for more information or to RSVP about any of these weekends.

[krohde14@outlook.com](mailto:krohde14@outlook.com) / 206-719-5364

## Women's Culture



*Hollis Guill Ryan*

**In September we began a new year** in the women's culture, a year of exploring our journeys as women on "The Path of Freedom." As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

**Fall dates include: Saturday, October 24; and November 21.** Come join us!



**Save the date**

**True Holidays Celebration**

**Saturday, December 5, 2015**

This event has more than 25 years of history and is held early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and begins at **6:00pm**

*Kirsten Rohde will be our host and guide.*

## Mark your calendars for Lab 2016!

**The Human Relations Laboratory**

**August 7 to 13, 2016**

**Sahale Learning Center**

*On the Kitsap Peninsula near Belfair*

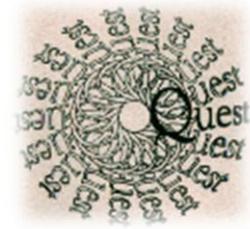
[www.goodenough.org](http://www.goodenough.org) (360) 275-3957



## Quest: A Counseling and Healing Center

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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) or Colette and John at Sahale – 360 275-3957.**

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