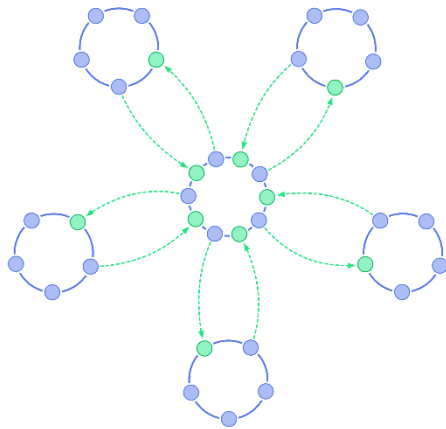


# Village eView

October 17, 2018

Guest Editor, Kirsten Rohde



*Even More About Sociocracy:*

## Circles

### COMING UP

**Pathwork Exploration Series** with

Tom Gaylord, October 21, 7- 9:30

**Goodenough Community Council**, Oct. 22, 6:30

**Men's Cultural Gathering**, October 26 to 28

**Women's Cultural Gathering**, October 27, 10 -2

*A circle is a semi-autonomous, self-organizing unit that has its own aim and domain. It makes policy decisions within its domain; delegates the leading, doing, and measuring functions to its own members; maintains its own memory system; and plans its own professional development.*

- *We the People: Consenting to a Deeper Democracy* by John Buck and Sharon Villines

The Goodenough Community Council has defined four circles to start the Sociocracy process in our community: Cultural, Spiritual, and Lifeways; Sahale; Communications; and Community Economy. Each circle has a defined domain of work, and aims for guiding their work. Each circle will spend some initial time understanding their domain and working on the aims. Each circle will elect some positions for the functioning of the circle and for reporting to and from other circles including the general circle, currently defined as the Council.

In sociocracy, circles are described as self-observing. "They lead, accomplish and measure their work." Circles also have some members who are specifically responsible for communicating back and forth between their circle and the general circle. This interconnecting of circles will be described more in next week's eView. By organizing the work in this circle model, everyone can know which circle is doing what and how the specifics of the mission of the overall organization is being accomplished.

### ***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

Circle members can also decide if they think some sub-circles connected to their circle should be created. These sub-circles will have a domain of activity and are created to accomplish specific aims that can best be done by a sub-set of the larger circle. For examples Pioneer Valley Cohousing has a functional circle called "Plants Animals Landscape (PALS). This circle has three sub-circles; Land stewardship, Landscape, and Garden.

Our Council is enjoying studying and practicing the sociocracy method. We take turns facilitating rounds in our Council circle, and each person has an equal chance to speak on the issue at hand. By going around the circle, starting with a different person each time, even changing directions, there is equivalence in sharing and no one person always starts, possibly overly influencing what follows.

Sociocracy is being used in businesses, towns, communities, social agencies, and more around the world. There is a wealth of information available in books and on the web. It can be seen as a game and it can be fun as we figure out the rules. I'd like to think that John Hoff would enjoy knowing that we are using games to organize ourselves, a concept he brought present many times. And because sociocracy allows for everyone to be involved in deciding and doing, I think agreements will be taken more seriously because everyone in a circle is involved in making them. Sociocracy, with its levels of circles makes it more possible that people will see ways to get involved. Perhaps you'd like to play the sociocracy game with us!

If you have comments or questions about sociocracy and how it can work in our community, please send them to the editor - next week, Elizabeth ([elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)), thereafter, Colette ([hoff@goodenough.org](mailto:hoff@goodenough.org)).

*Semi-autonomous, self-organized "circles" (like committees) organize work tasks... A central circle, called a General Circle, creates the more specialized, specifically focused circles called "functional circles." Each functional circle provides a specific, concrete function for the community... The General Circle also provides longer-term planning for the whole community and coordinates and ultimately oversees the work of the functional circles.*

*DianaLeafeChristian.org  
EcovillagesNews.org Diana@ic.org*



## **Men's Fall Gathering October 26 to 28**

*We're nearing our fall retreat weekend time and will again be combining our retreat with our annual Event Tent deconstruction project.*

*For the guys who can, we'll be downing the tent beginning on Friday morning, October 26, 10:00 AM. We'll need a crew of at least 8 for this project so, look for my calling to confirm a team. The tent lowering project will complete by lunchtime on Saturday. For those who cannot join for the tent lowering, please do join in for a hearty meal on Friday evening and the beginning of our men's gathering.*

**Men's Retreat** - Friday, October 26 evening through Sunday afternoon, October 28

**Event Tent Down** - Friday, October 26, 10 AM - Saturday lunchtime

*For now, please mark your calendars, RSVP, and share this with men friends of yours you'd like there. If you're able and interested, let me know of your desire to participate in the tent down.*

*In brotherhood, Bruce*

## **Site Planning for Sahale with Tom Gaylord, October 21 and the weekend of November 16-18 at Sahale**

We are being led by Tom Gaylord to further our site planning process. We have been at it since September 14, 2001 and now its time to make some new decisions for the future with many considerations and based on years of observations. Tom provides an opportunity to join in a unique blending of spiritual and community contemplation and planning for the future.

You are welcome to join us on October 21 and/or at the Sahale weekend. At our first site planning discussion October 7<sup>th</sup>, we looked at the entrances to Sahale from the perspectives of inviting appeal and functionality. It was a lively discussion!

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we use under Tom's guidance. The exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness.

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

This program will meet at the **Shambala Center (3107 E Harrison Street Seattle, WA 98112)** in the Madison Valley area of Seattle. Sunday evenings, 7:00 to 9:30 pm. All are welcome.

**Dates and topics** include:

The site planning process will continue **October 21** and the weekend of **November 16 to 18** at Sahale.

For more information: Colette Hoff at [hoff@goodenough.org](mailto:hoff@goodenough.org)



## True Holidays Event 2018 – December 1, 2018 - *Save the Date*

*Elizabeth Jarrett-Jefferson with Kirsten Rohde*

**W**e are happy to announce that our annual True Holidays Celebration--a tradition of more than 30 years in our beloved Goodenough Community--will be held again this year on **Saturday, December 1** at the Mercer Island Congregational Church on Mercer Island. This event has always been about bringing together family, friends, other communities & colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred way, honoring many faith traditions. Importantly, the celebration also provides an opportunity for you to be reflect and therefore be intentional about planning for the holidays, giving pause to remember what you value over the holidays; we'll lend a practical hand to help you make an actual plan. We'll have our Silent Auction again this year and feature exclusively handcrafted items and experiences (since we've learned over time that these are the most valued and bid-on items). Sherry Nevin and her musical contradancing colleagues, also a favorite tradition, will again be with us.

So, for now, prepare to engage in a "Christmas Truce" where friends, fun, feasting, and tradition are the news of the day! More information will follow soon. Thanks for reading!

- ***Elizabeth***

## THANKSGIVING IS COMING!

The Goodenough Community is sponsoring a Thanksgiving meal at Sahale this year. You are welcome to come out and join in the potluck fun. Turkey and stuffing will be provided along with other traditional and favorite contributions from everyone. Contact Irene Perler if you would like to come out:

[irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com).



## Community News

*By Elizabeth Jarrett-Jefferson*

### Highlights from Joan and Colette's Trip to the East Coast

Colette Hoff and Joan Valles had a wonderful visit with Arji (Cakorous) at her home in Niskayuna, NY, in early October. Laraaji came up from NY City to join them. Such hospitality! Colette slept in Elias's room and Joan in Alik's. Their tour of the Adirondacks and time in Saranac Lake and environs revisited where Colette canoed and camped when she was a Girl Scout. Here are Arji and Laraaji at a lock on the nearby Erie Canal in Niskayuna. Colette and Joan have been to Montreal and Quebec City as part of their vacation and were thrilled by the fall color as they drove through the Green Mountains of Vermont.



Celebration of a life well lived

### Susan Eleanor Smith

June 22, 1934 — Sept. 14, 2018

**Come join Susan's Family** in celebrating the life of Susan Eleanor (Winter) Smith, mother of Liz Zebold, grandmother to Ariana and Brynn. There will be stories, food, music, slides and displays of things she enjoyed and the ways in which she touched our lives. It will be held **1-5pm on November 10 at the Lodge at Beaver Lake, 25201 SE 24 Street, Sammamish WA 98075**. No need to bring anything but yourselves, your memories and your love. Please RSVP at: <https://everloved.com/life-of/susan-smith/>



*Susan with Daughter Cyndy*

**Jeremy David Hyland**, recent WorkAway program participant living and working at Sahale this summer, completed his stint at Sahale and then joined the staff of Paradise Lodge @ Mt Rainier as a Chef. As Paradise Inn has closed now for the Winter, Jeremy plans include heading to New York State for a visit before he heads to Belize on November 3

## Happy birthday!

- ✚ Happy 9<sup>th</sup> birthday, [Lili Hoff](#) – October 16
- ✚ [Jeremy Hyland](#) – 30 on October 16
- ✚ [Jodine Hatfield](#) – October 19
- ✚ [Molly O'Connor](#) – October 21
- ✚ [Kate Martin](#) – October 22
- ✚ [Leslie Kay Norman](#) – October 22
- ✚ [Cadel Jarrett](#) – 8 years old on October 23



## The Chilly Southwest

Barbara and Jim

We've spent most of this week "enjoying" chilly and sometimes wet fall weather. It has been about 15 degrees cooler than average for this time of year – and much wetter. Should have brought more warm woolies – fortunately we brought some.

Most of the week has been spent visiting family. We joined Jim's second cousin, Kitty, in Prescott Thursday and Friday nights. Between Flagstaff and Prescott we visited Montezuma's Castle. It's not a castle, and not from the Aztecs, but a fairly well preserved cliff-dwellings site. The first cliff dwellings we've seen. Early settlers were entranced by the Aztecs and hence the name Montezuma's castle.

We thoroughly enjoyed our time with Kitty and our visit in Prescott. Kitty emigrated from Scotland as a young woman and is full of Scottish sayings and culture in spite of over 50 years in North America. We enjoyed exploring a bit of Prescott with her.

On Saturday we bid farewell to Kitty and moved on to Lake Havasu City to visit my sister's sister-in-law and her husband, Amy and Arnie. We know them from our summer visits to my sister at Coeur d'Alene Lake where they share lake property with my sister. We took the scenic route from Prescott to Lake Havasu but unfortunately the drive through the mountains was socked in and although we felt right at home, we weren't able to appreciate the scenery.

Lake Havasu is windy so we haven't been able to get out onto the lake much. It is, however, warm and dry. Yesterday (Sunday) we did some sightseeing and took a boat across the lake to Havasu Landing, California for lunch. Before boarding the boat we took in the London Bridge (moved here from its original location across the Thames in London)

Today (Monday) is very windy, and Jim has had the opportunity to do some repairs on the camper's gas system so we're ready for Joshua Tree National Park where we won't have an electric hook up for 3 nights.

I'm writing this on Monday from Lake Havasu where internet access is assured. We head to Joshua Tree tomorrow for 3 nights, then on Friday we're off to Fresno for Jim's class reunion. When we leave Fresno on Sunday we'll be headed north with Jim's childhood friend Chuck Mainard and his wife Trish. We plan to spend a few days exploring the Medford area before getting back to Seattle in time for Jim to attend the men's weekend!



Jim and cousin Kitty



A scenic area in Prescott called the Granite Dells. It is threatened by real estate developers.



Montezuma's Castle – the holes (blue Arrows) around remaining structure were living spaces that had more structure around them.



The London Bridge!



The deAnguera Blog: Transit



Well, here I am doing my favorite daily activity. Cancer treatment. Sound depressing? Doesn't have to be. You see, in my case I feel no pain. Just had my radiation and am now going to the Seattle VA to get my hormone shot. The VA won't let me get it at Harrison Hospital where I get my daily dose of radiation. The VA allowed me the choice of getting it at Harrison but insisted I get my hormone shots in Seattle.

But you see everything is timed so I can get radiation in the morning and my shot in the afternoon. I ride in on the Bremerton ferry. I like ferries. Especially big ones like the MV Kaleetan. That's what I am riding on now as I type up this article.

Thoughts drift through my mind of the great experiences I had with the Human Relations Lab, the West Coast Communities Conference, Authentic Leadership Training, and Sociocracy. I loved it all. I love to dream great visions. That's what we are about at Sahale. Plus my cool friends I live with. We know how to have fun.

All these great experiences sandwiched in along with my prostate cancer. The up and the down of it. That's my life now in a nutshell.

What are my cancer treatments? Experiences. Life is all about experiences and how I process them. That's why I have an ego. My ego is the stamp of identity as Mike. Without that I am God. What else could I be? The creator of everything. But of course I have chosen to experience a lifetime as Mike. Not like my brother Paul. His successes were too predictable. I wanted some originality. Some adventure. Some way of choosing experiences as Mike! Yes! Of course it did take me an entire lifetime to actually have the courage to choose stuff Mike likes. Guess that's part of the challenge. Especially when I am told the ego is a bad guy. I must throw away my ego if I am to do the spiritual journey. I am here to play the character role of Mike. I cannot play anybody else even if others tell me they are better.

The Church focusses on the afterlife. I'd rather focus on this life because that's why I am here. Get as much out of it as I possibly can.

Besides, today I get to ride the Kaleetan. What more could I possibly want on a Wednesday morning. Enlightened people focus on meditating. I focus on ferries. Put me on a ferry for an hour and my total focus is on the ferry. Nothing else. That's the closest I get to meditation. For me that's what works.

Oh yes, I am looking forward to buying Chinese food at the Red Apple super market on Beacon Hill in Seattle. That's near the VA Hospital.

Good news! John Schindler is baking bread again. You can see him with his proud creation in the upper left hand photo. He is definitely on the mend. He's back on the Kubota, making stuff and is back to his usual humorous self. He's an inspiration to cancer patients like me. What would we do without him?



So you see? Life is not about a destination, however wonderful that destination might be. It is a journey. For me that journey not only involved creating a new life with my friends but also cancer. John is on the journey with me. Thanks, Draí Schindler for being there for both of us.



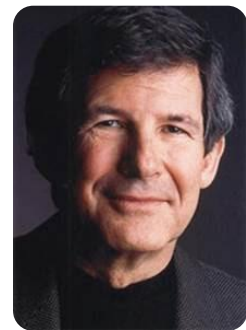
How about Earlina going crazy over catnip? Cat version of a drug high courtesy of John Schindler.

*This is an article submitted to us by Bill Kohlmeyer. It is another take on how to work with our mind and adds to understanding in our study of the brain and the mind with Rick Hanson's work.*

## INTENTIONS AND EFFECTS

by Gary Zukav

Have you ever wondered why things happen the way they do in your life? Have you ever considered that the creation of your experiences, like the creation of everything else, is governed by the law of cause and effect? In this case, the nonphysical law of cause and effect. The physical law of cause and effect governs physical causes and physical effects, such as launching a rocket and landing it on the moon. The physical law of cause and effect is a limited version of the nonphysical law of cause and effect. The nonphysical law allows you to use nonphysical causes to create nonphysical effects and also physical effects. This does not mean that you are not in control of what you create. On the contrary! It means that you are entirely free to create what you want, provided you are aware of how the nonphysical law of cause and effect works. If you are not aware of this law and how it works, you will create, as you continually do, but you will not want what you create.



The nonphysical causes that you use continually to create effects in your life are your intentions! This is (literally) nonsense to five-sensory (empirical) science, because your five senses cannot detect intentions, but intentions are as real as any physical cause and the effects that it creates are as real.

Your intentions are your nonphysical causes that set energy into motion. They create a multitude of effects and, therefore, determine the experiences of your life. This is one of the most important things that you can know. It is also something that you can see for yourself is true. Experimenting with your life frees you to create differently, but you need to choose new causes (intentions) consciously. If you don't choose different intentions consciously, unconscious parts of your personality (the frightened parts) will choose them for you, along with the consequences they will create for you.

To change the experiences of your life (for example, from angry to appreciative, or from fearful to joyful) requires becoming aware of the intentions you are choosing moment to moment, and the experiences you encounter, and then making the connections between your intentions and your experiences. The more aware of your intentions and your experiences you become, the more you will be able to connect the two, and the more you will be able to create the experiences of your life consciously. This is the development of mastery. It is the creation of authentic power.

*Gary Zukav (1942 to pres., American spiritual teacher)*

## **A Poetry Reading in Columbia City Recommended by Sheila Hosner**

I learned about an event that I think women might be interested in. It is free and is hosted by the new Washington State poet laureate, Claudia Castro Luna. I just went to a reading by her and was very impressed.

This event is the reading of 45 poems in a collection, "Killing Marias," that was published to honor of women killed in Juarez, Mexico. "Femicide" is a big problem in Mexico. I know it sounds gruesome, but I think the event will be very moving. Besides the reading, it will include some dance and music.

The event will be held on Sunday, October 21, at 2:00 PM in the Rainier Arts Center in Columbia City.

I will be going and think it will be a wonderful way to honor women and our new Poet Laureate.

[https://www.rainierartscenter.org/event/claudia-castro-luna-present-killing-marias/?instance\\_id=3307](https://www.rainierartscenter.org/event/claudia-castro-luna-present-killing-marias/?instance_id=3307)

Here is a review of the poems:

"Each poem in *Killing Mariás* is addressed to someone named María who has been killed in Juárez. Lyric in tradition, they are more love poems than elegies. The poems are full of love, of care, of transnational empathy. This is a book that is unusually moving and beautifully written."

— Juliana Sphar, author of nine books of poetry, including *This Connection of Everyone with Lungs*, *Well Then There Now*, and *That Winter the Wolf Came*

## Calendar for the Goodenough Community, Fall 2018

**Pathwork** dates include October 21, and November 16 to 18 will be a weekend program at Sahale. The focus is site planning for Sahale.

The **Community Council** will be meeting, **Mondays at 6:30** for a light dinner. The next meeting will be October 22 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026. **Thank you Tom for welcoming the Council to your home!**  
Additional dates include: November 5

The **Third Age** meets at the home of Joan, Barbara, and Jim. We had to cancel the October 19<sup>th</sup> date; a November date may be set and December 14 is the next proposed date after that.

The **Women's Culture** will gather on **October 27, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island.

The **Men's Culture** will gather on the weekend of **October 26 to 28**.

**True Holidays Celebration**, Saturday, December 1, 2018

**Thanksgiving at Sahale!** Please contact Irene Perler if you would like to join.  
[irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com)

**Christmas Day dinner** at Sahale is becoming tradition. Make your plans.

**New Year's Eve** at Sahale will be a Monday night. Plan to come for the weekend!

The **Friends of Sahale** 4<sup>th</sup> Annual weekend will be **January 18 to 20**.

**Sahale Summer Camp** will be **June 23 to June 29, 2019**.

The **Human Relations Laboratory** will be **August 4 to 10, 2019**.





### **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**.



## **Watchcare**

Recently our dear friend, Janet Walker called to say she is having some difficulties with the cancer she has had. The good news is that she finally made it to Johns Hopkins Cancer Center in Baltimore. We held Janet in our Pathwork Circle and allowed Tom Gaylord to lead in a lovely Buddhist process of holding someone who is ill.

Please send Janet your love and prayers and an email to: [jlwalk1956@yahoo.com](mailto:jlwalk1956@yahoo.com)

Cards can be sent to Janet Walker 44 White Church Court Germantown, MD 20874

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## **Programs and Events of the Goodenough Community**

**What makes community meaningful and fun?** The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long- time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)

**The Third Age** - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** November to be determined, December 14. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)



**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. Gatherings this fall include Saturday October 27. Contact Elizabeth for more information and directions to our meeting place at their Pam and Elizabeth’s.

**The Men’s Program** is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The Fall Men’s gathering will be **October 26 to 28**. Contact Bruce Perler for more information: [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 21 and November 16-18 – a weekend at Sahale. Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)



**The Goodenough Community Council** meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: [hoff@goodenough.org](mailto:hoff@goodenough.org)

**True Holidays Celebration, Saturday, December 1, 2018**

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) for an appointment.

