



The Village eView

August 31, 2017

Elizabeth Jarrett-Jefferson
Guest Editor

Coming Up

Labor Day weekend at Sahale – Sep 1-4
Third Age, September 8, 6:00 PM

The **Benefits** of **Gratitude**

Gratitude is an emotion expressing appreciation for what one has—as opposed to, for example, a consumer-driven emphasis on what one wants. Gratitude is getting a great deal of attention as a facet of [positive psychology](#): Studies show that we can deliberately cultivate gratitude, and can increase our well-being and happiness by doing so. In addition, gratefulness—and especially expression of it to others—is associated with increased energy, optimism, and empathy.

We are sending energy & prayers to every being—two legged and four-legged-- affected by Hurricane Harvey & our gratitude to those who are responding in so many, many heroic ways.

- Elizabeth, Ed.

The 6 Things We All Need to Be Thankful For

First, it's a wonder we're here together at all.

Posted Nov 23, 2015

Source: Mila Supinskaya/Shutterstock

It's easy to get wrapped up in the small stuff: Politics at work, your kid forgetting to walk the dog, the DVR not recording "Modern Family," etc. But from an evolutionary perspective, which places all humans squarely in the landscape of the natural world, each of us is pretty lucky to be here at all. Holidays like Thanksgiving, for example, is an evolutionarily relevant holiday. It forces us to take time to express gratitude, one of the basic social emotions (see Trivers, 1985).



Gratitude can be seen across human cultural groups, and it seems to have the evolutionary function of helping people stay connected with others. When someone expresses gratitude, others take note. Social relationships in humans are partly based on *reciprocal altruism*, or helping others in a mutually beneficial manner. Expressing gratitude is part of that process.

From an evolutionary perspective, here is a list of six things that many of us should be thankful for:

1. Food, shelter, and the basics. Our ancestors regularly experienced drought and famine—and it's only relatively recent in human evolutionary history that food has become abundant for a large proportion of us. But even today, it's not abundant for everyone. So, if you have a roof over your head and turkey, stuffing, and pie waiting for you on Thanksgiving, you probably should be thankful for all that.

2. Kin. From an evolutionary perspective, kin relations are critical. We share genes with all humans—actually, with all living things—but we share particularly high amounts of DNA combinations with our kin. So this Thanksgiving, be thankful for any and all kin—parents, aunts, uncles, grandparents, grandkids, siblings, cousins, even those distant cousins that you feel like you hardly know. From an evolutionary perspective (see Hamilton, 1964), kin relations are particularly special.



3. Your partner. Long-term mates are pretty critical. If you've got a mate who is generally kind, reliable, and competent, you are luckier than you might realize. Among other things, long-term partners help us build supportive environments for raising our young (see Hrdy, 2009). Human offspring are notoriously helpless early on—and a

strong pair-bond is evolutionarily critical for providing a solid context for cultivating the next generation in a very literal sense. So sure, your spouse might not put the dishes in the dishwasher the way you prefer, may not agree with you on every purchasing decision, and may expect you to go to parties sometimes that you don't want to go to with people that you don't care about—but you know what? If you've got a long-term mate in your life who ultimately is your partner in building and maintaining your world, you should probably thank him or her for being there for you.

4. Extended family and in-laws. In humans, having a strong extended family, including in-laws, can be critical for building a social network. Humans evolved to depend on others, and having a strong network of extended family, and good relationships with one's in-laws, can have all kinds of adaptive outcomes (such as helping one find work, helping one with financial support during difficult times, providing childcare when needed, helping install light fixtures, etc.). If there's one day a year that we should suspend any and all in-law jokes, I'd say it's Thanksgiving.

5. Your four-footed friends. *Lots of us own dogs—and there are actually good evolutionary reasons for this fact.* Much evidence suggests that humans and dogs co-evolved, with humans providing dogs with some steady food sources, and dogs providing humans with protection from predators in the wild along with some other critical survival-based tasks (see Skoglund et al., 2015 and Geher, 2015). Sure, they may shed fur all over the house, woof their heads off 10 times a day, and have the occasional accident, but at the end of the day, dogs are part of human families, in a very real sense. This Thanksgiving, you know you'll have too much leftover turkey. How about you give some to your four-footed friends?

6. Your kids. Sure, they may talk back, leave garbage on the floor, put their homework off until Sunday night at 10, etc. But at the end of the day, from an evolutionary perspective, our kids are our most direct vehicles into the future. So instead of focusing so much on telling *them* that *they* have to be thankful this year, how about instead thanking *them* for all it is that they do to enrich *your* life.



Pathwork

Joan Valles

Pathwork, a program of Convocation: a Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

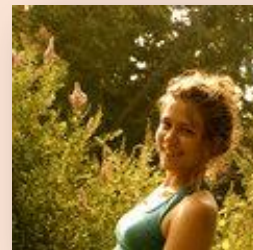
This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to change your mind and move beyond habitual patterns is invited to join. You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gathering is on **September 10**, with subsequent dates Sept. 24, Oct. 8 and 22; Nov. 5 and 19, and Dec. 3 and 17 in the Community Center in West Seattle. Check the eView for confirmation of these dates or possible changes. For additional information, contact Colette (hoff@goodenough.org). See more information later in this eView.

More from HRL 2017

Music from Sommer Harris! We all enjoyed hearing Sommer perform in the Swamp this year. Below is a link where you can download some of her music. The link is to *bandcamp*, where you can download music that she has written and recorded! This is a link to just one of the albums, and the older album can be reached by clicking on it on the right side of the screen.

<https://sommermharris.bandcamp.com/album/in-search-of-a-new-myth>



TOTALITY!

By Jim Tocher

Barbara Brucker and I traveled to eastern Oregon (Baker City) to view the eclipse. We went to Eastern Oregon because there was a greatly likelihood of clear skies during the event. On the way, we stopped and visited with Sharon Grant and Steve Ghan in Richland and had a nice time eating, talking, riding bicycles, and hiking.

We went on to an RV park in Baker City and were later joined by Douglas and Connie DeMers. Baker City had a lot of visitors, but it never felt crowded. The dire predictions of gasoline and food shortages didn't occur and the city was well prepared for all the visitors.

We chose to watch the eclipse from a field next to our campsite from the comfort of our camp chairs. As predicted, we experienced totality at 10:23 AM Monday exactly as predicted. I was surprised by how much the air cooled around us – from 85°F down to 65°F in a matter of 10 minutes. It was never totally dark (more like it is 30 minutes before sunrise), but I could see some of the brighter stars (or planets) near the sun. The birds retreated to their nests, and the RV campers cheered when totality was achieved. It was amazing to see the flare (whatever it is called) around the sun during totality. Totality lasted about 2 minutes, and then a diamond point of sun appeared. The brightness of the sky began to re-appear and the air warmed up again.

I'm glad we decided to stay overnight Monday because traffic was pretty fierce for those going home right after the eclipse. One report we heard was that someone spent 9 hours driving from Baker City to Yakima, when it usually would take 5 hours. We didn't have any traffic delays when we covered the 400 miles the next day from Baker City to the Seattle area.

*Whole hearted living
is about engaging in our lives
from a place of worthiness.
It means cultivating the courage,
compassion, and connection
to wake up in the morning and think,
“No matter what gets done
and how much is left undone,
it is enough.”
It’s going to bed at night thinking,
“Yes, I’m imperfect and vulnerable
and sometimes afraid.
But that doesn’t change the truth
that I am also brave and worthy
of love and belonging.”*

*~Brene Brown
(1965 to pres., Research Psychologist)*

Birthdays & Anniversaries

- **Happy belated birthday**, Lynette Hall – **August 29**
- **Happy 2nd anniversary**, Andrew & Carolyn Hovenden – **August 29**
- **Happy 35rd birthday**, Keith Jarrett – **September 5.**
- **Happy anniversary**, Eric and Samantha Sieverling – **September 5**
- **Happy BD**, Elizabeth Jarrett-Jefferson – **September 6**
- **Happy birthday**, Barbara Brucker – **September 9**





The deAnguera Blog: Workaways

For the last two weeks we have had two Workaway couples staying with us: Peter and Madison, and Brandon and Ashley. All are in their 20s. They work and play hard. You can see Madison and Ashley playing with hula hoops in the left hand photo. In the right hand photo Peter, Madison, and Ashley are chopping up garlic.

Our new friends enliven dinner time conversations with their stories and ideas. It almost feels like they create community anew just by being present with us. This is energy our community

like ours for for us over the cleaned up our stacking wood. through the



needs or else we become stale.

Workaways work at communities room and board. They have done so much time we have had them here. They have garden areas and helped with splitting and We should have enough fire wood to get us year.

Peter and Madison come from the Houston, Texas area. Peter is into film as a career and Madison shared with us her experience of teaching students in Jackson, Mississippi. Both are into using Workaway to travel around and meet new communities.

Brandon and Ashley are from metropolitan Chicago, Illinois. They even knew about Fox River Grove, a suburb of Chicago where my grandparents once lived.

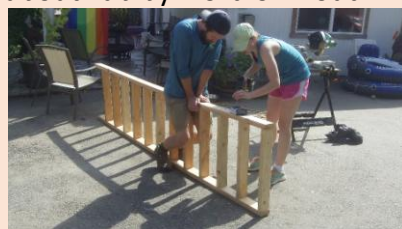
Most of our Workaways are young people about the same age as our couples. Sometimes they take a break from college to travel for a while. Other times they put aside career plans. That would have been unthinkable when I was their age. In my time one needed to get started on a career as soon as possible. Now with so much changing exploring the country might be one of the best things anybody can do.



I believe the major key to any future career will be who I want to hang out with. Sharing common dreams is also important for this deepens our relationships. That certainly sounds a lot better than trying to get the attention of some employer. Creativity can set us apart from others trying to find a place.

Workaways are about gaining experience in new situations with open minded community people like us. Through their work experiences they can help bind communities together into a larger movement.

Some of our Workaways come back for Lab. This gives them a chance to see what we do and share our good work with their friends. This is a wonderful way to let newcomers know about Lab by word of mouth.



Peter and Madison building a ladder for our treehouse.



**1 zucchini, 2 zucchini, 3 zucchini 4...
5 zucchini, 12 zucchini, 70 zucchini MORE!!!**

By Drai Schindler

Some of us who live at Sahale are having a good chuckle over Mother Nature's antics here. Irene had planted zucchini in our garden and told us she was somewhat disappointed in the yield...but Mother Nature had something else in mind...

Gloriously sprouting and exploding from our nutrient abundant compost pile is "The Kingdom of Zucchini – unplanned, unplanted, unexpected and abundant! Ha.

So, the harvest begins. It has been my mission this week to find ways to use and store zucchini over winter. I would say thus far, we have had success and great fun.

First, of course, we started with Spiced Zucchini Bread, both Gluten-free and Gluten-full. Those freeze beautifully and are a wonderful breakfast treat warmed with butter.

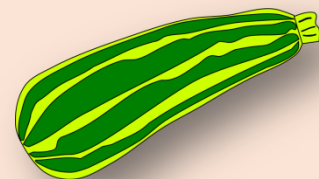
Then onto more creative endeavors, we now have bulk, zucchini hummus, zucchini pesto, zucchini Calavasas (pre-cooked zucchini, onion and garlic) frozen and ready to use in vegan burritos, soups, stir fries and all by its beautiful self.

After that, we still had perhaps a million pounds of zucchini to process... I wanted to cube it and freeze 6 cup portions in bags. I did a bit of research and learned that in order to succeed I needed to cut and blanch (for one minute only) the cubes. Apparently blanching removes the enzyme that causes zucchini to get mushy and discolored in the freezer.

76 cups of frozen zucchini freezing, resting and waiting for us! WOW.

ZUCCHINI PESTO

- 1 clove garlic
- 2 t **pine nuts** (I used 3 t roasted cashews, I think any nut will do)
- 1/2 cup grated parmesan cheese (optional) I did not use, unnecessary
- 1/4 cup fresh basil leaves
- 1 leaf of kale or equal parts spinach (I used kale)
- salt & pepper to taste
- 2-4 tablespoons extra virgin olive oil (depends how liquidy you want your pesto)



Blend in food processors. I particularly loved that it is amazing sans cheese, so we have a lovely vegan option that everyone enjoys. Got an A+ response from all here!

MOIST, SPICED ZUCCHINI BREAD

3 cups all-purpose flour (or GF flour and a tad of xanthan gum)
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 tablespoon ground cinnamon
3 eggs
1 cup vegetable oil
2 1/4 cups white sugar
3 teaspoons vanilla extract
2 cups grated zucchini
1 cup chopped walnuts

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C). Sift flour, salt, baking powder, soda, and cinnamon together in a bowl. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Calendar of Programs and Events, 2017 - 2018

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. The first gathering this fall will be Friday, **September 8** in West Seattle, from 7-9 pm with potluck dinner at 6 pm.

Newcomers are welcome. Contact Kirsten Rohde for more information: krohde14@outlook.com . September 8th only, we will be meeting at Joan Valles' home in Tukwila. For directions and to confirm your plans to come on September 8, email Joan: joanvalles70@yahoo.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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net
Fall dates: Saturday 10 – 2 in West Seattle: October 7 and November 4.



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 gathering at Sahale will be combined with the white tent take down and continue into the rest of the weekend as a men's gathering. **October 6-8 at Sahale.** Contact Bruce Perler for more information: 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 9:00 p.m. 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.

In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

Fall gatherings on Sunday evenings in West Seattle are: August 27, September 10, 24, October 8, 22 and November 5.

Contact Colette Hoff for more information: hoff@goodenough.org

Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), 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. One below is....



Labor Day weekend: September 1-4 at Sahale. Sahale is an open weekend on the Labor Day weekend so we will be enjoying the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.
Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 5 to 11, 2018

his intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year! Contact: Colette Hoff, hoff@goodenough.org



True Holidays Celebration, Saturday, December 2, 2017

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: Kirsten Rohde, krohde14@outlook.com



Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff hoff@goodenough.org



New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday 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.



Annual Organizational Weekend at Sahale: March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

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
Council meetings are August 28, September 11, 25; October 9, 23; November 6.



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) or at Sahale – 360 275-3957. In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.