



# The Village eView

February 7, 2018

Colette Hoff, Editor

## Mystery has no beginning and end

### Sahale Family

To express my gratitude for the love you have given me, I wanted to give you something from the heart in return – a handmade painting. A simple thank you for being the genuine people that you are, for always shedding positive light unto others. I personally have had my life change for the better because of you guys. To thank you, again and again.

My heart, my love and my support are with every one of you.

Much love, Ashley (Workaway participant, 2017)

We received Ashley's painting, above, just after our theme of mystery appeared last week. Ashley provides a wonderful illustration of mystery in her experience of Sahale. She felt the relationship that is present in the air of Sahale and actions of residents, community members and friends.

Living in mystery is profound unknowing and mystery will continue to be the theme for this issue of the Village eView and the next few weeks. Dying and death draws people together, encourages more real and natural conversation, and allows deeper connection and more feeling. John continues to teach with his life and many are learning a great deal. You will read about two of these learning events in articles by Marjorie Gray and Hollis Ryan. Poetry and pictures are also included.

By the way, we are anticipating Ashley's visit to Sahale in a few weeks.

### ***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*

## Visualizing & Appreciating John Hoff

*By Marjenta Gray*

Tom Gaylord and his Buddhist colleague, Trevor Slocum, facilitated a series of processes for the Pathwork circle on Sunday evening, January 28. In the processes, we reflected on John Hoff, to feel and accept John's approaching transition from this life. This was the 2nd evening Tom joined us at Pathwork, to help the community respond to the life changes of John's dying, at the same time Sahale resident and dear friend, John Schindler, battles a life-threatening illness. Colette met Tom when his group came to Sahale for a Karuna training. "Karuna" is a Sanskrit

This beautiful maple tree at the end of the valley lost a couple of significant branches this week and provided a cord of fire wood!

word for compassion. Karuna training applies Buddhist teachings of karuna to Contemplative Psychology. Tom is the former director of the Shambala Center in Seattle.

Trevor led the circle in a 3-part "Body Speech Mind" process, a perspective

rooted in Buddhist thought, as the 3 kayas, or the 3 vajras.

Tom explained, "In the largest framework, body speech and mind are the three inseparable aspects of a human, and, actually, of all beings. On an everyday level, they are just what they suggest: our physical body, our communication, and our inner world of mind. In a deeper sense they are:

- 1) our whole physical world as our body perceives it,
- 2) our vast energetic and emotional world of shared communication through language, touch, visual perception, sound, taste, and smell, and
- 3) our profound world of dreams, memories, archetypes, and ultimately deep stillness and profound purity."

In Contemplative Psychology, the Body Speech Mind process is used by therapists, in meetings with their colleagues, to describe patients whose identities need to be kept confidential. On this evening, the process was a tool that helped the Pathwork circle to bring a full sense of John present.

First, we spoke about John's body. John was described as large, in body and presence, with a large, beautiful belly, possibly the result of his love of good food, especially sweets, and beer. We painted a picture of a man with full, dark, curly, longish hair, that turned gray, then white later in life. His beard and bent, broken nose gave him character. John dressed for the occasion, from kaftans, to suits, to jeans and leather vest, to bare chested with a heavy-looking necklace of turquoise and silver that flowed down to his diaphragm. John would often wear rings, necklaces, or belt buckles that held significance for him.



We talked of how John would sit, sometimes slightly forward, as if wanting to be close to the person or group he was speaking to. Sometimes he would sit back, observing, listening, with one hand holding his chin, sometimes the other arm extended up behind him. He didn't ever seem rushed or anxious. His movement was deliberate, commanding, sometimes relaxed. He liked to dance and could be graceful. He seemed present in his body. John's environment was important to him. The Hoff's houses have been filled with artifacts, including a stuffed owl on a branch, many bird and bear paintings, and native paintings. A huge shark hung over the stairwell in the Mt. Baker house. John was the decorator of the couple. He said he was color blind, and preferred bright colors.

We brought present how John expressed himself with speech. His delivery was often measured; not slow, but with consideration of the best words to convey his meaning. He transcribed writing to Colette, or Joan, with complete, profound sentences and paragraphs, which needed only minor editing. Jokes came more quickly, and it was remarked that jokes still emerge from John, with a twinkle in his eye, even in his current diminished state. He has a bright smile, and liked to laugh.

John was a storyteller. Many of us contain John's stories within us, stories that were told and re-told, usually with a resulting learning. He told of his growing up in the Yukon and his influential encounters with a native tribe. He told of his father, a minister, and of his mother, a schoolteacher, and the ways they seemed to grant or constrict his freedom. He told of leaving home as a teenager, of adventures he had and people he met. He talked of going to college in Berkeley, of going to Divinity school, of marrying and starting a family, of practicing as a minister. He told of his teachers, and how he had been motivated to find answers to questions of how to live a good life and teach others. He told of his marriage to Colette and how he had found a true partner in her. He talked of challenges in his relationships, but usually in the past-tense, after the issue had been worked out. He told these stories as teaching lessons.



For each of the processes facilitated by Tom and Trevor, it was difficult to stay within the bounds of the assignment. Talking of body led to describing actions and manner. Talking of speech led to stories told.

John's tone could express love, tenderness, compassion, thoughtfulness, but also disappointment, judgement bordering on contempt, and sadness. John didn't yell often, but his voice could express deep displeasure. I know I felt as if I had been yelled at several times!

John's expression went far beyond words. Many described the power of John's gentle but strong bear hugs. He connected with eye contact and taught us the importance of looking into each other's souls in developing intimacy, but to be sensitive of people's boundaries, to not stare. John had a large energy that is hard to describe, but all who knew him know "John's vast energy, his big love."

The 3rd part of the process was to co-create a description of John's mind. Some of the reflections that emerged were of John's being a scholar, of his gathering information from books, experiences, and contemplation to form a strong worldview. He developed a philosophy which drew on the Perennial

Wisdom, universal truths from all major religions and indigenous wisdom. John believed in human development, and taught that there are stages of development, and it is not possible to fully mature without help from others. John's conception of community was as a place where members learn about themselves and their impact on others, and coach each other to be their best, creating a rich, harmonious life together. John's mind was vast and open to learning, teaching out as a pastor, teacher and in all his relationships. It was not enough to have knowledge; the goal was to share wisdom experientially, in relationship, and to wake people up to learning methods for living a better, more connected life. John brought a more personal, relatable interpretation of Christianity to his ministry, which was transformative to some who had been raised as Christians, but who could not accept some of the restricting and shaming that had accompanied their early experiences. John's mind was described as like a mountain; high, solid with varying terrain. It was also likened to the ocean; sometimes calm, and sometimes a force that could be wild and possibly destructive. It also was described as "having a lot going on in there."

As more memories and reflections filled the room, the fragments coalesced into a feeling sense of John. Tom and Trevor said they felt they knew John from our description, that he sounded like a man in the tradition of great spiritual teachers.

The final process was a meditation where we focused on our breath, breathing in pain and breathing out light and love. I breathed in the sadness of John's dying, the loss of his friendship, the pain he, and John Schindler may be feeling. I breathed out gratitude for having had this rare experience of John as a spiritual teacher. I breathed out love for John, for our other John, for our circle, for the world.

The group stood in a circle, closing the evening singing:

*Like a grove of trees we stand, swaying in the wind.  
Our roots intertwine, supporting one another.*

~Kristina Turner

John is lovingly tended by hospice and community caregivers at his Sahale home, surrounded by family and friends.



Tom Gaylord will be with us again at Pathwork this coming **Sunday, February 11<sup>th</sup>, from 7:00 to 9:30 p.m., at 3610 SW Barton Street, Seattle.** Come and join us, if it is right for you.



## **A Living Tapestry**

Bill Scott

At Pathwork two weeks ago, with the guidance of Tom and Trevor, our guest guides from Karuna, we created a living tapestry of John's being, over the course of the evening. We started his body, what do John's hands look like, the quality of his hair, his walk, what are his personal habits, like caring of his flowers, and his food preferences, the way he dressed and the jewelry he chose to wear. We moved on to his communication, the quality of his spoken and singing voice, his style of humor, his moods, favorite stories, what it's like being listened to by

him. Then we finished with his heart and mind, his choices of sacred objects, what it's like being with him, and hugging him, what he finds beautiful, his reading habits, his childhood memories and the methods he uses to he teach. We were cautioned that what we were doing was not memorializing John, but instead bringing him fully present.

We created a dynamic tapestry of all our knowings of who John is. These personal threads created a living tapestry that warmly enfolded each of us into it, while opening and connecting us more deeply to the John we love and are feeling for and with. I am so grateful to Tom and Trevor, for the offering us such lovely Buddhist mindfulness process, and so gracefully guiding us through it.

One thread I appreciated, that also received many head nods in the circle, was John's disinterest in chit chat and idol conversation. It reminded me of his answer to a question I asked him years ago about how often he prays. He replied that he is praying all the time.

The morning after Pathwork, I came across this poem by St Teresa of Avila on my tenant's dining room table and it felt like it was one more thread for our tapestry.

### **Too in Love to Chat**

His hands can shape through ours.  
And our sounds can somehow echo  
what God has never  
said,  
for the Divine is really speechless,  
it is too in love to  
chat.

the Holy wind ruffled our hair and caused  
a lot of commotion:

We think God made some rules  
but how can that be true when our souls  
are really the  
governor  
of all.

His mind can shape through ours.  
Our bodies-and the earth-are as clay. Is  
that not so, my dear.



I have a lovely habit:  
at night in my prayers I touch everyone  
I have seen that  
day.

I shape my heart like theirs  
and theirs like  
mine.

— *St. Teresa of Avila*





**They say she is veiled**

Judy Grahn

They say she is veiled  
and a mystery. That is  
one way of looking.  
Another  
is that she is where  
she always has been,  
exactly in place,  
and it is we,  
we who are mystified,  
we who are veiled  
and without faces.

Submitted by Hollis Ryan

**Prune and Play Party**

Sahale, February 16 to 18

No experience necessary in the  
Buchmeier School of pruning!

**RSVP!**



A tractor provides mystery and a big  
smile!

## Between Heaven and Earth, continued

Hollis Guill Ryan

Our dear friend John Hoff is dying.

Fortunately, John's process of dying is taking time, so his friends have a chance to be with him.

He has had many visitors, and long-time friends have come from far away to be with him one more time.

Some people are quite comfortable being with a dying friend. Some are not. A common set of questions is, "What do I say? How do I behave? How do I relate with him?"

To help John's friends, **Sue-Marie Casagrande**, a long-time friend of the Goodenough Community whose deep personal and professional interest is care for the elderly and the dying, talked about her understanding of the spiritual and physical processes of dying.

Sue-Marie's spiritual understandings come largely from her study with Tibetan Buddhists who, from their earliest days, are taught to prepare themselves for death. In a sense, the question, "What is the purpose of life?" is answered, "Death itself is the reason we live." Tibetan Buddhism's ultimate teaching is that nothing is substantial, and death is a transition out of this consciousness into whatever is next. Consciousness continues; the body is here for only a limited time. Consciousness slips in and out of the dying person's body.

John is in that state of slipping between realms of consciousness. How can we – his friends – best be with him? Sue-Marie suggested, "Bear in mind that this is a time to *be* rather than to *do*. Move your own energy out of your head into your heart, and be as present with him as you can be. Your presence will be felt. Watch his breathing, and breathe with him. Often, he appreciates touch."

She went on to tell us that sometimes, a dying person will talk to us from a different reality. Most important, we must not contradict his reality. If, for example, John were to say that it is snowing and he's worried that people will be cold, accept his reality that it is cold and snowing, and perhaps reassure him that the people will be kept warm. Remember, too, that at times he may be speaking metaphorically, or that he may be speaking from his past.

If John says that he is afraid, hold his hand and say something like, "I am here with you." Then you can ask, "What are you afraid of?" There may be much to learn from his answer to your question, and his answer may surprise you.

Speak to John of his legacy, of his positive effect on your life, of the love that he is leaving us with. Remember that because his consciousness moves in and out of his body, he can hear you even when he appears to be asleep or absent.

Remember, too, that because he slips out of his physical consciousness into a more ethereal realm, John can be with you even when you are not in his physical presence. It may not be necessary to visit in person because you can be present to him from a distance.

For many of us, John is an *anam cara*, that is, a friend with whom you are bonded at a soul level. It was reassuring to hear Sue-Marie explain that an *anam cara* is even more valuable after they die. John's spiritual direction will not stop with his death. His teachings will continue and become even more effective.

Sue-Marie, who has had so much personal and professional experience of the transition from life to death, commented on John's beautiful process of dying. He has always modeled with his life. Now he is modeling with his dying.

We, his friends, are learning how to be with a friend who is making the profound transition from life to death.



**From Poem of Perfect Miracles, by Walt Whitman**

To me, every hour of the light and dark is a miracle,

Every inch of space is a miracle,

Every square yard of the surface of the earth is spread with the same,

Every cubic foot of the interior swarm with the same;

Every spear of grass – the frames, limbs, organs, of men and women, and all that concerns them,

All these to me are unspeakably perfect miracles,

To me the sea is a continual miracle,

The fishes that swim – the rocks – the motion of the waves – the ships, with men in them – what stranger miracles are there?

Submitted by Kirsten Rohde

And when the work of grief is done,

Has awaited your return

The wound of loss will heal

All the time.

And you will have learned

~ John O'Donohue

To wean your eyes

(Offered by Sue Marie Casagrande)

From that gap in the air

And be able to enter the hearth In  
your soul where your loved one



## The deAnguera Blog: The Dignity of Our Work



There is dignity in the work we do. In the left hand photo you can see Dyanne Harshman and her group playing an embera concert for John Hoff. Thank you Dyanne for sharing your gifts with us. On the right a large number of people gathered to hear Sue Marie Casagrande give a presentation on the best way to handle death.

Death is something we can learn to handle as a community. It is not something I can face well as an individual. A heavy burden such as this is best handled by many people acting together. We can act together because of our training in community relationship.

How important is our work on human relations? I think it is critical to humanity's survival on this planet. When we don't depend on each other we end up depending on a variety of institutions supposedly serving us. These institutions such as schools, businesses, and governments end up not only controlling us but fragmenting our lives into unrelated bits. We work in one place, send our kids to school in another place, and shop for our food at yet another place. We let the mass corporate media tell us what to think on just about everything. This ends up influencing who we vote into power in this country.

I am very lucky at my age to be living with such good friends as the Goodenough Community. We are the ones building the world of the future. This part of my life is what makes all the rest before seem worthwhile. It showed just how long it took me to value community enough to go looking for it. Ingrained habits are very hard to overcome.

We are a work in progress. The ideas of Dr. John L. Hoff are necessary to what will emerge later. We all have limitations on what each of us can do individually. What we value together will be developed and shared with others. If we really believe in what we do our message could spread largely through word of mouth.

The ruling elite of our country are draining resources out of our cities. A number such as Detroit and St. Louis are decaying and falling apart. The money is being used to finance endless wars across the planet because nothing is more profitable than war.

Why do our leaders routinely betray us? Because they have almost no connection with us. They pay attention to the big money people financing their election campaigns. We are unable to hold them accountable for their actions.

How can we hold our leaders accountable when we have almost no connection with each other? Connection takes relationship. Otherwise no organization to confront our leaders is possible.

Developing relationships is hard work. To do it systematically takes a program like the Human Relations Laboratory. This is the place where we learn to listen to each other and draw each other out. This is far better than having just a presentation. The latter causes me to be passive. Being active requires practice on my part. My ideas need to be valued as well. The Human Relations Laboratory does both.



Larry Hoff making a good dignified pose on our Yanmar tractor.

Editor's note: Dignity will be featured as a theme soon!



Thank you to all who contributed to my wonderful birthday gift of the Olympus Spa. I was able to use my gifts February 1. After a body scrub and moisturizing treatment I am a renewed woman, appreciating the support that allowed me to go away for the day.

A wonderful birthday gift!



**Register Now for early discount rate!**

On-line registration at <https://sahale-sociocracy.brownpapertickets.com/>

## **Sociocracy for Intentional Communities**

**Save the Date!**

**Gather Thursday evening, Workshop begins  
Friday AM April 27 to Sunday, April 29, 2018**

**A Three-day Workshop**

**Led by Diana Leaf Christian**

**At Sahale Learning Center**



**Sponsored by The Goodenough Community and**

**The Northwest Intentional Communities Association (NICA)**

### **Planning our Spring Workshop – Sociocracy**

Bruce Perler

I'm appreciating the process of collaborating towards a training event at Sahale, our Spring 2018 Sociocracy Workshop. Collaborating with Syd Fredrickson of NICA, the GEC Council and Diana Leaf Christian of Intentional Communities (.org), this project is addressing several areas important to the Goodenough Community's time of life, in its own story. Working together for a regional event, increasing our shared understanding about hosting and planning workshops with a national presenter and, building our connections as sister communities is great stuff to be doing together.

Personally I'm anticipating an important and enjoyable experience for our community, one which represents positive action on behalf of our own sustainability and beneficial collaboration with the larger community's movement. What a great way to enter the spring of 2018!





Market Fresh Fruit is the creation of Tom O'Connor, a longtime friend of the Goodenough Community who has participated in many community events, including Human Relations Labs. Tom's daughter, Molly, has also been involved in the Goodenough Community, as a camper at the annual Summer Camp and now for many years, as a camp counsellor for the Summer Camp.

I asked Tom how Market Fresh Fruit came about, and this is his story:

"When I was a young man," Tom told me, "John Hoff taught me to have the courage to like myself. I repurposed that training to start my business."

About 8 years ago, Tom's only employment was working at a fruit stand in Pike Place Market, for \$10/hr. In his words, he says, "I learned to be humble and accept that this is the best I can do. My theory was 'a humble mind is a beginner's mind' – I could see possibilities and see the world in a fresh way."

Tom noticed that the same 2 administrative people came to the fruit stand where he worked, one every Monday and Wednesday and the other every Monday, buying a quantity of fruit each time. He learned that they bought the fruit to take back to their offices for the people working there. Tom got the idea of starting a business doing just that for many offices downtown – the birth of Market Fresh Fruit. He used GoDaddy, a do-it-yourself website program, to post his business; made calls to people; presented his business at various places; and built a highly successful business. Tom now employs 4 people, and his daughter Molly helps out in the summers. He has 150 clients and provides 6,000 pounds of fresh fruit to offices every week to locations as far north as Everett and south to Renton.

Tom says he "loves the Goodenough Community – it is so important to me." Thinking like the businessman he is, he came up with the idea of advertising in the eView and encourages others to consider doing the same. "I'm thrilled to be the first advertiser."

If you are interested in following Tom's lead by placing an ad here, contact Kirsten Rohde ([krohde14@outlook.com](mailto:krohde14@outlook.com)) to discuss terms.



## Mark Nepo at Harmony Hill in May

*This path is a continuous inquiry into what it means to be human, to be here, and to care for each other. My hope is that through this workshop you will deepen your conversation with life. That through your own path of obstacle and surprise, you will be opened to your gifts and become somewhat freed of all you carry. My hope is that this time together will support you in becoming skilled at living with both effort and grace.” – Mark Nepo*



Beloved as a poet, teacher, and storyteller, Mark Nepo is a bestselling author and one of Oprah’s favorite spiritual guides, using his gifts and his talents to elevate humanity. He returns to Harmony Hill May 7-8, 2018 to lead a special two-day workshop, **The Struggle to Be Real: The Journey of Transformation.**

As a poet, philosopher and teacher, Mark Nepo has been breaking a path of spiritual inquiry for more than forty years. This workshop affirms how precious this one life is and opens the chance we have to be fully alive and to be of use to each other and the world. Drawn from his years of teaching, Nepo explores how our hard work and authenticity ready us for meaning and grace. He unfolds how our sincerity and labor help us to survive and thrive through the journey of transformation. Being human offers a path of soul work that can help us find our way, as Nepo puts it, “to discover the story behind the story, and to find what can last.”



## 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.



## NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.

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## 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](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: March 2, June 1.** 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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: [hollisr@comcast.net](mailto:hollisr@comcast.net). Dates: **Saturday 10 – 2 in West Seattle: March 3, June 9. Women's Weekend: April 13-15 at Sahale.**



**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, June 8-10** at Sahale. 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 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.

**Gathering are at the Community Center in Seattle: Jan 28, Feb 11, 25, Mar 11, 25, Apr 8, 22, May 6, 20, June 3, 17.**

Contact Colette Hoff for more information: [hoff@goodenough.org](mailto: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](mailto:Irene_Perler@hotmail.com)

**Human Relations Laboratory, August 5 to 11, 2018**

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Annual Community Day at Sahale: March 17<sup>th</sup>, 2018.** This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde [krohde14@outlook.com](mailto: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](mailto:hoff@goodenough.org)  
**Council meetings are November 6, 20, Dec 4, 18, Jan 8, 29, Feb 12, 26, Mar 12, 26, Apr 9, 23, May 7, 21, Jun 4, 18**



### **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: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)



### **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.

We often gather at Sahale on the Labor Day weekend to enjoy 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](mailto:hoff@goodenough.org)



### **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.

## COURAGE

Anne Sexton

It is in the small things we see it.

The child's first step,  
as awesome as an earthquake.

The first time you rode a bike,  
wallowing up the sidewalk.

The first spanking when your heart  
went on a journey all alone.

When they called you crybaby  
or poor or fatty or crazy  
and made you into an alien,  
you drank their acid  
and concealed it.

Later,  
if you faced the death of bombs and bullets  
you did not do it with a banner,  
you did it with only a hat to  
cover your heart.  
You did not fondle the weakness inside you  
though it was there.

Your courage was a small coal  
that you kept swallowing.

If your buddy saved you  
and died himself in so doing,  
then his courage was not courage,  
it was love; love as simple as shaving soap.

Later,  
if you have endured a great despair,  
then you did it alone,  
getting a transfusion from the fire,  
picking the scabs off your heart,  
then wringing it out like a sock.

Next, my kinsman, you powdered your sorrow,  
you gave it a back rub  
and then you covered it with a blanket  
and after it had slept a while  
it woke to the wings of roses  
and was transformed.

Later,  
when you face old age and its natural conclusion  
your courage will still be shown in the little ways,  
each spring will be a sword you'll sharpen,  
those you love will live in a fever of love,  
and you'll bargain with the calendar  
and at the last moment  
when death opens the back door  
you'll put on your carpet slippers  
and stride out.

Submitted by Hollis Ryan