



The Village eView

May 10, 2017
Colette Hoff, Editor

Coming Up:

Third Age, May 12

Pathwork, May 14

Council, Monday, May 15

Memorial Day Play Work Party
May 26 to 29

har·mo·ny

(här'mə-nē)

n. pl. har·mo·nies

1.

a. An orderly or pleasing combination of elements in a whole: *color harmony; the order and harmony of the universe.*

b. A relationship in which various components exist together without destroying one another: *different kinds of fish living in harmony*

Inner harmony could be defined as a lack of **inner** conflict; it can be described as a confident and tranquil emotional state. **Inner harmony** could be defined as a lack of **inner** conflict; it can be described as a confident and tranquil emotional state.

What is Inner Harmony?

By Brad Bell

Inner harmony is a feeling of peace of mind that involves self-acceptance, acceptance of one's life in general, and acceptance of the past.

An element of inner harmony in the above definition is self-acceptance. What is self-acceptance? Self-acceptance is being able to accept who you are. An important

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

element of the definition of self-acceptance may involve being able to accept your weaknesses. You can accept that you are just average on some attributes. If you accept yourself, you do not set unrealistic goals for yourself. If you are just an average student, you would not expect to receive a Ph.D. You would not expect your novel to be accepted by a major publisher if you are only an average writer.

Another element of inner harmony is acceptance of the past. If you accept the past, you do not have significant regret about the past. If you accept the past, you don't often reflect on how your life might have been better.



Reaching for the light: Experiencing a weekend with women

Joan Valles

This past weekend 16 women gathered at Sahale carrying on the tradition of an annual event sponsored by the women of the Goodenough Community since 1983. Each weekend is a unique experience and depends upon the women who attend, a “curriculum” designed for them, and themes which are current in the life of the community. As a community we have been focusing on the theme of mental wellness. In keeping with this overall theme, the offering of this year’s event was titled **“I am a gifted women: Creating Inner Harmony.”**

Education in human development is a key purpose of the Goodenough Community, and this year’s curriculum was, to me, a particularly ambitious one. Each woman has her own experience. For me it was delving into the darkness to emerge into the light. This is tough work. In mental health terms we explored concepts of sub-personalities (those disparate parts of our psyches that may divide us within but can learn to work together) and splitting; in relational terms, learning tools of compassionate listening and co-creating. Colette Hoff was our key teacher supported by Hollis Ryan and a women’s team. For me: It was an experience best expressed in the words of a song by Libby Roderick: “I’m digging way down, down to the bottom of my soul, I’m digging way down, way down deep ...”; It was about working with what prevents me from fully realizing my gifts and what keeps me in more inner turmoil than I like.

I truly appreciate our teachers and women who shared this experience with me. I don’t know how it will play out in each life. The thrill for me was to come away with a real experience of compassionate listening. I was often brought to tears. Compassion has been hard for me: I was raised in the “suck it up” generation.



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The words of the song, "Stories," taught to us by Draí mean more to me today:

"All I have to give is to share my story.

All I have to give is to sing my song ...

All the threads of story weave a fabric that's whole.

All the songs when sung make a symphony.

Sometimes I feel it, and sometimes I don't.

The lesson for me is to let go and trust."



The Harmony of Expression

Colette Hoff

Bringing various components together to create a whole is what we experienced at the recent women's weekend. Women got to know each other's gifts and then, what gets in the way of expressing their gifts. Letting go of the past, working toward self-acceptance, yearning for inner peace, sharing the truth, meditation, dealing with problematic sub-personalities are some of the ways inner harmony was created during the weekend. Healing occurred as each woman found an insight through her own work or that of another.

The women's weekend inspires the theme of harmony for this week's Village eView. Several perspectives are included in writings about harmony and inner harmony. The HeartMath Institute provides tips for heart-based living. Gustavo Estrada defines, What is Inner Harmony? Excerpts from the writing of Yogananda are also included. Mike writes about harmonious living.



Harmony created by Irene Perler including gifts from the chickens and bees.



Heart-Based Living

Sara Childre,
President, HeartMath Institute

Our great planetary shift continues. We sense it internally and perceive that time is accelerating.

Emotions peak and ebb constantly amid a bombardment of choices. Uncertainty is growing about our direction and the future.

Despite the stress and chaos caused by climate change, economic instability and global insecurity, people are coming together. Hope and a positive momentum are building among the future caretakers of humanity and our planet.

Hope is driven by the *qualities of the heart*: appreciation, happiness, care, compassion, etc. These qualities are strengthened by:

- Spiritual practices like meditation, prayer and coherence-building techniques.
- Heart connections with others and caring relationships within and outside our families.
- Frequent gatherings: religious, social, humanitarian causes and others.

These activities are all part of what the HeartMath Institute calls *heart-based living*, which we are drawn to as stress, overstimulation, overload and stress-induced physical and mental problems increase. Heart-based living nurtures us mentally, emotionally, physically and spiritually.

Following are a few tips we feel you will find helpful as you practice living from the heart:

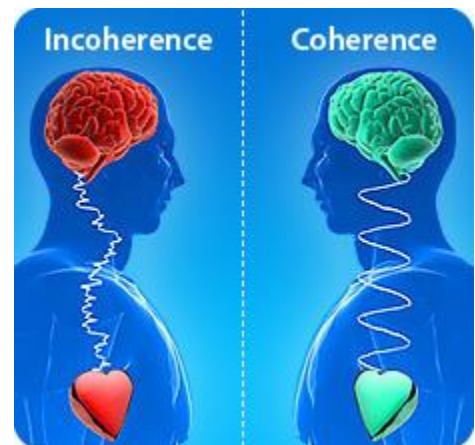
Tips for Heart-Based Living

- Practice genuine appreciation for everything and increase heartfelt positive emotions.
- Generate positive feelings before, during and after your activities and encounters to increase the texture and richness of your life experiences.
- Practice care, not overcare, for yourself and others.

- Guard against negative projections – the down slant: These are negative thoughts and feelings about you, someone else or the future.
- Be objective about issues that arise, as if they are someone else's. Focus on your heart area and breathe in a positive feeling or attitude. Listen to your heart for solutions.

Practicing these tips does not guarantee that all your challenges will go away. What it does promise is that you will have a set of effective tools to deal with whatever day to day brings.

The activities also lead to coherence. *Among the characteristics of **psychophysiological coherence** are smooth heart-rhythm patterns, greater heart-brain synchronization for improved cognitive ability, and efficient, **harmonious** functioning of cardiovascular, nervous, hormonal and immune systems.*



Coherence – Feelings of genuine hope, appreciation, care and compassion signal your heart to send harmonious and coherent signals to the brain/mind, replacing feelings of separation with connection. The heart and brain align, and your electromagnetic field sends out a coherence wave, locally and globally. Higher cortical functions are enhanced, enabling greater objectivity and intuitive perception.

Incoherence – Stress, overwhelm, anxiety, uncertainty and fear send chaotic and incoherent signals to the brain/mind, inhibiting higher cortical functions and trigger stressful responses. The heart and brain are no longer in sync and solutions to personal and global problems elude us. Negative emotions register in your magnetic field, generating an incoherence wave.



What is Inner Harmony?

Gustavo Estrada

Author of *Inner Harmony through Mindfulness Meditation*

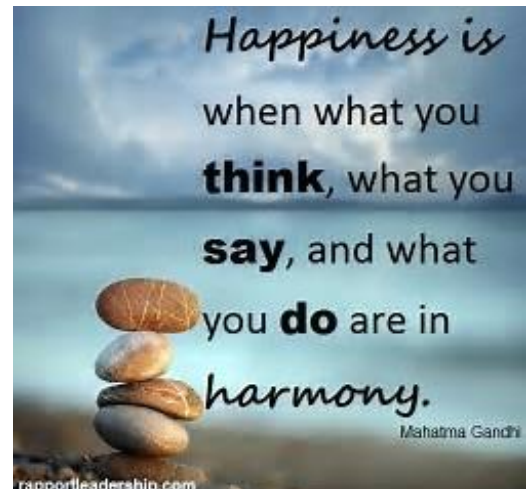
Inner harmony is an internal state that permits us to be at peace and act confidently even in the face of difficulties. Inner harmony is not being in a good mood all the time; it is not ceasing to experience problems or the emotions associated with them. Inner harmony is neither the permanent show of a smiling face, nor the constant display of an optimistic posture. Instead,

inner harmony is an evenness of the mind that, when troubles do arise, prompts our skills toward corrective actions, if they exist, or submits us serenely to the acceptance of reality, if problems actually have no solution.

Inner harmony is a worthy state of being—the ideal state—where most everybody would like to dwell. When we are enjoying inner harmony, we are living well. The paradox is, however, that we cannot move to such a wonderful state directly; we cannot take a particular sequence of steps that lead us there; we cannot *produce* inner harmony in a straight line.

Inner harmony is more the spontaneous result of a way of living than an intended, planned goal. People may look for things such as money, friends or academic degrees; these pursuits, though they may bring success, do not necessarily lead to inner harmony. While inner harmony is quite different from success, the two qualities do not exclude each other. People enjoying inner harmony might be successful—they might have money, friends and academic degrees—but those things come to them naturally and they do not get frustrated if such effects do not arrive. To the eyes of others, they are successful; to themselves they are at peace with whatever happens in their lives. Inner harmony, which is personal and intimate, cannot come from outside; this would make it *outer* harmony.

We should not seek inner harmony; when we are chasing inner harmony, we are losing it. If we should not hunt inner harmony, how do we get to experience it? How do we fulfill a yearning that we should not pursue? Instead of running after inner harmony, we have to direct our actions toward eliminating suffering, the opposite of inner harmony. Since suffering means anguish, agony, anxiety, desperation, pain, affliction, and a few more states or experiences, the word needs to be delimited.



Suffering is the set of negative feelings generated by cravings for what we lack, and aversions to what imaginarily or actually surrounds us. Since cravings and aversions are the originators of suffering, it is these maladies what we have to eradicate from our lives.

We can compare inner harmony to silence. Both occurrences come from the absence of certain disruptions; they are not the outcome of specific actions. When there is noise in the environment and we are longing for quietness, we work on the sources of the distressing sounds: we turn off loudspeakers, end chattering and still motions. When the noise sources settle down, silence comes about.

Similarly, we cannot design or produce inner harmony; there are no instructions to build it. Instead, if we wish to experience inner harmony, we should work on the sources of the mental noise and shut them down; we must attack and destroy the roots of suffering. Cravings and aversions are the sources of the distressing sounds; they are like loudspeakers the stridencies of which break off inner harmony; we must turn off the sound system if we want to stop the noise. When we eliminate cravings and aversions, the suffering they are producing disappears; then inner harmony spontaneously blossoms.



Creating Harmony in Our Relationships with Others



Excerpts from the writings of Paramahansa Yogananda

The greatest of all happiness, next to divine happiness, is to be at peace with one's immediate relations, those with whom one must live every day in the year. When people try to handle the extremely complicated machinery of human feelings without any training whatsoever, the consequent results are often disastrous. Very few persons realize that most of our happiness lies in the art of understanding the law of human behavior. That is why so many people are often "in hot water" with their friends, and, worse yet, at constant war

with their own best beloved ones at home.



The basic law of right human behavior is self-reform....Whenever any trouble occurs with our friends or dear ones, we should inwardly lay the blame on ourselves for getting into an unpleasant situation and then try to get out of it as fast and as graciously as we can. It is fruitless to increase the trouble by loudly, unkindly, discourteously blaming others, even though we find that they are to blame. We can teach quick-tempered dear ones to mend their faults a hundred times better by setting a good example than we can by harsh or self-righteous words.



Most of the time, people talk and act from their own viewpoint. They seldom see, or even try to see, the other person's side. If, lacking understanding, you enter into a fight with someone, remember that each of you is as much to blame as the other, regardless of which one started the argument. "Fools argue; wise men discuss."



To have calm feeling doesn't mean that you always smile and agree with everyone no matter what they say — that you regard truth but don't want to annoy anybody with it. This is going to the extreme. Those who try in this way to please everyone, with the desire of getting praise for their good nature, do not necessarily have control of feeling....Whoever has control of feeling follows truth, shares that truth wherever he can, and avoids annoying unnecessarily anyone who would not be receptive anyway. He knows when to speak and when to be silent, but he never compromises his own ideals and inner peace. Such a man is a force for great good in this world.

http://www.yogananda-srf.org/HowtoLive/Creating_Harmony_in_Our_Relationships_With_Others.aspx#.WRPi4YWcE2w





Now is the time to make plans for our **15th** annual work/Play party,

Memorial Day Weekend at Sahale Learning Center

May 26 to 29, 2016

The Mission

The **mission** of Sahale Learning Center is to provide sanctuary, relationship, and learning experiences for the people; and, sustainability for the land which lives up to the meaning of its Chinook name,

Sahale-- *Heaven on Earth!*

The Vision

As an intentional demonstration of The American Association for the Furtherance of Community, Sahale Learning Center, a growing ecoVillage within a community dedicated to personal development, provides 68 acres and heartfelt service for retreats, workshops, family gatherings, educational and special events.

The supreme accomplishment is to blur the line between work and play.

-Arnold J. Toynbee, historian (14 Apr 1889-1975)

Well-organized work parties will have plenty to do for all abilities and we will seek a balance between work and play.

There will be wholesome meals, outdoor play, hot tubing, and relaxation.

The only charge will be a donation for food.

Let Colette know your plans: When you are coming, how many in your party, when you are planning to leave, and any food issues. hoff@goodenough.org

Our neighbors, Susie Allen and Jay Allen will be joining us on Saturday of Memorial Day weekend. Having grown up in this area, Susie and Jay are long-time residents of Belfair and Tahuya. They went to school with Sue Capriotti's children and know a great deal about our valley and its history.

Over the years, I have been encouraged to direct people to specific items that are useful. I took this picture in Target where the metal framed chairs are lower in price than other places. We would be most appreciative if you picked one up and brought it with you!

Please remember to let me (Colette) know when you are arriving and leaving and how many in your party.

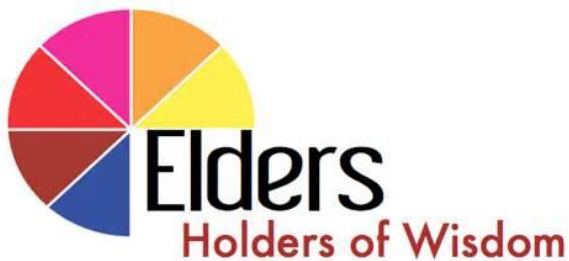


Third Age, May 12

We're looking forward to our next Third Age gathering on **Friday, May 12**, at the Goodenough Community Center in Seattle. Kirsten and Barbara are planning to attend a talk by gerontologist Dr. Wayne McCormick next Wednesday and they'll offer a report on his talk: "Making choices about medical care in later life." Dr. McCormick is a professor of medicine at the University of Washington and chair of the division of Gerontology and Geriatric Medicine. We'll be having some discussion about this topic as well as our usual check-ins and general conversations of interest to the group.

As is customary, we'll start with potluck dinner at 6 p.m. A main dish will be provided. Please bring side dishes, desserts, and beverages to share if you're able. (If you're not, come anyway. And if you are unable to join us, please know that we're thinking of you.)

An RSVP is helpful to joanvalles70@yahoo.com





The deAnguera Blog: Harmony 2017



In an orchestra all the instruments come together in just the right way. The sounds all blend becoming the overall sound of the orchestra. This is harmony. Also the tunes need to fit just right. When I play a piano the right keys will strike up the right chord.

The upper two photos show work being done around Sahale. Hal Smith is adding roof beams to the new storage shed near Potlatch. Likewise John Schindler is mowing around the meadow down below. Each of these actions are in harmony with the orchestra that is Sahale.

In order for harmony to prevail in my life all the various parts need to work together in just the right way. This is just as true inside me as well as around me. That's how I become aware of how my life's story is playing out and how Sahale is a part of it.

We represent the future. We all share Sahale together as well as the skills making the Human Relations Laboratory work. The rest of the world is characterized by alienation and isolation. Most people appear to be sleepwalking. Do the job day in and day out. Days, weeks, months, and years can go by in this way.

Our efforts in the outside world put more and more power in the hands of the powerful. Our own power likewise gets progressively drained away until there's nothing left. Those big corporations represent what we all gave away.

Why do we live this way? It is what each of us has been taught is the best way to live.

By contrast Lab teaches us that there is another way, the way of sharing and actually holding each other up. Our small group work gives us the chance to practice being intimate. This is what it takes to cultivate compassion and empathy.

We can teach others how to do a Human Relations Laboratory thus making it available to more people. Sahale can be one of numerous circles all linked together. That's how we will create a new society.

I find it fascinating that most revolutionaries have given almost no thought to interpersonal relationships. For me the key to changing our competitive culture to a cooperative one lies in changing our relationships. An additional benefit is less loneliness. The result is a much more harmonious world both within and without.

Lab enables the building of more harmonious relationships because we give feedback to each other in a loving environment. I learn how I impact others.

Those who spend time with us out here at Sahale are generally impressed with how we relate to each other.

Imagine a world tailoring itself to meet the needs of each of us. Valuing relationship will make that possible. What a difference from a world where each of us has to compete for a place at the table.



Spring apple blossoms with a bit of blue sky, woods, and Kloshe roofline. Is this harmonious?



While doors and ramps remain, the storage shed is standing with a plywood roof. A metal roof will be coming soon. Great job Bruce and company! Can't wait to fill it creating harmony at Sahale!
Colette

"Harmony is a beautiful balance between mind, body and soul measured in tender peaceful moments."

~ Melanie Koulouris

Introducing Our New EcoVillage Residents

Colette Hoff

(Reprinted from last week, this week with a picture.)

"We are Draí and John and we are the love of each other's life, since we were 15!"

Draí is a graphic designer and for a sample for to www.sahaleretreat.org. She has also designed our flyer for the 2017 Human Relations Laboratory, which will be introduced in next week's Village eView. Draí enjoys singing, and drumming, as well as a rich connection to women's spirituality. She is a nester (ask for a tour of the Meadow Cabin), a mother and a grandmother. And, Draí is pitching in with cooking, laundry, cleaning and whatever needs doing.



As a Long Dancer, Draí has been coming to Sahale since 2005. Not only is she a good friend of Colette's, she is an active participant in the women's culture of the Goodenough Community.

John wants to introduce himself as H H H H: happy, helpful, hands with heart! He is also a master butcher, baker, and candlestick maker! John is both a commercial and sport fisherman. He is learning Sahale as he mows fields, works with Irene in the gardens, Bruce in construction and is an asset to Jim.

In their words, "As new EcoVillage residents, we are finding living at Sahale humbling, refreshing, renewing, spiritual, and reflective of the natural rhythms of life. Sahale is a high, holy place. It is fulfilling a dream to be able to learn about the land, make nettle soup, dandelion wine and even granola. We have immense gratitude to the Goodenough Community and are so grateful for the opportunity to grow!"



Men's Weekend and Tent Raising, June 9 to 11

Bruce Perler

I'm writing to invite you men to a spring retreat weekend, June 9-11. This date is the best fit for the most of the men I've asked. I realize not all of you will be able to make it, a sad truth about planning. If you're not able, please consider sending me an email with a "check in" you'd like shared in our circle.

This year, different than we've done before, we're combining our annual raising of our Big White Tent with our spring men's retreat. The tent raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.



On Saturday evening, after a fine meal, we'll gather to be together as friends and brothers, old and young. Its our way to take some time to lean in with each other, share stories, ask questions, expressing concerns and lift up accomplishments. I always look forward to such a time and know you do too. Consider preparing yourself by reflecting on what's lively in your life now, something got your attention?

We'll gather again Sunday morning after a hearty breakfast for some time to talk and will end our retreat with a manly circle followed by a send off lunch.

Please RSVP with your interest about our Men's Retreat and look for more details as the time draws nearer.

Bruce Perler

206.419.8361 bruce_perler@hotmail.com

An opportunity to become a member of our community

Kirsten Rohde

We are offering a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define some rights and responsibilities of membership. While we generally use a form of consensus for decision-making, having membership formalizes decision-making for community issues. Our Community Covenant continues to guide us.

Belonging: membership of a group or organization offers

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com



Outcast Productions on Whidbey Island are preparing a new show and notice the director!

Opens May 19th!!

A COUPLE OF BLAGUARDS

by Frank McCourt & Malachy McCourt

directed by Gabe Harshman

A Couple of Blaguards, a two-man show by literary greats Frank and Malachy McCourt, is a bubbling stew of their well-known humor with a dash of poignancy to sharpen the flavor. A comedic springboard for *Angela's Ashes*, *'Tis*, and Malachy's *A Monk Swimmin'*, this brilliantly structured comedy is a proven crowd-pleaser offering solid entertainment. Similar to Frank McCourt's best-selling novels, the story follows the trials of the young McCourts in poverty-stricken Limerick, Ireland, to their journey to the U.S. and Brooklyn, New York, where the young men learn to incorporate the day-to-day lessons of their hard Irish past. A story of immigration, triumph over hardship, and the love between family, A Couple of Blaguards is a theatrical event that will find a place in the heart of every audience member. Very helpful if you want to lose weight you will laugh your arse off.

May 19, 20, 26, 27, June 1, 2, 3 @ 7:30pm

Sunday, May 28 @ 4pm

Purchase your tickets by credit card at:

www.brownpapertickets.com/event/2935798

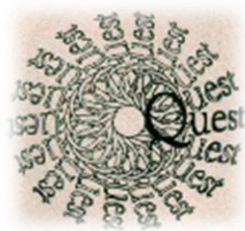
or email us at ocp@whidbey.com to reserve tickets and pay at the door by cash or check.

Tickets are \$14 students/seniors & \$18 adults

Thursday, June 1 - all tickets \$12

Doors open 30 minutes prior to each performance.





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 be more effective in relationships.

Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Women's Culture

Women's Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gathering will be Friday evening May 12 at the community

center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com



A weekend for men is being planned for **June 9 to 11**. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This 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!

Focal Person: 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 a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: 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. Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

Annual Organizational Meetings March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde 206 719-5364 for more information.

