

Village eView

February 20, 2019

Colette Hoff, Editor

COMING UP

Pathwork, February 24

General Circle, February 25

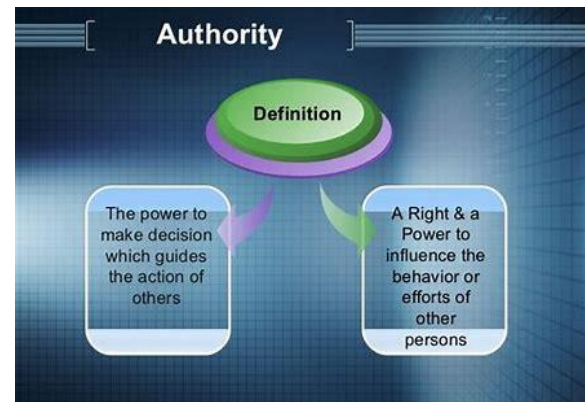
Couples' Weekend, March 1 to 3

Annual Goodenough Community Meeting,
March 15 to 17

Authoring One's Own Life

- Choose own beliefs; how I know in context of external knowledge claims
- Choose own values, identity in context of external forces
- Act in relationships to be true to self; mutually negotiating how needs are met

BASSET MAGOLLE, M. B. (2001). Making their own way: Narratives for transforming higher education to promote self-development. Sterling, VA: Stylus.



In discussion recently about authority and hierarchical power, I was aware that I value *authority and its respect* and how necessary it is for someone or group to take bottom-line responsibility. I remembered John Hoff's use of the word author-ship with the encouragement to be the *author* of our own life.

John was the *author* of the Goodenough Community, of course not alone, but he was the force behind it forming in 1981. The General Circle is now taking the *authority* to responsibly lead the community. A group of friends with years-long history gathered this past weekend to *author* the 2019 Human Relations Laboratory. Kirsten Rohde writes about this experience on page 4.

On-Line News of the Goodenough Community System

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

The words authority, authorship, and author are from Latin: *auctor* "master, leader, author" (see **author** (n.)). The Friends of Sahale are authors, have authorship and authority at Sahale, having been with the land since the community landed in 2001.

As I was writing this piece today, a New York Times article came into my inbox titled The Good-Enough Life. It describes where the concept of good enough comes from and offers some of John Hoff's original intention for utilizing the work of D. W. Winnicott.

Mike's blog also includes a theological perspective of authoring.



4 Steps to Authoring Your Life

Lindsey Lewis

1. Embrace the truth that you can author your life.
2. Opt out of letting misunderstandings or limiting beliefs run the show.
3. Create your ideal vision.

4. Remember who you are.

You're the author of your life. You get to create it. No matter what other people in your life might have taught you, demonstrated or believed—you get to create your life. It can be different than theirs.

imlindseylewis.com/life-coaching/authoring-your-life

You are the only person who thinks in your mind! You are the power and authority in your world.

Louise L. Hay



Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks--we will also find our path of authentic service in the world." — Parker Palmer

The Good-Enough Life

By Avram Alpert

Mr. Alpert is an author and writing teacher.

Feb. 20, 2019

The following essay was chosen as the winner of the [Brooklyn Public Library's 2019 Night of Philosophy Op-Ed Contest](#).

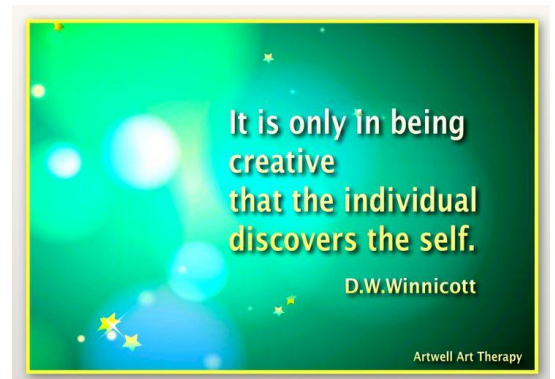
Ideals of greatness cut across the American political spectrum. Supporters of Lyndon Johnson's "Great Society" and believers in Ronald Reagan and Donald Trump's "Make America Great Again," for instance, may find themselves at odds, but their differences lie in the vision of what constitutes greatness, not whether greatness itself is a worthy goal. In both cases — and in most any iteration of America's idea of itself — it is.

The desire for greatness also unites the diverse philosophical camps of Western ethics. Aristotle called for practicing the highest virtue. Kant believed in an ethical rule so stringent not even he thought it was achievable by mortals. Bentham's utilitarianism is about maximizing happiness. Marx sought the great world for all. Modern-day libertarians will stop at nothing to increase personal freedom and profit. These differences surely matter, but while the definition of greatness changes, greatness itself is sought by each in his own way.

Swimming against the tide of greatness is a counter-history of ethics embodied by schools of thought as diverse as Buddhism, Romanticism and psychoanalysis. It is by borrowing from D.W. Winnicott, an important figure in the development of psychoanalysis, that we get perhaps the best name for this other ethics: "the good-enough life." In his book "Playing and Reality," Winnicott wrote about what he called "the good-enough mother." This mother is good enough not in the sense that she is adequate or average, but that she manages a difficult task: initiating the infant into a world in which he or she will feel both cared for and ready to deal with life's endless frustrations. To fully become good enough is to grow up into a world that is itself good enough, that is as full of care and love as it is suffering and frustration.

From Buddhism and Romanticism we can get a fuller picture of what such a good enough world could be like. Buddhism offers a criticism of the caste system and the idea that some people have to live lives of servitude in order to ensure the greatness of others. It posits instead the idea of the "middle path," a life that is neither excessively materialistic nor too ascetic. And some Buddhist thinkers, such as the 6th-century Persian-Chinese monk Jizang, even insist that this middle life, this good enough life, is the birthright of not only all humans, but also all of nature as well. In this radical vision of the good enough life, our task is not to make the perfect human society, but rather a good enough world in which each of us has sufficient (but never too many) resources to handle our encounters with the inevitable sufferings of a world full of chance and complexity.

The Romantic poets and philosophers extend this vision of good-enoughness to embrace what they would call "the ordinary" or "the everyday." This does not refer to the everyday annoyances or anxieties we experience, but the fact that within what is most ordinary, most basic and most familiar, we might find a delight unimaginable if we find meaning only in greatness. The antiheroic sentiment is well expressed by George Eliot at the end of her novel "Middlemarch": "that things are not so ill with you and me as they might have been, is half owing to the number who lived faithfully a hidden life, and rest in unvisited tombs." And its legacy is attested to in the poem "Famous" by Naomi Shihab Nye: "I want to be famous to shuffling men / who smile while crossing streets, / sticky children in grocery lines, / famous as the one who smiled back." Being good enough is not easy. It takes a tremendous amount of work to smile purely while waiting, exhausted, in a grocery line. Or to be good enough to loved ones to both support them and allow them to experience frustration. And it remains to be seen if we as a society can establish a good-enough relation to one another, where individuals and nations do not strive for their



unique greatness, but rather work together to create the conditions of decency necessary for all.

Achieving this will also require us to develop a good enough relation to our natural world, one in which we recognize both the abundance and the limitations of the planet we share with infinite other life forms, each seeking its own path toward good-enoughness. If we do manage any of these things, it will not be because we have achieved greatness, but because we have recognized that none of them are achievable until greatness itself is forgotten.

Avram Alpert teaches writing at Princeton University and is the author of the forthcoming “Global Origins of the Modern Self.” He is at work on a screenplay about the life of the activist and writer Saul Alinsky. Thank you to Steve Ghan for sending this article



A wintry weekend at Sahale thinking ahead to August The Human Relations Lab Design meeting

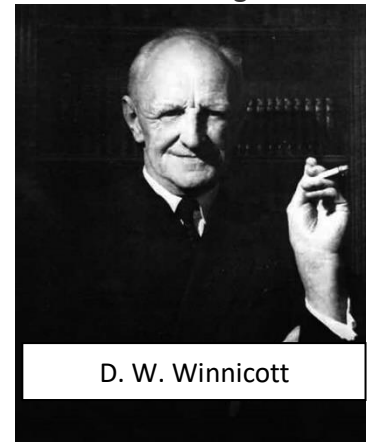
Kirsten Rohde

This past weekend twenty people joined together in a circle in the Kloshe living room at Sahale. We were called together by Colette Hoff to take a first look at the upcoming 50th Human Relations Laboratory (**August 4-10, 2019**). It was a cozy gathering and I enjoyed sitting next to Elizabeth Jarrett-Jefferson as we both did some crafty needlework while participating in the meeting. We started off by reminding ourselves of the essence of Lab; my words were “creating a space where anything is possible – inner growth and connecting with others.” We spent some time looking at the two binders full of information about the previous 49 Labs from the very first one created by John Hoff and colleagues, way back in the early 1970’s. We each remembered attending our first Lab. To think of the hundreds of people who have come to at least one Lab to play, learn and grow is pretty profound.

On Saturday, we brainstormed all the qualities of a Lab and what we think will be most needed this year. This process grows from what is happening in our individual lives, to where our community is, to everything relevant about the times we are in. What will our event offer this year that provides fun, deep work, creativity, and new ways to think about being a human in these times? We always desire to offer a week-long experience where each one of us leaves knowing we have made changes that will make the next year of life fruitful in many unique ways.

True to the spirit of Lab, those of us gathered reported feeling more bonded and enjoying our warm-hearted connection on this weekend. A good start to Lab 2019!

“I see many persons discovering that life is more than effort of work – it is also grace, surprise, unmerited favor -- love. Hence, the Lab is more than hard work and skillful effort. It is a happening.” John Hoff 1981.



D. W. Winnicott

Couples Weekend, March 1 to 3



More energy. More connection. More communication. More passion.

For many years, the Goodenough Community has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and in long-term, partnered relationships. Leadership has been provided by John and Colette Hoff, marriage and family counselling professionals. They have encouraged couples to learn about themselves as an individual within their relationships, and how to be a more effective partner with support from other couples.

**This weekend will focus on increasing emotional intimacy,
building connection and improving communication.**

You will receive guidelines for enhancing your physical relationship, including addressing chronic issues. We will explore the role of sexuality in relationship and new understandings of orgasm. The workshop leaders will help you and your partner identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.



Designed for committed couples over 40 years of age, each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present although optional.

Leadership is offered by Colette Hoff and Rich McGrue.



COLETTE HOFF, M.Ed Since her husband John's passing, Colette has felt called to continue their work of 38 years with couples and offer this weekend.

Couples need other couples to relate to. Many couples live with less relationship than they could have and Colette wants to be an agent

for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication. Colette has offered leadership to the Goodenough Community's annual Human Relations Laboratory and serves as key faculty for the community's Women's Culture for over 35 years. Having worked as a co-therapist with her husband, she is very skilled in working with the issues of long-term relationships.



RICH MCGRUE (a friend to the Goodenough Community) is the founder of the New Greenwood House in Seattle, an eight-person, two-year-old intentional community founded on the principles of: Tantra, consciousness & social justice. Rich is a retired Army Officer and Boeing executive; a non-profit executive director; former Pastor of over 20 years and a

professional mediator, who has counseled hundreds of couples and individuals in various states of marital discord.

His healing skills include alternative spiritual modalities such as Reiki, Tantra, Orgasmic Meditation, Professional Cuddlist, Erotic Healing Massages and Non-Violent Communication techniques. Rich joins Colette to facilitate this vital experience for couples.

What you can expect

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap Peninsula on the Tahuya River about a mile from the Hood Canal. We encourage you to spend time in the natural world, alone and with your partner. Small groups are an essential part of the weekend, providing a place where you and your partner can practice in relationship, giving and receiving feedback with other couples in your group. We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 pm on Sunday.

THE COST The cost of the weekend is \$350 per couple which includes room and board and learning materials.

SPONSORSHIP for this weekend is offered by Convocation: A Church and Ministry which is an inter-faith church within the Goodenough Community System.

UPON REGISTRATION you and your partner will receive a questionnaire and a phone interview will be arranged. Please register as soon as possible.

Couples weekend registration | \$350 Per Couple

Name _____
Phone () _____
Age _____ Email _____
Name _____
Phone () _____
Age _____ Email _____
Number of years in relationship _____

PLEASE PAY & REGISTER ONLINE. Visit www.Goodenough.org. This event is the first announcement on our homepage. Click the online registration button.

OR Enclose a check and mail. ☐ Check Amount _____

MAIL PAYMENT & FORM TO: Couples Weekend
2901 NE Tahuya River Road
Tahuya, WA 98588



Space is limited for this weekend. Couples can consider this experience a gift to their relationship. If you know anyone interested, please pass on the flyer attached to this eView. Please register your intention to attend soon by emailing Colette at hoff@goodenough.org



Pathwork, February 10, 2019

Colette Hoff

Our Pathwork Circle will meet again on **February 24 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126th St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life.

Pathwork will continue to meet February 24, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.



The deAnguera Blog: Authorship



In any story characters are needed and these photos here show some characters present in my life such as Colette Hoff, Presley, Elizabeth Jarrett-Jefferson, and Joan Valles.

How would I function as an author? It is not the same as being an authority. I can't make people do anything. They are totally out of my control. What can I really do?

We all agree something created all of us. God? A being separate from us? Some big fatherly judge up there in the heavens? I can just see Him with a big white beard down below His waste. Shaking His finger at us?

What if a better image would be that of an author? Do I necessarily need to capitalize the “a?”

God as an author writing a book; the book of my life. Maybe appearing as me, Mike? Appearing as all the other characters mentioned above as well? How can that be? Suppose there really is only one of Us but somehow God experiences life as each of us. Each of us represents a different book yet there is only a single book.

So that means I am the author of my life and am currently playing one of the character roles. That’s why I can look out of my eyes rather than anybody else’s. If that sounds kind of far-fetched how about God as the life force animating all of creation? A life force manifesting as all of us?

You can cut through my entire body, even cut through my brain. Where will you find Mike? Certainly not in my body. I am that which animates my body.

“I Am” is the Hebrew name for God. Therefore every time I use “I am” statements I am invoking the name of the Divine.

While here everything seems to appear randomly. Is that the true nature of reality? Am I doing more than just playing Mike? If the Divine animates all creation then there can be no such thing as a random event. Everything fits into everything else. It’s all Divine, everything without exception.

Being Divine is the base of who I am. So, how do I communicate with God? Perhaps a better definition would be the Greater Mike. For Colette or Max Fain, I could just as well refer to the Greater Colette or Max. However, the Lesser Mike (character role) can’t communicate with the Greater Mike (the Divine or Author role). Communication can only go from The Greater Mike to the Lesser Mike. It’s all one way.

The secret is for the Lesser Mike to realize that he is the Greater Mike. Sort of like Captain James T. Kirk in Star Trek remembering that he really is William Shatner. Will Shatner is playing the character role of James T. Kirk.



Paul Rave and Max Fain are some of the most colorful characters I have ever met. Would I have the imagination to create them for my story?

Paul left today for his home in Missouri. We are grateful for all his accomplishments at Sahale. Colette

A Moving Experience

Dear Friends,

With a plan set in motion almost three years ago, and in collaboration with our community friends, Pam and I are on schedule to move to Sahale and build a home there. This spring, our plan is to put our Mercer Island home on the market and formally begin our transition.



We are asking for your help to help us get our home ready to sell and our belongings packed.

In collaboration with Colette and the community calendar, we have established work parties from late January through early spring.

We would truly appreciate your help and good will – this has been my home for 45 years, and Pam’s for 23. It truly will be a moving experience. Any and all help will be gratefully received. Please let Pam or me know if you can join us (adventuredog@hotmail.com; elizabeth.ann.jarrett@gmail.com).

All Days Are Saturdays, 10am to 2pm, except as noted

Location: 3446 77th Place SE, Mercer Island 98040. Lunch and beverages happily provided.

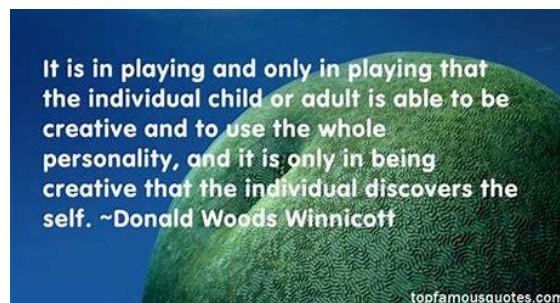
- ☐ March 9
- ☐ March 23
- ☐ April 13
- ☐ April 27

Warmly,

Pam and Elizabeth Jarrett-Jefferson



Instead of being critical of people in authority over you and envious of their position, be happy you're not responsible for everything they have to do. Instead of piling on complaints, thank them for what they do. Overwhelm them with encouragement and appreciation! ~ Joyce Meyer



Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod came up with the plans many years ago. This fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it. Also, we just happened to have a carpenter/craftsman, named Paul Rave, who together with Tod Ransdell put it all together. Currently, Pedge is protecting the finish.

\$\$This project couldn't come out of the general budget and we were not sure how much it would cost all together even with some things available here. So, while it's not our usual way, we built it and now two people are carrying the \$650 it cost. HMM that doesn't seem right.

While we have a donation for \$200, with \$450 to go any contribution would be wonderful.

Please mail donation checks to Box 312, Tahuya, WA OR go on line to the Goodenough Community donation button.
More Cider produced faster!



DIFFERENCE AUTHORITY AND POWER

- Authority is the power to enforce law, to take command and to expect obedience from those without any authority.
- E.g. a professor has an authority over his pupils but no power.
- It is the skill of getting people to willingly do your will because of your personal influence.
- Those who have authority also have responsibility to discharge.
- Flows downward.
- Power is the ability to get the things done by others. The principle of power is to punish or reward.
- E.g. an armed robber has a power but no authority.
- In short, it is the ability to force someone to do your will even if they would choose not to.
- Power and responsibility do not go hand in hand
- It can go in any direction.

More serial valentines to Pamela Jarrett-Jefferson

From Devoted Spouse Elizabeth Jarrett- Jefferson,
Poet III-Laureate

Dedicated Pam and to our Move to Sahale

*Roses are red,
Violets are blue,
Willow be mine?
Sorry I can't think of a fourth
line.*

*O Roses So Red
O Violets So Blue,
This poem is from Walt
Who is not here to help pack.*

*Roses are red,
Violets are blue;
Scurry scurry scurry,
What me, worry?*

*Roses are red,
Violets are blue;
We're moving to Sahale,
Where "Bee Mine" is a
valentine of another kind.*

*Roses are red,
Violets are blue;
April is right around the corner,
What me, feel backed into a
corner?*

*Roses are red,
Violets are blue,
I forsee a tanker of bark on its
way
Too bad Cody and Cooper can't
have their say.*

*Roses are red,
Violets are blue,
Our new Sahale neighbors are
oh-so-welcoming,
Their chorus feels like a
beckoning.*

*Roses are red,
Violets are blue,
Beckoning does not mean a
reckoning
Especially since the Swamp will
be 24-seven'ing.*

*Roses are red
Violets are blue
The number of boxes is legion,
Enough to cover the entire
Belfair region.*

*Roses are red,
Violets are blue,
Who'd a thunk,
One of our new neighbors may
just be a skunk.*

*Roses are red,
Violets are blue,
Building a home on a hillside
Makes planning a slip-n-slide.*

*Roses are red,
Violets are blue;
Our MI yard is the last frontier;
Anyone for a Happy Hour
With Kirsten's Jane Deere?
Here?*

*Roses are red,
Violets are blue,
The fresh air from the distant sea
Reminds me to drink rum & eschew
tea.*

*Roses are red
Violets are blue,
What are all the ways that I may pack
thee?
Hark! I hear a tree trunk calling.*

*Roses are red,
Violets are blue,
Who'da thunk,
Another new neighbor may be a
chumk.*

*Roses are red,
Violets are blue,
Sapphire is the color of the boundless
Sahale sky and the name of my
ginormous vat of gin.*

*Roses are red,
Violets are blue;
I behold kids' grade school report cards
and college papers;
Happily, Keith said some were keepers.*

*Roses are red,
Violets are blue,
We are one with The Crown,
But we must finish our pack and
Not let ourselves drown.
[You just assumed I was referring to
British TV.]*

Happy birthday, All!

- ❖ Happy birthday, Kim Hart – February 23
- ❖ Happy birthday, Debra Hooper – February 23.
- ❖ Happy birthday Rose Buchmeier & wishes for speedy recovery – February 27
- ❖ Happy birthday to Annalise Callo – February 28



News from Elias by *Elias Serras*


**Ugly produce.
Delivered.**

Want to fight food waste, support farmers, and eat more fresh, seasonal fruits and vegetables?

Use Promo Code
GEC
when you sign up
and \$10 will be donated to
the Community!

It is fully customizable and there are no membership or cancellation fees. Try a box and see if you like it. Feel free to contact me at Elias.S@imperfectproduce.com
Learn more at www.imperfectproduce.com

As some of you may know I am now working for a really cool company called Imperfect Produce that buys fruits and veggies directly from west coast farms, that would otherwise be sent to landfills for being too big, small, misshapen or more often than not... just for being surplus. Americans throw out 25% of the produce we grow each year just because it doesn't meet our cosmetic standards!

Our company battles food waste by buying up as much as we can at a fair price and selling this produce for 30-40% cheaper than most grocery stores. You can make a fully customizable box online, no sign up or cancellation fees, delivered to your house. I am an outreach associate, so I am hard at work trying to spread the good word, and my success is measured by how many people sign up using one of my coupon codes.

Just got to <https://www.imperfectproduce.com/join> and you can use the code Elias50 if you want 50% off your first box OR use the code GEC if you want us to donate \$10 to the Goodenough Community. Unfortunately, you cannot combine both. Please also tell any friends who might be interested and pass along the codes as it will support the work that I'm doing :)

We are currently delivering from Olympia to Marysville and will continue expanding in the coming months.

We are also set up in the following cities and adding one a month:

- Bay Area, CA /\ Los Angeles, CA /\ Orange County, CA
- Greater Sacramento Area, CA (includes Davis) /\ San Diego, CA
- Chicago, IL Metro Area /\ Indianapolis, IN /\ Baltimore, MD
- Washington, D.C. /\ Austin, TX /\ Houston, TX (coming soon!)
- San Antonio, TX /\ Portland, OR Metro Area

- Seattle, WA Metro Area (including Tacoma and Olympia) /\ Milwaukee, WI

In other news, I have been working with a Berkeley-based organization called YES! (<https://www.yesworld.org/>) whose mission is to "connect, inspire & collaborate with change-makers to build thriving, just & balanced ways of life for all." Since its founding in 1990, it has held over 100 week-long Jams all over the world. I had the privilege of attending the HOME Environmental Jam last spring. HOME standing for Healing Our Movement Ecosystem.

This year I was asked to return as part of the paid facilitation team, YAY!!! This is absolutely the work that I want to be doing most. The Jams are so much like Human Relations Laboratory with such a deep focus on building community and learning to better BE with ourselves, each-other, and the planet that supports us. I am helping to brew up the first ever PNW Jam that will happen in the next year, maybe even at Sahale. Several of us are also in communication about starting a Men's Jam. See the flyer for this year's HOME Jam. Please pass it along to anyone who is passionate about Environmental work, art, and ethics.

The last thing I want to mention that I will be involved in is an event in March that is being produced by friend Ben Browner and others on Orcas Island. It is called the Imagine Convergence (<http://www.imagineconvergence.com/>), and the mission is "to nourish the holistic evolution of society by showcasing emerging ideas and stewarding networks of awareness. Through the connection of participants and presenters we are weaving stories to inspire transformation in our daily lives and the world at large." If you are interested in attending, you can use the code **convergencepromo10** to get 10% off a ticket. See the attached flyer and check out the website if this is something you may be interested in.

From my heart to yours: I wish your 2019 to be filled with lots of deep connection, play, and learning.

Love, Elias

JAM HEALING OUR MOVEMENT ECOSYSTEM

MAY 19-24, 2019
QUAKER CENTER
SANTA CRUZ MOUNTAINS, CA

The HOME Jam brings together 30 passionate, dynamic changemakers of diverse backgrounds and regions, from throughout the environmental movement. Join us for visioning, connecting and learning together, towards personal, interpersonal and systemic transformation.

“ We need to be setting our sights higher and deeper. What we're really talking about, if we're honest with ourselves, is transforming everything about the way we live on this planet. ”

Rebecca Tarbotton, Rainforest Action Network, 1973 - 2012

FOR MORE INFORMATION AND TO APPLY, VISIT
YESWORLD.ORG/HOMEJAM2019



IMAGINE

CONVERGENCE



CHARLES EISENSTEIN



NIKKITA OLIVER



PAUL STAMETS



JULIA BUTTERFLY HILL



YOUSSEUPHA SIDIBE





A CUTTING EDGE CONFERENCE IN THE HEART OF THE SAN JUAN ISLANDS - MARCH 2019

WWW.IMAGINECONVERGENCE.COM



Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now and strategize the many steps it will take to get there. Here is the Go Fund Me link.

<https://www.gofundme.com/global-earth-repair-conference>

More info at <https://www.earthrepair.friendsofthetrees.net>



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**.

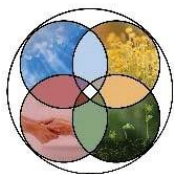


Programs and Events of the Goodenough Community

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



The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be January 28 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meetings are Feb 11, 25, Mar 11, 25, April 8, 29, May 6, 20, June 3, July 15.

Weekend for Couple, March 1 to 3, 2019

More is Possible - More Connection - More Communication - More Passion

More is possible in your relationship now! This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



Annual Goodenough Community Meeting March 15 to 17, 2019

This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. 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. We are announcing the annual women's weekend, **May 3 to 5 at Sahale Learning Center.** Contact Elizabeth for more information.



The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men's *right of passage* experience preceded by a smaller group vision quest. These two events will be scheduled for this spring, the vision quest component centered around a small group backpacking trip into the Olympic National Park.



For more information, contact me: 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, Feb 24, Mar 10, 24, April 7, 28, May 19, June 2 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

**Watch for new dates for
Summer Camp 2019 next week!**

Summer Camp for Youth, June 23 – 29, 2019

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 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

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 (May 24 to 27)** 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 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) to make arrangements.