

LIGHT ON!

hope
is being
able to see
that there is light
despite
all of the darkness.
- desmond tutu

artsyforager.com

The Village eView

December 20, 2017

Pam Jarrett-Jefferson, Guest Editor

Coming Up:

New Year's Eve at Sahale, December 31

Pathwork, January 7

Friends of Sahale, January 12-14

A Story Gift from My People, The Bears: As Told by Ursula

John L. Hoff

(From the Solstice Bus Trip 2017)

I am the bear that rested behind the mask in John Hoff's office for many years. It is not unusual for me to tell stories about my people. We were in this land before people were here and have a lot to teach humans. I tell you this because my story begins a long, long, long, time ago, before humans walked the earth, when the world was the land of the animals. This story starts during a very long winter back then.

The sun did not come out for three years. It snowed all the time. The animals were suffering very much from this long winter. The lack of food was bad enough, but the lack of heat made it unbearable. They were greatly frightened. The animals called for a grand council to be held. Animals of all shapes and sizes were invited. When everyone gathered, the animals looked around and realized that one creature from the animal world was missing: Bear. It was then that they realized that no one had seen any bears for three years.

All the animals agreed that the most important thing to do was to find out what had happened to the heat. Without heat their sufferings would never end. They decided that heat



must be found and it must be brought back again. It was decided that several quick and brave animals would go on a search mission to the upper world. That's where they believed the heat had been taken. The animals chosen for the mission were Lynx, Fox, Wolf, Wolverine, Mouse, Pike (a freshwater fish), and Dogfish. After traveling far and wide through the air, the group finally found the hidden doorway that opened to the upper world. Excited, they all climbed upward to the world above.

After exploring the upper world for some time, they saw a lake. By the lake, burned a campfire with a tent beside it. By the tent were two young bears. They asked the cubs where their mother was, and were told she was off hunting. Inside the tent, a number of big, round bags were hanging up. The animal visitors pointed to the first bag and asked the cubs, "What is in this bag?"

"That," they said, "is where our mother keeps the rain."

"And what is in this one?" the animals said, pointing to the second bag.

"That," the cubs answered, "is the wind."

"And this one?"

"That is where mother keeps the fog."

"And what may be in this next bag?" said the animals.

"Oh, we cannot let you know that," said the cubs, "for our mother told us it was a great secret, and if we tell, she will be very angry and will bop us on our heads when she returns."

"Don't be afraid," said the fox. "You can tell us. She will never know."

Then the cubs whispered, "That is the bag where she keeps the heat."

The visitors said, "Aahh ...". They glanced at one another, and said their good-byes quickly. Once outside the tent, they rushed to a hidden spot and held a quick council. They agreed that they should leave the bears' campsite at once, as the mother bear might return at any time. After doing this they found a safer spot to hide. The task next placed before them was more difficult. How were they to capture the bag with the heat?

"We need to distract the old mother bear somehow," said Fox.

"I know!" said Lynx. "I'll change myself into a deer on the other side of the lake."

"Good idea!" said Wolverine. "The mother bear will see you across the lake and she'll want to hunt you. She'll have to paddle her canoe across the lake, and that will give us time to get the bag with the heat."

"Better yet," squeaked Mouse, "I'll chew a deep cut in the bear's paddle near the blade, so it will take her even longer to canoe across."

"Yes!" cried the others.

So Lynx went around to the other side of the lake and turned into a deer. Now as a Deer, he wandered near the edge of the lake to attract Bear's attention. In the meantime, Mouse scrambled into Bear's canoe and chewed a deep cut in the handle of her paddle close to the blade. The others hid near Bear's tent. When one of the bear cubs saw the supposed deer across the lake he cried out, "Look at the deer on the opposite shore!" The old mother Bear immediately jumped into her canoe and paddled toward it. Deer walked slowly along the beach pretending not to see the canoe, so as to tempt Bear to paddle up close to him. Then all at once Deer doubled about and ran the opposite way. Old Bear threw her whole weight on the paddle to make it go faster, and the paddle broke suddenly where Mouse had gnawed it. The force of Bear's weight threw her into the water. The other animals were watching the hunt from the other side, and as soon as they saw the mother Bear floundering in the water, they ran into the tent and pulled down the bag containing the heat. One at a time, they tugged the bag through the air toward the opening to the lower world from where they had come. They hurried to get back to the opening as fast as they could, but the bag was very large, and none of them was able to keep up the pace for long. Whenever one tired out, another would take the bag, and in this way they hastened along as quickly as they could, for they knew that the old mother Bear would soon get ashore and return to her tent, and that when she did she would discover the missing bag. Then she'd be furious and follow their footprints to catch them! Sure enough, the old mother Bear was soon in hot pursuit, and had almost overtaken the animals when they spied just up ahead the opening to the world below. By this time the stronger animals were all so tired, they could hardly move at all. Now Dogfish took the bag and pulled it along a good way, and finally Pike (the freshwater fish) managed to inch it along some more. At that very moment, Bear lurched toward them. All the animals together pushed the bag until it tipped through the hole to the lower world and they each jumped in after it to safety, just in time.

The bag dropped to the world below! It broke and all the heat crammed inside the bag rushed out. Warmth spread at once to all parts of the world and quickly thawed the ice and snow. Flood waters ran high for many weeks, but then the waters subsided. The trees, bushes, and flowers which had been covered by ice grew green leaves once more, and springtime bloomed. From that time till now, the world has always seen a warm season returning after a cold one, just as we see it today. Remember again who is telling you this story. I am Ursula, the great mother bear that now lives indoors with people, so I can tell them my stories. Thank you for listening.

Source: The Long Winter is based on a story in an article called Legends of the Slavery Indians of the MacKenzie River from the Journal of American Folklore, Volume 14, 1901, pp.26-28. Canadian Folktales

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

Photos from the Solstice Bus Trip 2017



The following article was contributed by Hollis Ryan. The holidays are a good time for good conversations! Warm fire, hot toddy in hand...

How to Have Honest Conversations

BY BEN CONNELLY | [Link to the article is here.](#)

If you're craving more authentic connection with others, these five conversation strategies can help.

In some ways, it's never been easier to connect with the people in our lives; we're all just a text message or social-media post away. Yet, while these tools enable us to stay in touch with each other — liking vacation photos or exchanging casual banter — truly meaningful interactions can sometimes feel scarce.

We can, of course, feel closely connected to others without having deep conversations all the time. We might bond over baseball statistics. We might joke around. We might enjoy each other's silence.

But there are times when we want to be able to say what's in our hearts, and it can be difficult to know how to cultivate deeper [conversations](#). It might be scary to open up about things that really matter to us — and some people prefer not to engage on such an intimate level. Or maybe there's conflict in a relationship, or certain topics have been swept under the rug, exactly where others want to keep them.

I often think of the dramatic scenes in movies and books when the protagonists, often on their deathbeds or hanging off the side of a cliff, finally reveal their truest feelings. We don't have to wait until the end of our lives or some other critical moment to speak up about what is important to us, or to reach out to others in emotionally honest ways.

These five tips can help each of us enrich our relationships by having conversations from the heart.

1. Create the space.

Few emotionally rewarding conversations start with "We need to talk." If you want to relate more deeply with another person, or share your own thoughts and feelings, think in terms of creating space — both physical and emotional — where real discussions can transpire naturally.

People feel comfortable in different settings, so consider where this person will be most at ease. Reflect on what feels good to you, too — the kinds of places and situations where you've felt safe sharing emotions or exploring ideas with someone else. Maybe a [walk in nature](#) lends itself to a deeper discussion. Perhaps the neighborhood coffee shop or your own living room feels more inviting.

You don't necessarily need an environment devoid of distraction. While a blaring TV or pinging smartphone will certainly interfere with an intimate discussion, sometimes it's nice to have

little “escape hatches” for people who find face-to-face conversations a bit too intense: Shooting baskets with your teenager might allow him to relax and share what’s on his mind better than inquiring at the dinner table about his day. Preparing a meal alongside your new sister-in-law may ease any sense of formality that could get in the way of a good talk.

2. Talk *with*, not *about*.

Sometimes we need to talk about other people. It’s good to catch up on family news, and it can be important to relay the details of a mutual friend’s illness or a spouse’s new job. But one of the easiest ways to avoid discussing our lives, our hearts, and our values is to focus on people who are not present.

In these cases, as long as you’re discussing someone who’s not there, you’re essentially looking past the person who’s right in front of you. Or maybe you’re hiding and don’t even realize it.

So how do you shift from sharing the news (or [gossip](#)) about other people to actually talking *with* your conversation partner? You could start by asking how he feels about his spouse’s job change, for example. Or you could explore your own emotions and thoughts about your mutual friend’s illness. Redirect your attention to the experiences and emotions of those who are present.

3. Speak from your heart.

We can talk about our favorite subjects all day: gardening or football, theology or furniture making, politics or rodeos. We can conceal ourselves behind our pet topics, too, never delving deeper into why and how such things might touch our lives in meaningful ways.

Determining when it’s safe to introduce your real feelings or concerns into a conversation takes sensitivity, [bravery](#), and a willingness to experiment. Let’s say you’re chatting about spring planting with a fellow gardener and sense that she may be open to a more personal connection. Here’s one way you might initiate a conversation about something that’s important to you:

You (testing the waters): “I’m really looking forward to my garden this spring. Especially now that I’m taking care of my aging dad, I’ll need a little garden therapy!”

Fellow gardener (picking up on your cue): “I didn’t realize you were a caregiver for your dad. How are you doing with that?”

If your conversation partner expresses interest in your personal feelings and experiences, you can feel confident sharing more. On the other hand, you’ll know pretty quickly if she isn’t willing or able to go deeper. (“Yeah, I can’t wait for spring, either.”) If that’s the case, set aside your concern for now, and keep your eyes open for other opportunities to connect with someone else.

That said, it’s vital to find people with whom you can share how you really feel. If there is no one in your life you can really open up to, consider reaching out to a therapist or minister.

4. Listen from your heart.

Conversation is a two-way street, and just as you must be bold enough to tell your own stories and express your own concerns, you must also be receptive enough to listen to another person's stories and concerns.

Deep listening isn't easy. It requires concentration, compassion, and self-awareness. You know how good it feels when you realize someone truly hears what you have to say — and how lousy it feels when the other person seems distracted, more interested in sharing his perspective, or intent on “fixing” you.

So when your conversation partner says something that triggers a strong emotion, whether that be sadness, envy, boredom, or excitement, challenge yourself to stay present rather than insert yourself into the narrative. When that person is struggling with a challenge that seems to have an obvious solution, resist the impulse to advise. Try to recognize your own motivations or expectations so you can instead focus on the other person. (For more on how to be a compassionate listener, go to [“5 Ways to Be a Better Listener”](#).)

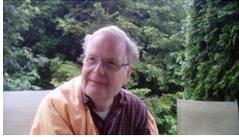
5. Let go of outcomes.

Even if the only thing you want from a conversation with another person is a deeper connection, you may not get it. Insisting on such an outcome when the person is not interested or emotionally ready isn't just ineffective; it's unkind. (And if your goal is to convince or influence in any way, you're trying to control the relationship, not deepen it.)

It takes courage to initiate authentic conversations, to essentially say to someone: “This is how I feel; this is what I need. Would you be willing to go there with me?” Similarly, it takes bravery to let go of what you've hoped for in a conversation or relationship.

It also takes practice. The more you seek to connect with others in an authentic way, the more you will hone your skills of giving and receiving, inviting and releasing. You will learn to approach your conversation partners — and yourself — with greater patience and compassion. Over time, these relationships will feel less like a series of casual touch points and more like the authentic connections you desire.

This originally appeared as “True Talk” in the December 2017 print issue of Experience Life



The deAnguera Blog: The Gingerbread House



Last weekend Colette Hoff's two granddaughters Sophie and Lilly came to visit us. As you can see they assisted in putting the pizza we had together with Colette. They also assisted Draï Schindler in making ingredients for the gingerbread house. Draï is really into the Christmas spirit with her Santa hat.

What delicious pizza we had. Colette's own recipe. We all agreed it was better than any store bought pizza.

I remember when Colette made gingerbread houses at our former community center in Seattle's Mt. Baker neighborhood. I believe we always had grandchildren around because what's the point of making a gingerbread house if there were no children to enjoy it. There are certain things that go better with kids. Kid energy is just as important as adult energy and Christmas is really one of the best times to remember this.

This is the most intricate gingerbread house yet. There is even a gingerbread house inside it! It also has a steeple. A church?

Families build gingerbread houses. I certainly would never have built one alone. Christmas alone? I can't stand the thought. I can see why Christmas can be challenging time for lonely people.

Thank you everybody for making Sahale the fun family it is. No matter who you are or what events you attended you are part of making all this happen.

That's what I like about our community. We are family for each other. Out here at Sahale we do stuff together keeping the place going.

In the world at large we are all just factors of production and consumption. I find it difficult to see how a solitary nuclear family can make it alone. For me the psychological challenge would be enormous.

There's no way the commercial world can even come close to what we have as a community family.

In politics there is a lot of talk about 'family values'. I wonder if they really understood what makes family life possible or even how a family functions.

The life the Goodenough Community has given me reminds me a bit of the family life I had while growing up but without any of the negative parts. Now I know better how to work with other family members thanks to Lab.

Thanks so much Jim Tocher for being the dad and giving us both the chance to practice the father-son relationship at its finest.



Wow! A gingerbread house!
It's amazing what goes into building one. Almost like a real house?



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. Happy hour is at 5pm with dinner to follow. We will provide food and drink and invite anyone coming to bring a dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!



New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. Consider coming as early as your schedule allows. Please

email **Kirsten** (Kirsten Rohde (krohde14@outlook.com)) to RSVP with your plans. A suggested donation of \$35.00 will cover expenses.

Third Annual Friends of Sahale weekend January 12-14, 2018

Kirsten Rohde

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.

These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

Please consider coming to this year’s Friends of Sahale weekend. This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other’s company, and share many appreciations.

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)

Intending a more collaborative and sustainable future

Bruce Perler

The Goodenough Community continues in its now several years-long transition experience, knowing that its sustainability depends on graduating from a founder-based creative endeavor supported by steadfast and dedicated individuals, to a community enjoyed and operated by and for its membership and in collaboration with the broader communities movement.

I believe that making a notable change at this time of transition in our operational behaviors around governance, especially to such a well-known model, **Sociocracy**, would be invigorating for our membership and a meaningful, goodwill effort towards being more supportive and joining of the larger communities movement. In my optimistic musings about this, the threshold to collaborating with our community is lowered by this change and our interchange / flow with the larger communities network is meaningfully increased. I think a second order change is possible based on this kind of investment in our own future by placing greater value on collaborating beyond our own community and making it easier to join and support us via a well-known operational model. Whether its partnering with our regional sister communities or participating in the Global Ecovillage Network (<https://ecovillage.org/>), change of this type demonstrates us as viable partners, energized activists and forward-looking global villagers. And, this level of change would clearly signal our interest in sustainability and broadening our collaboration, an organizational behavior worthy of a 35+ year, well thought of community.

Join in with our leadership council of members by marking your calendars for **April 27-29, 2018** when we'll be hosting, at **Sahale Learning Center**, in collaboration with the **Northwest Intentional Communities Association** (NICA - <https://www.facebook.com/nwcommunities/>) and

Diana Leafe Christian, a three day intensive training, [Sociocracy for Intentional Communities and Member-led groups](#) [LINK](#)

We will gather Thursday evening April 26 with dinner and socializing and begin the workshop on Friday, April 27. The workshop will end Sunday, April 29.

For more general information on Sociocracy: <https://en.wikipedia.org/wiki/Sociocracy>

For a short video of young people demonstrating Sociocracy in action see, [Sociocracy - The Operating System of the New Economy](#) (<https://www.youtube.com/watch?v=l3zFWpntExg>).

Testimonial for Sociocracy ... *this training has helped apply sociocracy to anything from small community projects to businesses with 30 tiers of hierarchy. Applying sociocracy helps flatten the hierarchy - i.e. the organization becomes more resilient, more adaptive and more humane because people are listened to and the collective wisdom of everyone is tapped. (Checkout consent vs consensus if you're curious).* - Charlie S.

For more on Diana's workshop experience, see: [Sociocracy - a deeper democracy](#)

Some videos of Diana on Sociocracy:

1. [Three Parts of Sociocracy](#)
2. [Purpose and three parts of Sociocracy](#)
3. [Seven Parts of Sociocracy](#)
4. [The Three Parents of Sociocracy](#)



Wiley visiting Grandpa John



John is back at home



Additional Announcements:

Phil Stark's Memorial Service

Saturday, Jan 6 in the afternoon (1 or 2) at the Community of Christ Church, 31720 116th Ave SE, Auburn. Phil's daughter, Karen, will let us know when she has set a time. We'll pass on the time when we know.

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.

Pathwork

January 7, 2018

The Pathwork Circle will be hosting an evening dedicated to death and dying. Tom Gaylord, former director of the Shambala Center in Seattle, will be offering guidance for dealing with grief and offering our community his support. He has been a practicing Buddhist for many years and Colette met him through an event at Sahale. Tom is also willing to meet with individuals who might need him.

Pathwork meets at the community center at 3610 Barton St. at 7:00. This Sunday evening is open to anyone. Please RSVP by letting Hollis Ryan know your plans. hollisr@comcast.net

Calendar of Programs and Events, 2017 - 2018

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

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

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: January 19, March 2, June 1.** 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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: January 20, March 3, June 9. Womens 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





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 7, 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



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Friends of Sahale Annual Weekend, January 12-14,

2018. The *Friends of Sahale* are people who enjoy and care about Sahale and are interested in helping shape Sahale's life, culture, and future. See more description of this weekend in this eView or contact Kirsten Rohde,

krohde14@outlook.com



Summer Camp for Youth, June 24 – 30, 2018

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

Contact: Irene Perler, Irene_Perler@hotmail.com

Human Relations Laboratory, August 5 to 11, 2018

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

Lab Leadership Training, February 16 to 18, 2018





Annual Community Day at Sahale: March 17th, 2018. This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

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

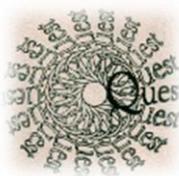
Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

Contact: Kirsten Rohde, krohde14@outlook.com

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



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.