



# Village eView

November 28, 2018

Colette Hoff Editor

## COMING UP

**True Holidays Celebration**, December 1

**Pathwork**, December 9

**General Circle**, December 10, 6;30

**Christmas Day Open House**

**New Year's Eve**

## Nostalgia

### Remember What is Important

Colette Hoff

John Hoff spoke many times especially during the holidays about *nostalgia*, which literally means the pain of home and usually refers to memories of our home that we miss or regret. What happens inside when you hear carols like “I’ll Be Home for Christmas” or “Chestnuts Roasting?” Likely images of the past holidays come up: memories that include people no longer living, smells of traditional food, beautiful light-filled sights, sitting at a holiday table with family and friends and so much more. There is a longing and sadness associated with nostalgia that is like grief yet there is a good feeling that those memories are real and those experiences live on at least in stories.

British Psychiatrist, Neil Burton, author of *Heaven and Hell: The Psychology of the Emotions*, wrote an article titled The Meaning of Nostalgia: The psychology and philosophy of nostalgia for Psychology Today. Burton writes: *Nostalgia is sentimentality for the past, typically for a particular period or place with positive associations, but sometimes also for the past in general, ‘the good old days’ of yore. At the end of André Brink’s novel, An Instant in the Wind, the character of Adam memorably says, ‘The land which happened inside us no one can take away from us again, not even ourselves.’ Nostalgia combines the sadness of loss with the joy or satisfaction that the loss is not complete, nor can ever be. Mortal though we are, whatever little life we have snared from the legions of death is forever ours.*

### **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

*Today, nostalgia is a natural, common, and even positive emotion, a vehicle for travelling beyond the deadening confines of time and space. Bouts of nostalgia are often prompted by feelings of loneliness, disconnectedness, or meaninglessness; thoughts about the past; particular places and objects; and smell, touch, music, and weather. When I was a child, I kept a lock of fur from my English sheepdog Oscar after he got run over by a tractor and had to be put down. Like the toys and books of our childhood, or our childhood home, the lock became a sort of time portal, which, for many years, helped me to nostalgize about Oscar.*

*I say 'help' because nostalgia does have an unexpected number of adaptive functions. Our everyday is humdrum, often even absurd. Nostalgia can lend us much-needed context, perspective, and direction, reminding and reassuring us that our life (and that of others) is not as banal as it may seem, that it is rooted in a narrative, and that there have been—and will once again be—meaningful moments and experiences. In that much, nostalgia serves a similar function to anticipation, which can be defined as enthusiasm and excitement for some expected or hoped-for positive event. The hauntings of times gone by, and the imaginings of times to come, strengthen us in lesser times.*

When I was a young adult, I had nostalgia for my family of origin and holiday traditions. Then I adopted southern ways of celebrating the season and have felt nostalgia for that time in my life. Now, in my third age, I have nostalgia for Christmas at 2007 33<sup>rd</sup> where John and I celebrated with family and friends for many years. John very much enjoyed all aspects of the holiday season and sitting in front of our very large Christmas tree watching lights and commenting on ornaments with a warm fire is a strong memory. John will be greatly missed this year! The magic John brought with him to the holidays lives on even as our family creates new traditions around the needs of the children and yet it won't be the same. A story John wrote a number of years ago follows.



## **Grandpa Confronts Scrooge 2009**

John L. Hoff

I once had two grandfathers. I knew them only from a few brief visits. I remember their deaths only from some vague memories of my parents talking sadly about their passing. Therefore, my attempts at being grandparent involve doing things without a game plan. Without memories. There is no déjà vu or sixth sense. That's why the following story about Charlie comes to mind as I look across the room at my sleeping 3-year old granddaughter just two days before Christmas.

I knew Charlie when he was about my age now. He moved in next door to us. My neighbor, Paul, a soft hearted Latino, had worked with Charlie for years and kept up with him after Charlie's retirement. He invited Charlie for two weeks as Charlie recovered from surgery. However, the whole family including Paul's three children wanted him to stay for another week through Christmas. The rest of the story is Charlie's and my inner grandpa is remembering it—

A couple of days before Christmas, Charlie came next door to visit me. Over an eggnog, he excitedly told me that he had gone through a conversion. Now Charlie was not at all religiously inclined so I didn't understand the reason for his exuberance or what made him use the term conversion. He shared, " For several days since I decided to stay through Christmas I have been suffering. Their love of me was making me angry and the adoration of their three year old Paula was most irritating of all. That is when it happened for me," he said. Little Paula had overheard the word *nostalgia* and asked what it meant and her mother Marie, responded like the teacher she is: "Nostalgia literally means the pain of home and usually refers to memories of our home that we miss or regret." Paula turned to me and said, "Is that why you are sad, Charlie? Do you have nostalgia?"

"I was stunned I couldn't find words. I didn't want to admit I had just been psychologically upended by a kid. I found myself crying and talking about my childhood and my marriage, my loneliness, my appreciation for them all. The Scrooge in me had been fiercely dedicated to rejecting the happiness of this home. Now that I had released my pain I was extremely happy and in love with life, like I haven't been for years!"

This is a story from 1964 and I have some kind of radio receiver in my head that brings in old memories and old feelings to answer questions that haven't been consciously formulated yet. You see I had been struggling to get fully into Christmas and to the joy with family and friends when I looked across at Sophie (Hoff) and remembered Paula (and then thought of Charlie and then realized I was **nostalgic** for something. I'm OK now! In the last few minutes, I got converted.) Merry Christmas! Love John



## Nostalgia: what gets saved from the past?

Kirsten Rohde

When my sister, Katie Sullivan, and I were helping our Dad move to a retirement home many years ago, Katie, who lived closer and had a house with a basement, volunteered to take all the boxes of paper, letters, scrapbooks, and photos from our family home.

Now, many years later, when I go to visit, we spend some time going through boxes to decide what to save and what goes. This year was especially intriguing because for the Thanksgiving weekend our uncle and cousin came up to Maine from Florida. So with 4 generations of our family all together we did have some stories to share and enjoyed hearing from our uncle about his life of 88 years.

In one box we found many print negatives, carefully filed away with notes for when and where these pictures were taken. And photos, letters, and a lot of other things were also in the box. Some were written in another language because our mother's father was working in Yugoslavia at the time that she was born. From that box we threw out about 90%. There may have been a letter written in some other language that maybe has some historical relevance. But so? What were we going to do with it? Into the throwaway pile it went. Photo negatives? Thrown away. Photos of people we don't even know, places we don't know, letters, souvenirs, official documents, and so on – with



only a few saved, they all went away.

But photos of our uncle when he was a young Navy man, of family taking a ride in a very old model car, cute baby pictures, and photos of the house being built in Massachusetts where we grew up – we saved some of these. We saved the photo of the Nazis marching through Paris, a picture taken (illegally) by our grandmother. We saved pictures of our father and mother when they were young and so in love.

As I was going through stuff, I thought this must be nostalgia. We have memories and we have family history from before we were even born. The physical trail of stuff from those times are like nostalgia – a feeling of wanting to be connected to the past or understand more. But it doesn't do much for the present. I may look at the things we saved again or maybe never. It's in the past. The real feelings I will remember come from being with my family – four generations. Seeing what my grand nieces were up to; hearing Uncle Peter talk about his life and watch him have fun playing board games with the girls. Reconnecting with my cousin Karen who I haven't seen for many years. I am so glad I went back to Maine for Thanksgiving this year and I will remember often what a warm, connected time we had. I probably won't think much at all about all that we put in the recycling. If I do remember something it is only to know that I have been shaped by cultures and experiences of those who went before. The pictures show that our father, with help from family and friends, did a lot of the building of the family house and joined by our mother did the landscaping. I grew up in that home. Prior generations lived lives that had bad and good in them. I feel more strongly that I am here doing what I'm doing because of them.



### **December 1, 2018 - 6 to 10 PM**

*Elizabeth Jarrett-Jefferson with Kirsten Rohde*

**O**ur annual True Holidays Celebration--a tradition of more than 30 years in our beloved Goodenough Community--will be held again this year on **Saturday, December 1, 6 to 10PM**, at the **Mercer Island Congregational Church on Mercer Island, 4545 Island Crest Way**. This event has always been about bringing together family, friends, other communities & colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred way, honoring many faith traditions. Importantly, the celebration also provides an opportunity for you to reflect and therefore be intentional about planning for the holidays, giving pause to remember what you value over the holidays; we'll lend a practical hand to help you make an actual plan. We'll have our Silent Auction again this year and feature exclusively handcrafted items and

experiences (since we've learned over time that these are the most valued and bid-on items). Sherry Nevin and her musical contradancing colleagues, also a favorite tradition, will again be with us.

So, for now, prepare to engage in our annual event where friends, fun, feasting, connection, and tradition are the important things to remember and cherish. The flyer to email friends is attached to the email announcement.

## Why I love the True Holidays Celebration 2008

Kirsten Rohde

I grew up with the typical non-religious Christmas celebration: food, lots of presents, by 8 am it's over, on New Year's we didn't do anything much, then back to school. I do remember the package that came from Grandma Rohde every year with home made Christmas cookies. Also the shiny wrapping paper on some gifts from our relatives.

Then, when I was a young adult, I was very opposed to all the consumerism of Christmas. Also as a rebellious agnostic at best, anything spiritual about the season was lost on me.

When I became friends with John and Colette and others in our community, things changed for me. Celebrations were part of our culture. Christmas was a time to gather, with a fire going, friends dropping by, and thoughtful gifts exchanged. John and Colette have helped form a true seasonal experience as long as I have known them; part of their service to our community yes, but also part of their culture and belief in the goodness of the season. It is no surprise that David Hoff added to this many years ago by, with a group of friends, creating the first True Holidays experience.

The True Holidays Celebration is a way for our community to offer this culture out to everyone. The holiday season can be a magical time: a contrast of light and darkness, a time to see old and new friends, and a way to meet our nostalgia for a good home that reminds us of the good in whatever culture in which we were raised. With the short days and evenings lending more time to reflection, it is a good time to think through what has happened in the year past and what we anticipate and hope for in the coming year. It points to is a real need for humans to engage in contemplation and introspection, especially in these sped up and complex times.

Over time, I learned to look forward to this holiday time. I don't have any reason to get into the consumer rush and it is fun to let my inner child be entranced by the decorations, the music, and the crisp feel in the air. It is a good time to reach out to others. I appreciate that our community offers this event and I will be inviting others with these thoughts in mind.

Editor's note: Thank you Kirsten for your commitment and service to the True Holidays Celebration.



## Silent Auction

Creativity around the Silent Auction is growing. We have new offerings in addition to the experiences listed below:



Original art by  
Joe Crookston



Tod Ransdell will offer a soap making class. And for a second time, Angelo Berg will offer a children's art day. Max Fain, Seattle artist - art work and Sue Neaton - architecture consultation are each making contributions. We have also received a fine silk scarf, Bavarian Vintage Art Deco tea set, Sahale goodies gift baskets....

Do you have anything to offer?

In our experience from our many True Holidays Celebrations, we have found that the offerings that have meant the most are those that are personal and/or experiential in nature. We are focusing on those this year. If you have a offering of that nature, please contact Kirsten Rohde, at [krohde14@outlook.com](mailto:krohde14@outlook.com), or Carla Geraci – [mamacarla@comcast.net](mailto:mamacarla@comcast.net)

Here is a taste of some of the great “experience” offerings for this year’s event.



A handmade Quilt by Katie Sullivan

## ART TOUR

Offered by Claudia Fitch, MFA

Join **Claudia Fitch** on a motor/walk tour of public-art sites she has created within the Seattle area. Three or four sites will be visited, depending on time: Qwest Field (SODO); the First Hill Street Car (International District and First Hill); Pantages Apartments (Capital Hill); and Kaiser Permanente Headquarters (South Lake Union). Claudia can accommodate up to three or four in her car. The date and time will be negotiated and arranged between Claudia and the lucky participants.

*More on Claudia:* Claudia graduated in 1975 with a BFA in painting from the University of Washington and received her MFA in painting in 1979 from the Tyler School of Art in Philadelphia. She currently resides and works in the Seattle area. The majority of Claudia’s art exhibitions have been featured in New York and Seattle, but she has had her work featured as far away as the Netherlands. Her first piece was a miniature cityscape in the midst of a real cityscape in New York, which creates an interesting contrast. Some of Fitch’s fellowships include the New York State Council on the Arts, through Sculpture Space, Utica (1989), the Artist Trust Fellowship in Visual Arts, Seattle (1992), and the Art + Architecture Program Fellowship, European Ceramics Work Center (2006). Fitch was also commissioned to create artwork for the Eastgate Park and Ride in Bellevue and those visiting [Qwest Field](#) in Seattle might have noticed her creation entitled “The Colossal Heads.”



### **DINGHY RIDE with Jodine and Leslie**

An Experience awaits two adults to explore--up close and personally--the areas near Shilshole Bay Marina. Two experienced and very fun skippers – Jodine Hatfield and Leslie Kay Norman— will be right there with you. Leslie and Jodine will also provide drinks and snacks based on the preferences of the successful purchasers of this experience. Options are to explore the Shilshole Bay Marina, the Ballard Locks and Golden Gardens Park, roughly a two-hour experience. Purchasers are asked to schedule directly with Jodine and Leslie about a month in advance.



### **MASSAGE**

Enjoy a one-hour relaxing massage from Kelly J. Brehan, LMP, at her Tacoma location.

### **POKER PARTY at the Geraci Home**

Enjoy dinner and drinks at the Geraci Home in Issaquah followed by a \$10 buy-in, No-Limit, Hold-‘Em Poker Tournament. Poker lessons and “subtle” coaching will be available during the first hour of the tournament.





## Thank You Tom Gaylord, Site Planning Weekend

Our weekend, November 16 to 18, was a wonderful gift to our community and Sahale Learning Center. Under Tom's leadership, we learned more about passions individuals have for various aspects of Sahale and had a chance to listen well to old dreams coming forward. We broke into sub-groups to study an area of interest more thoroughly and shared our learnings with the whole. As a result of the weekend, we have a proposal for a new entrance to the main garden, some trees to take down to enhance our views, new ideas for an event center, and lots of discussion around the log building. Everyone who attended came away feeling hopeful about developing proposals and concretize ideas. So much more to come!



## You are invited . . .

### Pathwork, December 9, 2018 7:00 pm.

Join the Pathwork Circle at the Shambala Center for some Holiday fellowship. We will sing some carols, share our inner experience of the season, and value the connection between us. The evening will be led by Colette Hoff.



## *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 the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at [hoff@goodenough.org](mailto: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, 2018 – 2019.** Monday will be New Year's Eve and Tuesday 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](mailto:krohde14@outlook.com))) to RSVP with your plans. A suggested donation of \$35.00 will cover expenses.



### Watchcare

Our dear friend, Willow Mckean, who attended our True Holidays Celebration last year, is having extensive by-pass surgery tomorrow at St. Joseph Hospital in Tacoma. Please send her your love and prayers.

Janet Walker has discontinued treatment for her melanoma and is receiving palliative care. She is in a lovely hospice facility. It's a big house - a mega-house, really - and there are only 4 patients there. She feels she is in good hands. She perks up when she receives messages through her Caringbridge page (<https://www.caringbridge.org/visit/janetwalker>) and cards, notes, and letters at her hospice facility: 9830 River Road, Potomac, Maryland 20854 Bless You Janet



**The deAnguera Blog: Thanksgiving 2018**



I believe this is my first Thanksgiving out here at Sahale. Two nice big turkeys were cooked and cut up for us by our chefs. On the left you can see Theresa Jacobsen doing the honors.

The next photo was taken for me and featured me at the head of the table with Paul, my brother and Pat, my sister-in-law to my right. I was so happy to see them share our Thanksgiving dinner. For many years I had Thanksgiving at their place. Now they have come out to my home.

The original Thanksgiving was celebrated by the Pilgrims who gave thanks for having survived a year in the New World. Over half of them had perished in the previous year and they had to steal food from dwellings of the local tribal people to survive. The Natives provided the food.

This year over 3,000 descendants of the local Native people gathered at Plymouth Rock to mourn. That's because we white folks acknowledged their generosity by taking over their land.

Thanksgiving is a time we all stuff ourselves silly (yours truly included) although somebody did suggest a fast and giving our food to hungry folks.

This is not a time to feel guilty. A good meal can be a wonderful way to bring us all together as family. We are family and celebrations like this are important to our Goodenough family.

The previous weekend Tom Gaylord lead us all in a site planning workshop where we dreamed about what to do with Sahale. For me just being here is a dream fulfilled. I am thankful for that.

I am thankful for my room with a nice warm bed for me every night. I am thankful for all the good meals we have had in Potlatch. I am thankful for the good friends I run into every day at Sahale. For some folks have no home and spend the night on the streets.

My room is enough when I think of where it is located. I have access to over 68 acres of riverfront as well as meadow, gardens and forest. The deer sometimes greet me as I go in for my radiation treatments every day. They love living out here as well.

We are a demonstration of just how important our relationships ae to each other. We are investing in our relationships, the most important investment anybody can make. The economy can go up and down. We will always be there for each other.

Unlike a nuclear family which disappears with age we will always be together. And our family can grow through the years.

Thank you Goodenough Community for making my older years joyous. You are a gift for sore eyes.



Even our guests agree. There is nothing like a Goodenough Thanksgiving!

### Thanksgiving at Sahale

Thanks to Draai with Irene, Theresa and all who attended for the wonderful thanksgiving feast!



Paul, a new work exchange resident is peeling potatoes.



Avinera in Potlatch



Amanda practicing her craft



Table decorations by Draai



## Always growing, always learning, always Sahale

It has been my pleasure to watch Mike this last month as he has stepped out on the horizon of the hearth. I am unsure how far his cooking experience extends, but thinking it is not much past his daily eggs and pancakes, by his own testimony.

We residents and workaways share the dinner cooking responsibilities. It is such a joy to cook for one another and a great break to have someone else cook for us. The last 3 Mondays, Mike has asked to cook dinner for us all. As far as I know this is the first time he has done this at Sahale and he is doing it with such overt and vigorous excitement. It has been fun watching him plan his menu, ask questions and prepare our food with such happy abandon and then celebrate in the eating of it with us!

He has a sideby, mentor and friend assisting him as he embarks on the culinary path. Amanda, our long-time workaway goddess, is a kind, fun, skilled and patient teacher. Together they are a knockout nearly Master Chef team....

My favorite part is listening to Mike sing as he cooks, he makes up food songs as he goes. My most memorable to date was his song vocalizing how happy he was to be preparing and eating JELLO!

I love you so Mr Mike. Thank you for your light and love. Thanks for the food and that inspiring smile!

I am a fan – Draï



## Events of Interest

One of our young friends and camper, Reidar Geraci is in this cast as a professional. At twelve, he's quite an actor. Many of you have asked for the schedule of performances.

Roald Dahl's beloved magical misfit comes to Village Theatre's stage in the hit musical that swept up five Tony Awards, seven Olivier Awards, and was named *TIME's* #1 Show of the year in 2013. *Matilda* is the story of an extraordinary girl genius armed with a sharp mind and a vivid imagination who dares to take a stand and change her destiny. With the help of her kindly teacher (and a little magic), this miraculous girl proves that everyone has the power to change their story. This West-Coast Premiere production features an incredible cast of 15 local youth who have been training together since June, and they'll be joined by some of the Puget Sound's best performers. Together, they'll create a magical experience for grown-ups and mischief-makers alike.

ISSAQUAH	EVERETT
Saturday Dec 1 2pm & 8pm	Friday Jan 4 8pm
Sunday Dec 2 2pm	Saturday Jan 5 8pm
Wednesday Dec 5 7:30	Sunday Jan 6 7pm
Thursday Dec 6 7:30	Wednesday Jan 9 7:30
Friday Dec 7 8pm	Friday Jan 11 8pm
Saturday Dec 8 8pm	Saturday Jan 12 8pm
Sunday Dec 9 2pm	Sunday Jan 13 2pm & 7pm
Wednesday Dec 12 7:30	Tuesday Jan 15 10am
Thursday Dec 13 7:30	Wednesday Jan 16 7:30
Friday Dec 14 8pm	Thursday Jan 17 7:30
Saturday Dec 15 8pm	Friday Jan 18 8pm
Sunday Dec 16 2m	Saturday Jan 19 8pm
Thursday Dec 20 2pm	Sunday Jan 20 7pm
Friday Dec 21 8pm	Thursday Jan 24 2pm
Saturday Dec 22 2pm & 8pm	Friday Jan 25 8pm
Sunday Dec 23 2pm	Saturday Jan 26 2pm & 8pm
Thursday Dec 27 2pm & 7:30	Sunday Jan 27 2pm
Friday Dec 28 8pm	Tuesday Jan 29 7:30
Saturday Dec 29 8pm	Thursday Jan 31 7:30
Sunday Dec 30 2pm	Friday Feb 1 8pm
	Saturday Feb 2 2pm & 8pm





### 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**.



### NOW'S the time to BUY on AMAZON.

Amazon will contribute a % of your purchases to the Goodenough Community.

Buy NOW for upcoming holidays, birthdays, friends, relatives, self, pets, garden, home improvements....whatever!

REMEMBER to SIGN UP at [smile.amazon.com](https://smile.amazon.com) to The Goodenough Community being your DONATION choice.



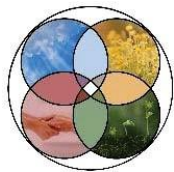
## Programs and Events of the Goodenough Community

**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](http://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 December 10 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026. Thank you, Tom, for welcoming the Council to your home!

**The Third Age** - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** December 14 and January 11. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)



**The Women’s Program** is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women’s weekend, **May 3 to 5**.

Contact Elizabeth for more information and directions to our meeting place.

**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. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



**Pathwork, a Program of Convocation: A Church and Ministry**

On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 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.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

## **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 Elizabeth for more information.



## **Christmas Day at Sahale**

Arrive anytime dinner will be 5:00 p.m with White elephant game to follow. All are welcome.

## **New Year's Eve**

Monday evening will find dinner at 7:00. See announcement on page 9.

Friends of Sahale weekend, January 18 to 20, 2019

Join with others for a weekend focusing on all aspects of Sahale. Proposals and decisions will be encouraged.

All are welcome. Please email Elizabeth with your plans, [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

## **Work and Play Parties throughout the Year**

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend 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](mailto: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) for an appointment.





# Christmas Greetings



Sending all happy thoughts your way  
to brighten your Christmas holiday!