

The Village eView

December 7, 2016

Colette Hoff, Editor

Coming Up:

Pathwork – Sunday, December 11

Council – Monday, December 12

Solstice Bus Trip—Saturday, Dec 17

To wonder at beauty

This is the season to “wonder at beauty.” Our wish is that you can receive the beauty created all around us during the holiday season. Decorations, light displays, beautiful food, performances all add to the beauty of the few weeks of the season. Allow it to make a difference.

This eView issue gives a glimpse of the beauty of the True Holidays Celebration on December 3. A truly intergenerational experience, contra dancers ranged from 7 mos. to 85! Old friends and new friends danced, ate wonderful food, had conversation, shared a moment of reflection and considered how to bring peace to the weeks ahead. The True Holidays is a magic time to come together on a dark winter night and let in the light of the holidays. Colette

On-Line News of the Goodenough Community System:

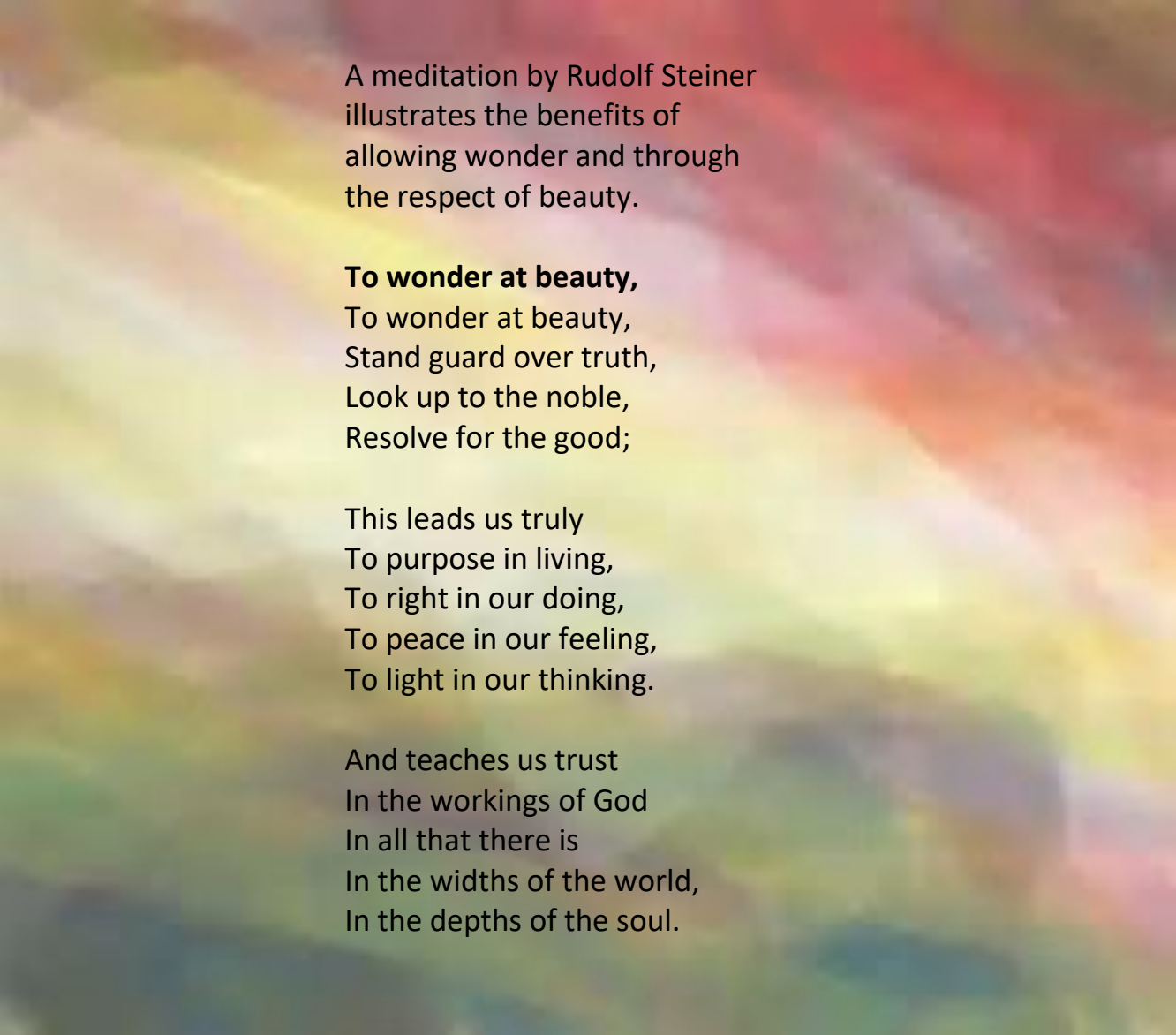
The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale



A meditation by Rudolf Steiner
illustrates the benefits of
allowing wonder and through
the respect of beauty.

To wonder at beauty,
To wonder at beauty,
Stand guard over truth,
Look up to the noble,
Resolve for the good;

This leads us truly
To purpose in living,
To right in our doing,
To peace in our feeling,
To light in our thinking.

And teaches us trust
In the workings of God
In all that there is
In the widths of the world,
In the depths of the soul.

True Holidays: A Demonstration

Our True Holidays celebration is still with me. I was inspired and touched by the program and the messages of peace, action, and good will. How I love those children! When I feel down, I bring them to mind. The whole human life span was there, youngest to oldest. I am reminded of those living nativity scenes that churches put on at Christmas. True Holidays is a living illustration of what the Goodenough Community is about, and how fortunate for me to have stumbled upon it. I wish more people could have been part of it, and I hope that you and the True Holidays team and helpers have found it successful. And how smart I was to bid on and win Katie Sullivan's quilt!

I'm wondering if there are more food offerings available for sale and if some could be brought to Thursday night at the Community Center. I didn't buy enough!

Thank you all! Love, Joan

Joining Together

Kirsten Rohde

The True Holiday evening that our community offers each year has had a long history of different individuals who have taken on the “focal” role of making sure that a team is formed and all the large elements and small details are taken on so that we are able together to provide a fun and meaningful evening for everyone who comes. For the last three years I have held the focal role and I do enjoy how it all comes together each year. I want to thank all who helped create the event this year. Many people came up to me during the evening to tell me what a good time they were having. The credit really goes to everyone who came and who lent a hand, and here are some specific appreciations.



My appreciation to Jim Tocher, Elizabeth Jarrett-Jefferson, Barbara Brucker for taking on key roles; to Tom George for being a great MC; to Pam Jarrett-Jefferson for heading up the casher table with Brandy Bradford and Joan Valles, to Josh DeMers, Evelyn Cilley, Irene Perler, Bruce Perler, Marjenta Gray, Elias Serras, Alik Serras, Sharon Russell, Paul Geraci, and Mike deAnguera, for all your help. This year a sub team focused on the silent auction – they had a lot of energy for helping and great ideas – thank you to Carla Geraci, Colin Aylward, and Rachel Hoff who joined Elizabeth, Tom, and me for two evenings of brainstorming ideas and fine tuning the details. My appreciation to the children who sang two songs for us, accompanied by Tanner Geraci on the bass and Silke Newell on guitar.



The children singing

I appreciate Sherri Nevins and this year, Oliver Amrahamson and Jay Finkelstein who helped us have very fun contra dancing – and to another fiddler friend of Sherri’s who showed up at her last minute call to replace a broken violin string and who then stayed and played too!

I’m appreciating also Colette Hoff who takes on many pieces of production and coordination with heart, is a mentor to me, and who helped us reflect on the season, Amie Aylward who us told a very moving story about walls and bridges, and John Hoff and David Hoff who brought the first idea of a True Holidays event into being many years ago.

I hope that we all will have a good mid-winter holiday season with plenty of peace and some good times with family and friends.



Announcing . . .

Thursday, December 8th (7:30-9:00)

LAUGHTER AND CONSCIOUSNESS Yoga of Sound, Laughter, & Deep Listening with Laraaji

Laraaji and Arji came to the Goodenough Community in March of 2015 and presented a well-attended evening titled a Peace Garden and Laughter Yoga.

Laraaji is coming to Seattle for a performance on Tuesday December 6 to the Q Nightclub located at 1426 Broadway in Seattle. Given that schedule, Laraji has offered himself to us and we hope he will be joined by Arji who is our friend, Elias' (aka Yako) and Alik's mother for a happening: Prepare to receive! editor

This light-hearted interactive experience consists of call & response chanting, playful laughter-therapy exercises, a deep relaxation component sonically supported with celestial music and sound, and a healing meditation upon the inner nadam ... known as the universal sound current.



Come dressed comfortably and expect to have some "serious fun" !

An open-hearted donation is suggested.

3610 SW Barton St, West Seattle, WA

Email hoff@goodenough.org for more information.

"LArAAji" (Edward Larry Gordon) pursued his dream of becoming a Musician and humanitarian artist from a very early age in the Coastal town of Perth Amboy, New Jersey. Learning to play Piano, Violin, and Trombone along with singing and performing in church and school choirs, bands and orchestras. His high school scholastic talents and enthusiasm for creating new music won him scholarships to study music at Howard University School of

Fine Arts in Washington, DC during the mid 1960's.

Laraaji has developed over the past 25 years his signature style of Meditative Laughter Playshops presented in a wide array of venues in the USA & abroad. Visit his blogspot <http://laraaji.blospot.com/>or, to enjoy a wonderful mini documentary on his extraordinary career, go to the VIMEO link entitled "Eternity or Bust" <http://vimeo.com/75415290>
Currently, Laraaji is playing for a benefit for the North Dakota protests.



Can you hear sleigh bells?

Winter Solstice Bus Trip - Saturday, Dec 17: With your friends and family, enjoy this day-long journey that embraces the longest night of the year.



We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](http://www.goodenough.org/solstice.htm) at <http://www.goodenough.org/solstice.htm>

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Introducing The Second Annual Friends of Sahale Weekend, January 13 to 15, 2017

Dear Friends,

This second annual weekend is a time for appreciation as well as sharing information and continuing to envision the future at Sahale. We want to gather all who are connected to Sahale for a good weekend together.

We will have time to share about Sahale: past, present and future. We will have the opportunity to be informed about the various aspects of Sahale: the EcoVillage, the finances

of running Sahale, residents and future residents, the retreat business, land use and restoration, food production, educational programs, and more.

We will review what we have learned this year and the status of various projects we agreed to at last year's gathering, including fundraising.

Together we will engage in shared visioning for the future and put some directions, priorities, and plans in place.

Bruce, Irene, Kirsten, Colette and John hope you will join us this weekend. Let Colette know if you are interested. hoff@goodenough.org



A bit beyond perception's reach I sometimes believe I see that life is two locked boxes each containing the other's key. ~Piet Hein, poet and scientist, 1905 -1996

Save the date

A Weekend for Men and Women . . .

February 24 to 26, 2017

Men and Women Together: A New Relationship

Join a deepening intergenerational conversation about:

- Maleness and femaleness
- Power and love and energy
- Past and future
- Cultural influences
- Tradition and transformation
- Healing and understanding
- A vision of integration of maleness and femaleness

We think the Fantastic Mr. Fox may have something for this weekend. The team planning this weekend will appreciate your input. What are your questions, issues, resources? Send suggestions to Bruce Perler: bruce_perler@hotmail.com





Pathwork, Sunday, December 11, January 8, January 22

Our Pathwork Circle began a study of the practice of loving kindness, based on an article from the most recent Parabola. We offer you the following two versions of a beautiful meditation. These words are a small part of a larger practice that is accomplished in a sequence. We offer this practice as a gift to consider.

***May I be well, happy and peaceful;
May I feel safe and protected,
May my life unfold easily,
May I accept myself just as I am in this very moment.***

***May I be healthy,
May I be peaceful,
May all my good purposes be fulfilled.***

Pathwork meets at **7:00 p.m.** at the Community Center at 3610 SW Barton Street, typically every other Sunday evening.

In January, the Pathwork Circle agreed to study the Islam faith beginning in January. Using a variety of resources, the group will immerse in the practices and philosophy of Islam. You are welcome to join even if you are only curious!



Why Men Gather

Bruce Perler

You've read in our eView that some men gathered for a weekend retreat November 18 to 20, had a good time and made some valuable contributions to orderliness at Sahale. It's true, we did!

While cleaning in our maintenance shed we found this odd yet provoking token, an object lesson in choice and choosing, as I think about it now. This mouse, surely looking for something to eat, poked his head into a propane tank fitting and got caught. It was funny to look at initially, then more disturbing as I kept turning the image around in my mind and thinking on this mouse and his to be fatal choice.

As first-world men of privilege, these are not challenges we face much so, allowing this mouse's choice to impact me, means allowing myself to feel for all the mice and men who are not so fortunate. This mouse didn't have to end this way but, as with less evolved creatures, the ability to see into his own future was not much available to him. His perspective limited, he chose poorly. Men who gather to share and offer perspective help themselves see further and more deeply into their own lives and into the world around them, creating more options for choice and, an increased likelihood of making better decisions.



Looking at this picture now, it's not funny to me. If anything I'm caught by the juxtaposition of death and humor. This mouse stays with me as an uncomfortable reminder of the potential cost of poor choices as well as the chance to choose help, other's perspective and brotherhood in a world that requires me to seek these things in order to have a higher quality and more connected experience.

I'm still uneasy about this mouse, our picture with him and particularly that we're laughing, perhaps uncomfortably. Humor is essential, especially in the face of the macabre but, so is compassion and empathy. Today I'm feeling for this mouse and the family he left behind on that poor-choice day. And, I'm hoping I'll continue to humble myself and ask for help from my brothers, increasing my chances of making sound choices. This is the deeper reason, why we gather.

Thank you brothers, for your heart, humor, and willingness to share your selves so generously. It truly was a splendid weekend!



Farewell to Arizona! December 3, 201

6 Hollis and Hal's Adventure

Farewell to Arizona!

December 3, 2016

Today as we crossed the state line from Arizona to Nevada, I thought back on the 2+ weeks Hal and I have spent in Arizona. Above all, I remembered beauty, variety, and family. We arrived in Arizona by way of the north rim of the Grand Canyon, the Vermilion Cliffs, the Navajo Bridge over Marble Canyon, and Page – all in one long day! Having now seen the Grand Canyon from the south edge, which admittedly is more dramatic (grander), I prefer the north rim. Why? I can't really say. Perhaps it feels more remote, quieter. However, the fact that we visited outside of tourist season might have influenced my experience. We spent several days in the Winslow area, and took in odd sights as well as the majestic Painted Desert and Petrified Forest, and the excavated ruins of native American villages.

Eventually, we went north to an authentic trading post where we chatted with a native American woman who showed us how she weaves rugs. She had no interest in weaving when she was a girl helping her mother and grandmother make their rugs, but she absorbed the traditions nonetheless. At 24, when her first child was born, she took up weaving as a way to occupy her time, and it grew into her life's work. She has no daughters or granddaughters, so what she knows will die with her. She will not teach women who are not her own descendants, as that is the tradition.

Among the whimsical sights were a tumbled-down building that was Ella's Trading Post with a rich history, the Jack Rabbit Trading Post, and the abandoned Meteor City Trading Post, near the site of the meteor crater. And you can be sure we heeded the speed limit posted on the route to the meteor crater!



Additional whimsy came every time we followed Route 66. Yesterday, we drove the longest stretch of Route 66 in Arizona, from Seligman to Kingman, passing relics of our youth such as gas pumps that attendants would have pumped for us, rusting cars that we considered "neat-o" as kids, little motels built around a courtyard where we would have parked in front of our own motel room door ... The highway is a journey in time as well as in geography. Never tiring of the variety of rock formations, we thoroughly enjoyed a couple of days amidst the red rocks of Sedona, although when we went to watch the rocks glow in the sunset, the sun hid behind clouds and the rocks merely darkened.

The lovely St. Xavier's Monastery near Tucson has been freshly restored, and provided me with an eerie experience. At the far end of the church is a glass sarcophagus holding what appears to be a mummified body. As I watched a man pay his respects to this relic, I saw the body's legs slowly rise. My jaw dropped, I turned away, and I muttered to myself repeatedly, "I did not see that happen. What I saw did not happen." Cautiously but with curiosity, I took my place in the line of people waiting to approach the sarcophagus. There I learned that the sarcophagus is open on one side, and that the body is a wooden figurine that devotees caress and kiss as they pray. I also learned the legend that only those who are good of heart can lift the effigy's head, so of course, after praying, I tried lifting the head. I succeeded, and as I raised the head, the bottom half of the figure rose. Mystery solved! My curiosity has been satisfied, and I hope my sincere prayers will be granted.

Also near Tucson is Mt. Lemmon. My cousins John & Martha Oyala drove us to the top for superb views over the breadth of southern Arizona. Did you know that saguaro do not grow in altitudes above 4,000 feet? Above that elevation, a few may grow on the sunny south side of a mountain, but they are rare. At one curve in our ascent, we were in a field of branched cactuses, and by the next curve there were no more saguaros. And, speaking of cactuses, John & Martha took us to B&B Nurseries where hot houses were filled with so many varieties of cactuses. I wanted to bring home a garden-full of the little (and huge!) beauties: <http://www.bandbcactus.com/cactus/>. I resisted temptation, although I did buy a ceramic cactus for my garden wall.

John & Martha also escorted us to Mexico for lunch in a restaurant built in a cave. The establishment is beautiful, and even more so with its Christmas decorations. I had fresh grilled shrimp over pasta in an avocado sauce ... delicious! In the marketplace, Hal, who thoroughly enjoys bargaining, came to a noisy and laughing agreement with a vendor for a coyote statuette made of ironwood. Hal and the shopkeeper provided us with entertainment as they egged each other on, posturing and gesturing and dickering at the top of their lungs.

How about a little humor gleaned from our trip? At one motel, the guest directory declares the management's commitment to reducing energy: "Use compact fluorescents or LCD instead of indecent bulbs." I looked, and did not find any indecent bulbs, so management was living up to its values. And in Wickenburg, a bridge spans a dry riverbed (such an unusual sight for us Washingtonians, but utterly commonplace in the desert). On the bridge is posted this warning:

"No fishing from the bridge."

In the same town is the Jail Tree where outlaws were chained for lack of a hoosegow (see sign in the photo). Probably not so funny to the outlaw, but amusing to us.



A highlight of our sojourn in Arizona was visiting St. Anthony's Greek Orthodox Monastery, a testament of adoration that induces tranquility and reverence. Although I took more than 75 pictures, you can find a better selection at this TripAdvisor site and

search on YouTube:

https://www.tripadvisor.com/Attraction_Review-g31220-d2521136-Reviews-St_Anthonys_Greek_Orthodox_Monastery-Florence_Arizona.html

As you know, we have not planned our trip very far in advance, relying instead on tips from tourist brochures, suggestions from area residents, www.atlasobscura.com, and a handy book, "Arizona Curiosities." Our families who have lived here for more than a few years tell us we've seen sights they did not even know existed. There is yet more to enjoy, and perhaps we will return some day.

Of all the sights we've seen, none have compared with seeing our families. Hal's entire flock of siblings and their spouses gathered for a week to celebrate Thanksgiving and a birthday, and Hal and I visited a few days with my cousin Martha and her husband. After 5 weeks of solitude together, 5 weeks in which we didn't speak with people we know (though we had many good times with friendly strangers), we plunged into 2 weeks of living closely with others. Rather than finding it jangling, we both enjoyed the connections, and each of us found time to connect more deeply with at least a few of the many relatives. Spending time with our families remains a warming memory, and I am grateful for the experiences we shared. Here are the 6 Smith brothers and sisters – Lois and Lynda (the oldest and youngest), twins Richard and Judy, and twins Carol and Hal.



Sent to you with greetings from the road, Hollis and Hal

And the most recent update

Today, in Nevada, we did venture out on a dirt road, rather than go the long way around – close to 100 miles if we didn't take the shortcut. Although there was snow on the ground beside the road, the road itself was clear, and it was wide, with very few washboards and no hairpins. Along the way, we made up words to the tune of "Black socks, they never get dirty, the longer you wear them, the blacker they get." Remember that one? Our song goes like this:

Back roads, they always go somewhere,
The longer you take them, the farther you get.
Sometimes, they seem to go nowhere,
And where they will lead will surprise you, you bet ... you bet ... you bet ... etc.

We allowed as how, in Nevada, even the main roads are back roads, though they are paved. We drive miles and miles without seeing another vehicle, and I think the Nevada road engineers have forgotten how to put curves into straight stretches of roadway. Literally dozens of miles pass without a bend.

The mountains are lovely, and often very close when we are in the valleys ... and now they are getting snowy. That's why this morning we decided not to venture toward Yosemite but to go up through central-ish Nevada. We visited a ghost town, took the dirt road to Manhattan (population 28), then straight north to Highway 50 ("The Loneliest Highway in America"), and north again to Interstate 80. Highway 50 has been dubbed The Loneliest Highway in America, but it has stiff competition from all the other highways we've traveled in Nevada. We often go 30 or 40 minutes at a time without seeing another vehicle, and there are precious few settlements along the way.

I'm attaching some photos from the ghost town of Rhyolite that we visited yesterday. The bottle house is made of somewhere between 30,000 and 50,000 bottles, which the builder collected with ease in less than 6 months from the saloon in town (1906). Here is a link, if you are interested (the number of bottles, by the way, is in dispute ... and my picture of the bottle house shows it in better shape than these pictures taken 15 years ago):

<http://www.ghosttowns.com/states/nv/rhyolite.html>

I have not yet downloaded today's pictures from Belmont, but it too is an interesting relic:

<http://www.ghosttowns.com/states/nv/belmont.html>





The deAnguera Blog: True Holidays 2016



We need some changes in our country especially in the way we celebrate Christmas. This year Christmas goodies started appearing on store shelves before Halloween. Now that's pretty sad. There is an appropriate time for everything. I have this nightmare of stores having Christmas stuff on the shelves in mid-summer or before!

There is a difference between just holidays and True Holidays. Holidays are just letting the time slip away. True Holidays involves being part of an effort to actually make something of the Christmas or Solstice experience.

Carols were sung by the adults and kids. You should have seen Tanner on the base fiddle! Every song a prayer for peace and harmony. That's what this whole event was – a prayer. All of it a prayer.

We also had square dancing thanks to Sherry Nevins. You don't even need a partner! You could come as you were. Folks of all ages were just moving all over the floor. I did notice that my energy level tends to be limited.

Today I am typing this article sitting by the stove in Kloshe along with John and Colette. This is the first time I have done this. It is so cold outside I hate to go out. The stove is warm. Another informal gathering place?

Christmas is best spent with family and friends especially around a hot stove. I hate to think of spending it alone. In fact depression frequently shows up at Christmas time. Folks living alone feel left out with all the family cheer around them. If you are alone come join our family. We just had True Holidays at the Mercer Island Congregational Church. Two weeks later we will have our Solstice Bus Trip. Carols, snow play, magical Leavenworth, and finally a sleigh ride! Best cure for the blahs. Much better than shopping although I liked the Fredrick and Nelson's Santa when I was a child.

Our official program is only about an hour long. Adding in the dancing socializing, and stuffing oneself can make for a really good evening. That's even true for the clean-up coming afterwards as well as the setup before-hand. Perhaps we are dancing all the time from morning until evening. Maybe even in our dreams?

I have seen a video on Facebook showing life as a musical composition rather than a journey. How different from the way our culture sees life as a journey on the way to somewhere. Always preparing for the future and one day I realized that's a good way to not appreciate the present. The present just goes right past and then I spend my time living in the past. Wouldn't it be nice if I lived in the present? Dance all the time?



Jim Tocher and Colette Hoff are having the time of their life. Best two dancers on the floor!





Relaxed Holiday Gathering

Pam and Elizabeth Jarrett-Jefferson

We invite you and yours to our home to kick back, visit with friends and enjoy some holiday cheer. No program planned! Come for 5 minutes or 50!

When Sunday, December 18
Time: 7:30 PM
Place: Home of Pam and Elizabeth Jarrett-Jefferson
3446 77th Place SE
Mercer Island, WA 98040

RSVP!

Christmas Day Open House at Sahale

Colette Hoff

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. We will provide food and drink and invite any one coming to bring a dessert or a side dish. Please RSVP at hoff@goodenough.org. You are welcome to spend the night. **RSVP!**

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 a creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. Each person will pick a gift from the group of wrapped gifts and there will be a fun discovery process of finding out what was put into the gift pile. 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! =

Got some bottles?

Out at Sahale, we're beginning to bottle cider and cyser. We would appreciate any used wine or large (**22oz**) beer bottles. Please email us and

we'll be happy to coordinate a pick up or a drop off. Thank you!

Evelyn & Josh

cilleyevelyn@gmail.com



Birthdays and Anniversaries

- ☐ **Happy birthday – Russ Pogemiller - December 14**
- ☐ **Happy birthday – Evelyn Cilley - December 15**
- ☐ **Happy birthday – Tessa James - December 14**

Levity Department:

Martha Stewart Holiday Calendar

December 1

Blanch carcass from Thanksgiving turkey. Spray paint gold, turn upside down and use as a sleigh to hold Christmas Cards.

December 2

Have Mormon Tabernacle Choir record outgoing Christmas message for answering machine.

December 3

Using candlewick and handgilded miniature pine cones, fashion cat-o-nine-tails.

December 4

Repaint Sistine Chapel ceiling in ecru, with mocha trim.

December 5

Get new eyeglasses. Grind lenses myself.

December 6

Fax family Christmas newsletter to Pulitzer committee for consideration.

December 7

Debug Windows '95

December 8

Decorate homegrown Christmas tree with scented candles handmade with beeswax from my backyard bee colony.

December 9

Record own Christmas album complete with 4 part harmony and all instruments accompaniment performed by myself. Mail to all my friends and loved ones.

December 10

Align carpets to adjust for curvature of Earth.

December 11

Lay Faberge egg.

December 12

Erect ice skating rink in front yard using spring water I bottled myself. Open for neighborhood children's use. Create festive mood by hand making snow and playing my Christmas album.

December 13

Collect Dentures. They make excellent pastry cutters, particularly for decorative pie crusts.

December 14

Install plumbing in gingerbread house.

December 15

Replace air in mini-van tires with Glade "holiday scents" in case tires are shot out at mall.

December 17

Child proof the Christmas tree with garland of wire.

December 19

Adjust legs of chairs so each Christmas dinner guest will be same height when sitting at his or her assigned seat.

December 20

Dip sheep and cows in egg whites and roll in confectioner's sugar to add a festive sparkle to the pasture.

December 21

Drain city reservoir; refill with mulled cider, orange slices and cinnamon sticks.

December 22

Float votive candles in toilet tank.

December 23

Seed clouds for white Christmas.

December 24

Do my annual good deed. Go to several stores. Be seen engaged in last minute Christmas shopping.

December 25

Bear son. Swaddle. Lay in color coordinated manger scented with homemade potpourri.

December 26

Organize spice racks by genus and phylum.

December 27

Build snowman in exact likeness of God.

December 28

Take Dog apart. Disinfect. Reassemble.

December 29

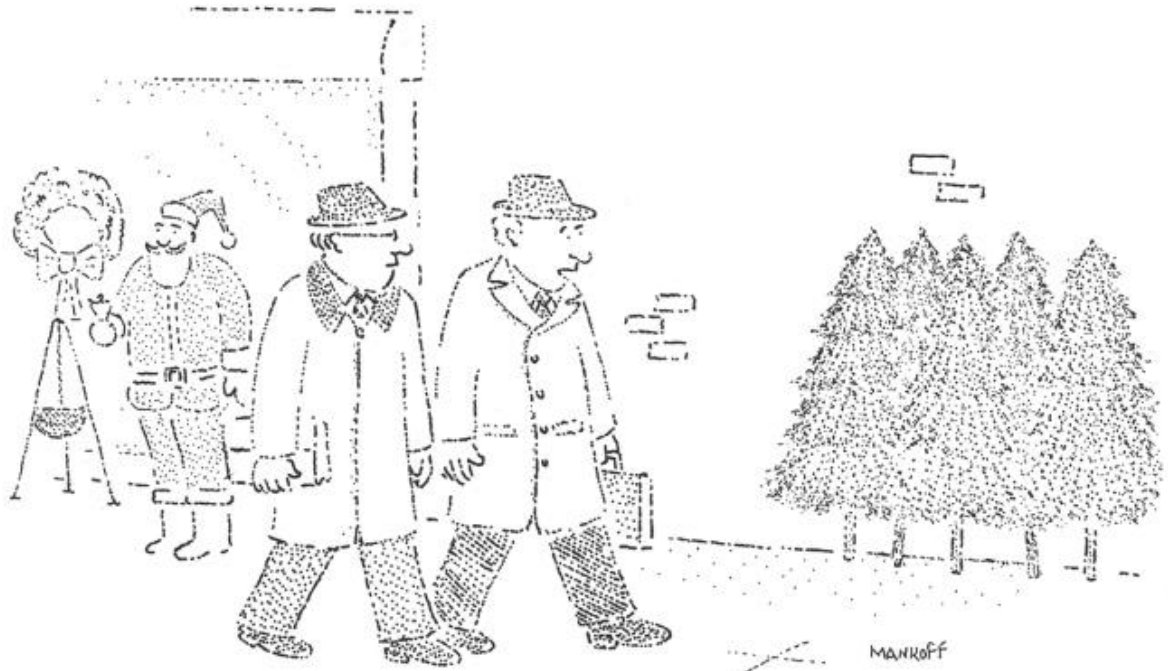
Hand sew 365 quilts, each using 365 material squares I weaved myself used to represent the 365 days of the year. Donate to local orphanages.

December 30

Release flock of white doves, each individually decorated with olive branches, to signify desire of world peace.

December 31

New Year's Eve! Give staff their resolutions. Call a friend in each time zone of the world as the clock strikes midnight in that country.



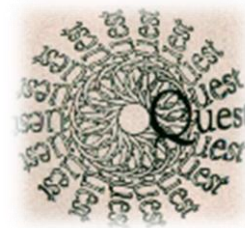
*"Yes, I'm somewhat depressed,
but seasonally adjusted I'm probably happy enough."*



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.

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



Contra Dancing Schedule

Our dear, Sherry Nevins who has called our contra dances for many years, is calling our attention to the Lake City Contra and Old Time Country Dance

- Thursdays, 8:00-11:00 Lake City Community Center, 12531 28th Ave NE, [Lake City Contra/Old Time Country Dance](#), Local & Touring Bands, Sliding scale \$8.00-\$12.00, (kids & first-time contra dancers free).
- Fridays, 7:30-10:00, [Emerald City Contradance](#) at Phinney Neighborhood Center Community Hall (Lower Building), 6532 Phinney N. \$9.00. Beginners workshop at 7:00pm. First time contra dancers receive a coupon for free admission to a future dance.
- 2nd Saturdays, 8:00-11:00, Eastside Contra dance at Juanita Community Club Dance Hall, 13027 100th Ave NE, Kirkland, \$9 (students \$5), lesson at 7:30p. Promoted by [Folk Horizons](#)

[Open Band, Open-caller dance](#). Free dances are held outside at Green Lake every summer, with pick-up band and open mic for callers. 2016 dates are June 29th, July 13, August 3 The regular (year round) monthly dance is in need of new volunteers to organize!



Interested?



NHT ("Now Hear This" brand) high end surround sound speaker system in excellent shape. The speakers work perfectly. The speaker cabinets are in great shape with a few scuffs here and there.

Back in the day, this complete setup cost upwards of \$2K. The complete setup includes one pair side tower speakers; one pair bookshelf speakers; center speaker; sub-woofer plus sub-woofer amp (seven pieces total plus documentation.) \$450.00. Contact Colette to arrange a viewing or to pick up.

Love,
Douglas douglas@douglasdemers.com

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2016-2017

What makes community meaningful and fun?

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

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Winter Solstice Bus Trip, Saturday December 17, 2016

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

New Year's Eve Weekend at Sahale

New Year's Eve at Sahale!

This year New Year's Eve is on Saturday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together, and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Time will also be given for some personal and shared reflection and for joyful celebration.



**The Second Annual Friends of Sahale Weekend,
January 13 to 15, 2017**



Men's Culture will be joining the women's culture for creative conversation February 24 to 26, 2017. A weekend for men is being planned for the spring.
Focal Person: Bruce Perler, bruce_perler@hotmail.com

Women's Culture

Next Saturday gathering is January 21, 2017, 10-2; April 8 : Women's Weekend, May 5-7, 2017

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

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



Third-Age Gatherings

Next gathering will be in Friday, January 20; March 31 and May 12. Focal Person: Kirsten Rohde, krohde14@outlook.com

Annual Memberships Meeting: March 10 to 12. It's a good time to support the organization that surrounds all our activities.

Anyone is welcome

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

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

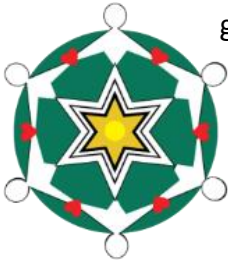
Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org



True Holidays Celebration, Saturday, December 3



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

Focal Person: Kirsten Rohde, krohde14@outlook.com

