

The Village eView

May 9, 2018

Colette Hoff, Editor

Coming Up:

Pathwork, May 20

Council, May 21

Memorial Day Weekend, May 24 to 28

Third Age, June 1

The Sense of Thinking, One of 12

Colette Hoff

I love Rudolf Steiner! His breadth and depth of thought are remarkable. His wisdom is pertinent even 100 years later Kirsten Rohde brought Steiner to us in her introduction to our series on the senses in the April 11 issue of the eView. Steiner contended that there are actually 12 senses that enable us to perceive the external world while we are here in the physical world.

While I'm not qualified to interpret what Steiner actually had in mind, the sense of thinking allows us to understand one another allowing empathy and compassion to arise. Like being on the same page in a conversation when the flow of the conversation goes back and forth and each person feels heard and drawn out for their perspective. The focus is actually on listening for the thinking of another rather than thinking about what you are going to say next.

Throughout this issue, you will find quotes from Steiner lectures and some dense writing about the sense of thinking. Notice what happens in your own thinking as you grapple with Steiner's concepts.

Joan Valles writes about her experience of the annual meeting on May 7 and Irene writes about what she is thinking and learning about what love needs to survive through Thich Nhat Hanh. Mike's blog is also about thinking. In preparation for Memorial day, I have included some interesting research from the HeartMath Institute.

On-Line News of the Goodenough Community System

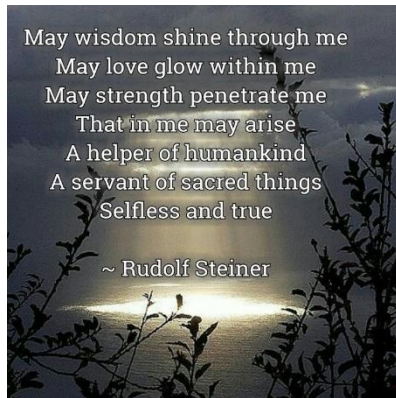
The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale



Owen Barfield argued that Steiner is perhaps the key thinker of modern times, and abandons his usual British reserve to assert: “By comparison, not only with his contemporaries but with the general history of the Western mind, his stature is almost too excessive to be borne.” Being Human 2011

Throughout his life, Rudolf Steiner stressed repeatedly that the most crucial task facing the modern human being is that of transforming our dominant ways of knowing the world. This emphasis is the red thread that runs through and connects all of Rudolf Steiner’s writings, lectures, artistic work, and practical

endeavors. www.doyletics.com/ari/sensean.htm

Three understandings of thinking as sense

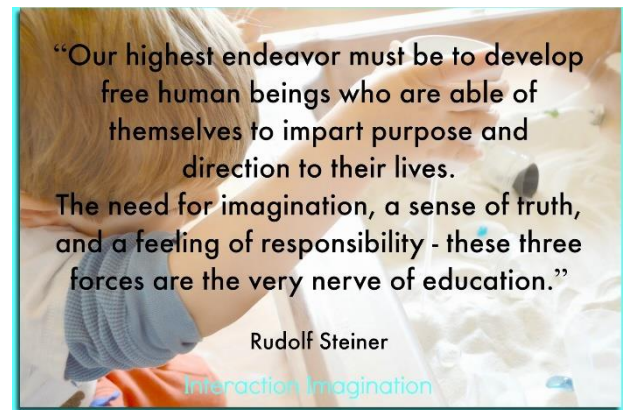
Sense of Thought – The sense that gives one the capacity to understand, comprehend, and picture what another's thoughts convey.

Sense of Knowing Other People's Thoughts (Thinking)

This sense is more widespread than Sense of Speech. With this sense we understand the words and intentions of others. What other people say, we empathize with. If we want to, we can understand one another, and understand others thoughts. If we consciously step back and put our minds at rest, the thoughts of other people come easily to us. It is a conceptual meaning. Steiner sees in thinking itself an element that can be strengthened and deepened sufficiently to penetrate all that our senses do not reveal to us.

http://www.icaatmedsektion.net/fileadmin/user_upload/Download/Vertiefende_Literatur/Tagungsbeitraege/Kunsttherapeutentagung/KT_2016/Addition_of_the_lectures_of_Michaela_Gloekler_study_days_art_therapy_2016.pdf

. . .Further, it is again something quite different to perceive the thought of another within his words, within the structure and relationship of his words; and here again we have to distinguish between the perception of his thought and our own thought. It is only because of the superficial way in which soul-phenomena are studied today that no distinction is made between the thought which we unfold as the inner activity of our own soul-life, and the activity which we direct outwards in perceiving another person's thought. Of course, when we have perceived the thought of another, we ourselves must think in order to understand his thought, in order to bring it into connection with other thoughts which we ourselves have fostered. But our own thinking is something quite other than the perception of the thought of another person. ~ Steiner From Three Lectures on July 22-24, 1921 Dornach, Switzerland,





Reflections on the Annual Meeting

Joan Valles

I was among the 20 community members who met at Barton Street Monday, May 7 for the Goodenough Community annual meeting. Customarily these meetings have been a weekend long and we would use up all the time we had. This meeting proved that a lot could be accomplished in just over three hours.

I appreciated:

The clarity of Colette's words and her grounded leadership and help in keeping me focused. The energy was high and there was a lot to accomplish in just over three hours.

Brandy Tocher's clear explanation of our community's bookkeeping process with graphical representation. I caught on to what is meant by accrual bookkeeping—finally.

Kirsten Rohde and Barbara Brucker's reports on the function and financial health of the American Association for the Furtherance of Community (aka Goodenough Community) and Convocation: A Church and Ministry.

The energy and good will of everyone present and recognition of the importance of relationships in our community.

And the very nice dinner Council members provided.

As I was one of two people attending who didn't participate in the workshop on the Sociocracy system of governance the last weekend in April, I was eager to hear how it went and to get a sense of how the process worked. With the reminder of our talking stick, each person was asked to reflect briefly on what they took away from the weekend. I could see the early benefit of the Sociocracy training with participants making an effort to brief in their comments and, as we engaged the financial reports, their willingness to hold onto questions for another time. I was also buoyed by their positivity and enthusiasm.

I'm looking forward to learning more at our Lab training this weekend. Thank you.



The Den – a place for manly thoughts

Bruce Perler

I'm just back from a month long, 6000 mile, moto camping road trip with myself, a ritual of leaving behind an old way of making a living and opening to something new. Three months ago I resigned from 17 years at Microsoft, my second job in high tech after 10 years with EDS. Over the past several years Irene and I have been preparing for change; downsizing, joining a rural eco village, and paying off our debts in preparation for, something different.

Our new approach will be more collaborative, each Irene and I with the goal of working part time to cover our new lower needs.

Deciding to not worry and be open to possibilities, I'm finding work coming my way in the form of requests for handyman services. Irene too is finding work in through her network. Time will tell and, I like the direction.

I've other stories I'd like to share about this adventure and this one is feeling important today. Many thanks to my friend and partner Irene for her courage and belief.

Editor's note: Bruce also shared some pictures that were not available. Next week!



Barton Street Moving Party

Pam Jefferson



A moving party is scheduled for this Saturday, **May 19**. This would only be if you have personal items at Barton Street and need help in loading them into your vehicle. Please let me know if you need this kind of assistance. Details will follow. Please let me know if you can help on **May 19**. Thank you!

We are asking for all personal items to be removed by **June 3**.

Please let Pam and/or Colette when you can help: Pam, adventuredog@hotmail.com; Colette, hoff @goodenough.org

May 19, as many as possible

May 20 Pathwork 4 to 5 people

May 21 Monday as necessary

June 3 Please remove all personal items

June 16, Saturday, packing as many as possible

June 30, Saturday, cleaning, **truck rental**

July 16, Monday, as needed for cleaning and what's left



Pathwork

Our Pathwork Circle will meet on **Sunday, May 20**. Tom Gaylord, former director of the Shambala Center in Seattle, will join us on **May 20**, offering the Buddhist teachings of the three poisons. Tom is a good teacher and it should be a thought-provoking evening. You are welcome to come.



We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.

**It becomes our duty to make sure
that we speak in a way that
the environment becomes peaceful,
in which the environment is harmonious,
in which Love is going to engulf
our surroundings.
~Rajinder Singh**

What love needs to survive – a piece from Thich Nhat Hanh

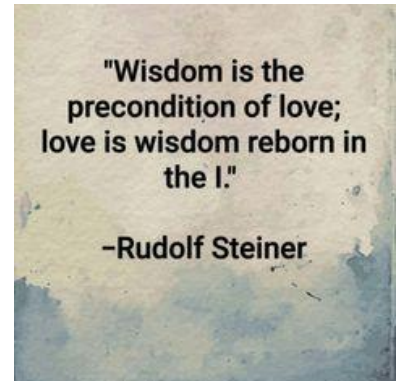
Irene Perler

I'm reading a little book titled HOW TO LOVE, by Thich Nhat Hanh. His passages are concise and profound. Imbedded in a longer piece, I found something about senses and I wanted to share the whole piece of this writing. I'm also studying what "greed" looks and feels like in my life. These writings provide an antidote to Greed; speaking of how to nourish myself in wholesome ways. This week I share the first half of this piece and next week, I'll include the other 2 pieces, which complete the topic. As we carefully plant tiny seeds and enjoy the sweet smell of the flowers and fresh spring rain in the air, and take in the vibrant colors of all the shades of green and color, I think of the nourishment my being receives through all my senses here at Sahale and of the food I am part of creating. This reading spoke to me as I enjoy additional benefits of the other senses as well:

“The Buddha said that nothing survives without food, including love. If you don’t know how to nourish and feed your love every day it will die. If we do know how to feed our love every day it will stay for a long time. One way we nourish our love is by being conscious of what we consume. Many of us think of our daily nourishment only in terms of what we eat. But in fact, there are four kinds of food that we consume every day. They are: edible food (what we put in our mouths to put in our bodies), sensory food (what we smell, hear, taste, feel and touch), volition (the motivation and intention that fuels us), and consciousness (this includes our individual consciousness, the collective consciousness and our environment).”

Nourishing our love with Edible Food

The first source of nourishment is edible food. If we eat with moderation, eating only the food we need, and eating the foods that help our bodies to be strong and healthy, then we are showing love and respect for our bodies and for the earth. If we don’t eat healthy foods, don’t treat our own bodies with respect then how can we respect other people’s bodies and the body of the earth itself.



Sensory food

The second source of nourishment is sensory impressions, what we consume with our eyes, ears, nose, tongue, body and mind. When we read a magazine, we consume. When we watch a television program, we consume. Whatever we consume affects our body and mind. If we consume toxic magazine articles, movies, or video games, they will feed our craving, our anger and our fear. If we set aside time each day to be in a peaceful environment, to walk in nature or even just to look at a flower or the sky, then that beauty will penetrate us and feed our love and our joy.



Memorial Day Work/Play Party is coming May 25 to 28

***After you have exhausted
what there is in business, politics,
conviviality, and so on;
and have found that none of these
finally satisfy, or permanently wear,
what remains?
Nature remains.***

***~Walt Whitman
(1819 to 1892, American Poet)***

Now is the time to make your plans for this fun weekend. It is a good time to share Sahale with friends and family who might be interested in enjoying Sahale.

Email hoff@goodenough.org with your plans: when you are arriving and departing and how many in your party.

Always lots to do and we have tasks for all abilities.

We want to give time to play in the natural world because it is good for everyone!

Come play!



Did you know that HeartMath Institute scientists are examining the ways in which all living things are interconnected, such as people and trees? They are accomplishing this by researching biofield interactions and the exchange of information between our personal and global magnetic field environments.

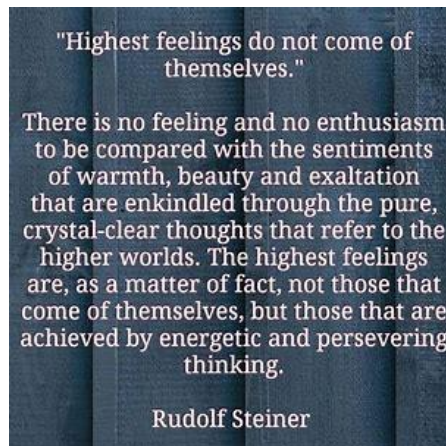
New research is suggesting that Earth's magnetic fields carry biologically relevant information that connects all living systems and helps to synchronize, energize and support the interconnection of all these systems. In the past couple of years, our scientists have become especially interested in the role trees play in this discovery.

When we are in the presence of trees, most of us experience pleasant, relaxed, comfortable feelings. We often have an emotional connection with trees. How many of your childhood memories include the trees in your backyard or your old neighborhood? The value of a special tree is simply immeasurable.

Science is only scratching the surface of the *many benefits* to come from the next level of conscious awareness of our interconnectivity with others, nature, animals and trees. This is why we initiated the **Interconnectivity Tree Research Project**.

Phase 1 is complete and Phase 2 is progressing well. Now we are ready to begin Phase 3. This phase of research will help HeartMath Institute (HMI) scientists continue to explore how people and trees are energetically connected.

Remainder of the fascinating article is found on page 15





Our next Third Age gathering is scheduled for Friday, June 1. We'll start as usual at around 6 p.m. with our potluck dinner as we join conversation. There'll be more information closer to the date. Meanwhile, we're asking: what kind of program would you like to have; what topics are you interested in exploring; do you have a film (documentary, drama, comedy) that you think we'd enjoy as Third Agers. Kirsten or I would love to hear your suggestions. Kirsten's email is krohde14@gmail.com.

Hope you're enjoying the beautiful spring! With love, Joan



Men's Gathering

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.

Our spring gathering at Sahale will be combined with the erection of our seasonal event space, the white tent, and continue into the rest of the weekend as a men's gathering, June 8-10..

Contact Bruce Perler for more information:

bruce_perler@hotmail.com



The deAnguera Blog: Our Thoughts



The structure of our lives out here at Sahale proceeds from our thoughts about it. These get communicated to each other and plans arise. Often Irene Perler and Pedge Hopkins will get together in the mornings to plan our work days. You can see them hard at work in the left hand photo. We all participate in putting those plans into action.

Our Work aways are nearly always doing what they want to do. I could see joy in the faces of Ashley, Tyler, and Matt as they sawed firewood from some recently cut trees.

Irene and Pedge talk about various projects they are overseeing at Sahale. Sahale is our home and all of our work around here keeps that in mind. In the outside world we would have each of our separate dwellings. This separation of our home lives from our work lives seems normal outside. Also as Bruce Perler pointed out, in the corporate world we could not talk about our feelings. This limits the trust we have with each other.

Here I experience my life and the lives of my fellow community members as a unified whole. The corporate world by its nature fragments my life into unrelated bits. Not a healthy nurturing environment for creativity.

When creativity is not valued or is forced by one's boss, loyalty is sacrificed. Any organization needs creativity to really fill itself out. Otherwise it is just a hollow shell doing what it is directed to do. It is largely motivated by fear.

What I do with my work life impacts my personal life. That impact can be either positive or negative. My Sahale work life has a positive impact on my home life.

The Sociocracy workshop we had last weekend is really helping us to have better conversations with each other. The quality of our communication is increasing. Each of us is becoming more thoughtful about what we say.

Sociocracy can be applied to the planning of most any projects. The working together model offered is a direct challenge to the hierarchy of the corporate model. It allows us to put our feelings out thus increasing the strength of our bonds. I am important as a person and am not just a factor of production. I am not replaceable like a piece of equipment.

An important aspect of the essence of our collective thoughts is our ability to play together. Play is not allowed in our adult work worlds so our ability to build a life together is limited. Play is necessary to build the energy we need to function as a community.

What am I thinking at the end of the day? Right now I am not thinking about having to start a whole new workday tomorrow. Just a bunch of chores I have to do.

Not a night goes by that I am not thankful for my Sahale friends. We really are building our lives together out here. We all matter to each other in our collective thoughts.



Here's Pam Jarrett-Jefferson's response to the essence of our thoughts: a sign for our collective play space. Yes! Adults can still play!

NW Permaculture Collaboration Campout - May 11- 13 2018

Northwest Permaculture Convergence is collaborating with Goodness Tea in Sequim, Washington to hold a pre-Convergence Community Collaboration Campout, a place for us to visit, skill-share and demo this and that!

Aside from the loose-structure centered on sharing projects, making meals and making space to get to know each-other, we are also interested in collecting ideas about what our community wants to see happen the NWPCC's main event in the fall. We'd love feedback on the presenters, tracts, food and fun we are planning for this year's convergence, which will be held at Camp Singing Wind in Toledo, WA September 28-29.

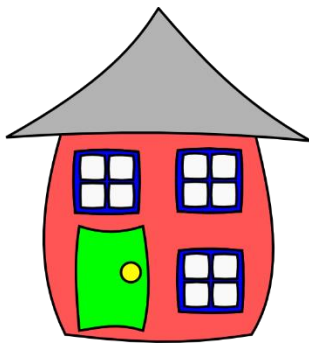
Event Timing: May 11- 13 2018

Event Details: Address and directions sent after registration

Updates at: <https://www.facebook.com/events/1973061109623090/>

For more information, contact event organizer: Shaelee (360)670-1041 or shaelee@goodnesstea.com

For info on the 2018 NWPCC, contact info@northwestpermaculture.org



Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton St. house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



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.



Revival, June 21 to 24 Vashon Island

Elias Serras

It isn't usually my style to CC a bunch of people I love about an event, but I feel compelled to this time. A dear brother, Ben Browner has been birthing this project ever since I met him and started working with him at different events a couple years ago. This will be the inaugural year of Revival Gathering.... and I really believe it to be part of an (R)evolution that is happening at the intersection of Arts, Activism, and Community. Please take a minute to check out the links and send them around to anyone who may be interested in attending or participating in his Indiegogo Campaign.

REVIVAL GATHERING WEBSITE LINK:

<http://www.backtolife.org/2018-revival-gathering/>

INDIEGOGO CAMPAIGN LINK:

<https://www.indiegogo.com/projects/the-inaugural-revival-gathering/x/399400#/>

EVENTBRITE REGISTRATION LINK:

<https://www.eventbrite.com/e/revival-gathering-2018-registration-42104072414>

re-vive (v): to bring back to life and consciousness

Will you join 250 culture changers, social artists, & influencers over Summer Solstice (June 21-24th) on Vashon Island WA to connect, create, collaborate, and celebrate together???



Dear Sisters,

We will drum with playful abandon with our medicine drum, **OTTER WOMAN**, to celebrate and honor the divine feminine and masculine:

Sacred Duality
Sacred Balance
Sacred Dance

No experience necessary
All women welcome
Bring your drums, rattles, songs, prayers

Donations gladly accepted

This is an alcohol and drug free gathering

For DIRECTIONS:
211 22nd Ave SW
Olympia, WA 98501

Questions? Contact Barbara by replying to this email or calling 360-866-7687

Sponsored by: WOMAN'S WAY RED LODGE
www.wwrl.org. Check out our fabulous website and Hearthnews.

**SOUTH
SOUND
WOMEN'S
DRUM
CIRCLE**

**will gather
to celebrate
BELTANE**

**Fire
Fertility
Exuberance**

**Friday
May 11**

7 - 9pm

**Coach
House**

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: 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: June 9.**

Women’s 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. 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.

Gatherings are at the Community Center in Seattle: Apr 22, May 6, 20, June 3, 17.

Contact Colette Hoff for more information: hoff@goodenough.org



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



Annual Goodenough Community Meeting in Seattle: Monday, May 7, 2018.

This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten

Rohde for more information. krohde14@outlook.com

The 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 Apr 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. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

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). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Continued from page 7

Interconnectivity Tree Research Project Overview

Phase 1: As part of interconnectivity tree research project our scientists monitored a half-dozen redwood trees in a grove. To do this, we created and tested the new tree-monitoring device and software for simultaneously measuring multiple trees while sending the data to a lab. This completed Phase 1.

Phase 2: We increased the number of types and varieties of trees being monitored. Among these are weeping willows, Douglas fir, yucca, madrone, and fruit trees including apple, orange, pear and persimmon trees. We have perfected the tree-monitoring device and our data-gathering continues.

Phase 3: For HMI scientists to continue to explore how people and trees are energetically interconnected, we are developing a citizen scientist global tree monitoring system, called the Global Tree Monitoring Network. The next step in the process is to establish a global network of 50 alpha-test, tree-monitoring sites around the world. It is time to start planning and building the beta website that will collect, manage and display the live tree data.



The sensors are attached by tree-safe methods.

*Quiet I bear within me;
I bear within my soul,
forces to make me strong.
Now will I be imbued with their
glowing warmth;
Now will I fill myself
with my own will's resolve;
And I will feel the quiet
pouring through all my being,
When by my steadfast striving
I become strong,
to feel within myself
my source of strength,
the strength of inner quiet.*

Rudolf Steiner

