



## ENERGY

# Village eView

May 1, 2019

Marjenta Gray, Editor

### COMING UP

**Women's weekend**, May 3 to 5

**Pathwork Circle**, May 12

**General Circle**, May 13

**Third Age** May 17

**Memorial Day Weekend**, May 24 to 27

**Men's Weekend**, June 7-9

In Spring, earth energies are at their strongest and most active. The Ancient Celts celebrated this time of year in their Wheel of the Year with a fire festival, Beltane, from sundown April 30<sup>th</sup> to sundown, May 1. In this season, all of life is bursting with potent fertility and the potential becomes conception. Beltane traditions celebrate the energy of sexuality.

Our community has been focusing on increasing energy among ourselves, with “20 second hugs” and chakra toning, among other methods. The Women's Weekend will be a perfect opportunity for women to practice moving energy through their chakras and flowing past any energetic obstacles.

Mike writes about his experience of energy in this eView.

Pam and Elizabeth have been maximizing their stores of energy, and receiving energy from others, as they prepare to put their house on the market and move to Sahale.

### ***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

## Letting Energy Flow

Marjenta Gray

### The Energy of Spring

Spring is a time of year where energy is abounding. Plants are shooting out pale green sprigs of growth, blossoms are budding and bursting with color and fragrance. People are taking to the trails and paths, walking, running, hiking, bicycling. Rivers are cascading wildly with snow melt from the mountains.

Ancient Celtic people celebrated this exuberant time of year as Beltane. Here are some teachings about the traditions of Beltane from the website, [The Goddess and the Green Man](#):



### Beltane-Sunset to Sunset

**Beltane honors Life.** It represents the peak of Spring and the beginning of Summer. Earth energies are at their strongest and most active. All of life is bursting with potent fertility and at this point in the Wheel of the Year, the potential becomes conception. On May Eve the sexuality of life and the earth is at its peak. Abundant fertility, on all levels, is the central theme. The Maiden goddess has reached her fullness. She is the manifestation of growth and renewal, Flora, the Goddess of Spring, the May Queen, the May Bride. The Young Oak King, as Jack-In-The-Green, as the Green Man, falls in love with her and wins her hand. The union is consummated, and the May Queen becomes pregnant. Together the May Queen and the May King are symbols of the Sacred Marriage (or Heiros Gamos), the union of Earth and Sky, and this union has merrily been re-enacted by humans throughout the centuries. **For this is the night of the Greenwood Marriage. It is about sexuality and sensuality, passion, vitality and joy. And about conception. A brilliant moment in the Wheel of the Year to bring ideas, hopes and dreams into action. And have some fun....**

### Handfasting

**As Beltane is the Great Wedding of the Goddess and the God, it is a popular time for pagan weddings or Handfastings, a traditional betrothal for 'a year and a day' after which the**



**couple would either choose to stay together or part without recrimination.** Today, the length of commitment is a matter of choice for the couple, and can often be for life. Handfasting ceremonies are often unique to the couple, but include common elements, most importantly the exchange of vows and rings (or a token of their choice). The act of handfasting always involves tying the hands Handfasting ('tying the knot') of the two people involved, in a figure of eight, at some point in the ceremony and later unbinding. This is done with a



red cord or ribbon. Tying the hands together symbolizes that the two people have come together and the untying means that they remain together of their own free will.

### Going A-Maying

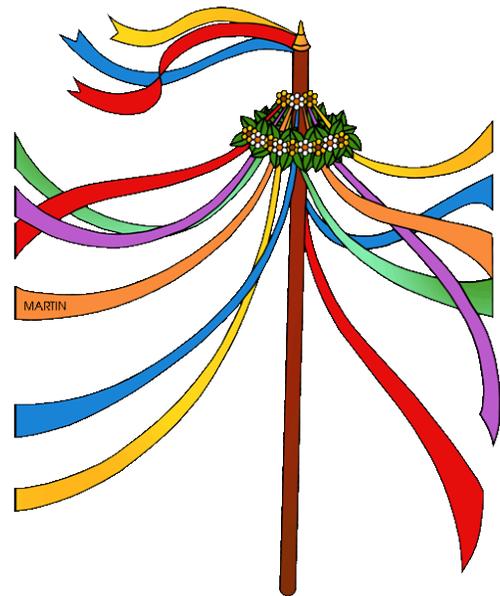
Handfasting or not, both young and old went A-Maying... Couples spent the night in the woods and fields, made love and brought back armfuls of the first May or haw thorn blossoms to decorate their homes and barns.

Hawthorn was never brought into the home except at Beltane - at other times it was considered unlucky. Young women gathered the dew to wash their faces, made Flower Crowns and May Baskets to give as gifts. **Everyone was free to enact the Sacred Marriage of Goddess and God, and there was an accepted tradition of Beltane babies arriving nine months later...**

### Maypole

The Maypole is a popular and familiar image of May Day and Beltane. A phallic pole, often made from birch, was inserted into the Earth **representing the potency of the God**. The ring of flowers at the top of the Maypole represents the fertile Goddess. Its many colored ribbons and the ensuing weaving dance symbolize the spiral of Life and the union of the Goddess and God, the union between Earth and Sky.

**The colors of Beltane are green, red and white/silver.** Green represents growth, abundance and fertility. Red represents strength, vitality, passion and vibrancy. White represents cleansing and clearing and the power to disperse negativity.



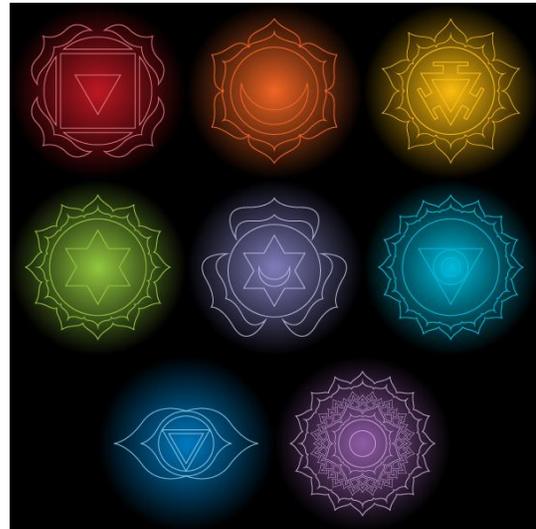
### Community Energy Work

Our community has been focusing on increasing energy among ourselves, inspired by Colette Hoff. “We have a lot of energy available to us,” says Colette. “We could be allowing much more energy in our lives.” Colette and Rich McGrue worked with couples at a Couples Weekend in March, helping them generate more energy among them. One of the take-aways

from the weekend that has caught on in the wider community is “20-second hugs.” This is a small example of allowing more energy and connection with hugs, lasting 4 breaths in a deepening, melting experience.

### Chakra Toning

Arji Cakouros, professional sound healer, brought toning to the past several Goodenough Human Relations Labs. Since last summer’s experience, we have continued chakra toning to begin Pathwork, Women’s Gatherings, and even some organizational meetings.



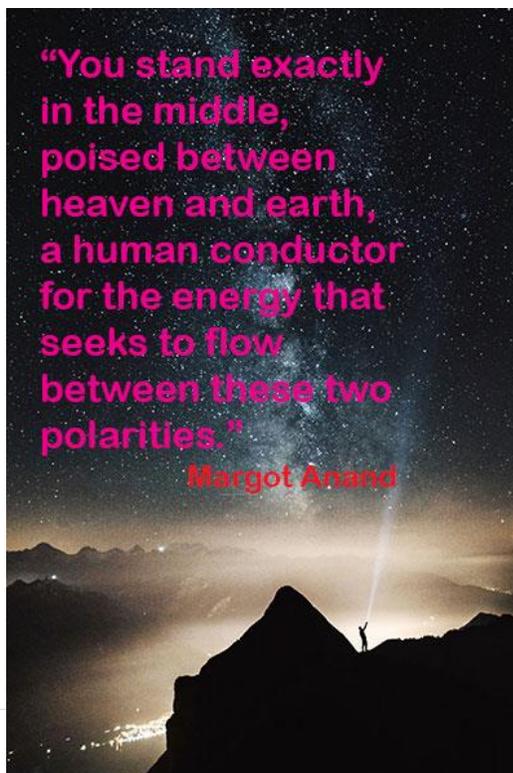
Michelle Fondin, in *Chakra Healing for Vibrant Energy*, explains the value of tuning our chakras: “As the power of the life force moves through the chakras, the energy generated awakens a new awareness of who we are and how we deal with our world. Day after day, just as our hearts beat and our lungs breathe, our chakras spin, drawing in the life force, the prana, kundalini, from the invisible energy fields all around us replenishing, harmonizing and attuning.”

At the Women’s Weekend this coming weekend, May 3-5, we will explore our chakras in more depth, and work through blockages to flowing energy.

May your energy flow freely and fully!

**“You stand exactly  
in the middle,  
poised between  
heaven and earth,  
a human conductor  
for the energy that  
seeks to flow  
between these two  
polarities.”**

**Margot Anand**



**On-Line Transactions:**

**You are now able to make donations and register for events for both The Goodenough Community and Convocation at our web site: [www.goodenough.org](http://www.goodenough.org) (Thanks Drai)**

There is still time to register for the Women's Weekend!

*You must give yourself to love  
if love is what you're after;  
Open up your hearts to the tears and laughter,  
And give yourself to love, give yourself to love.*  
Kate Wolfe



**You Are Invited to ...**  
The Goodenough Community  
Women's Weekend

***Give Yourself  
to Love!***

**May 3-5, 2019**

Sahale Learning Center, near Belfair, Washington

**I**n our lives we often feel surrounded by all things opposed to love, yet we yearn to be loved and to love. Wise people tell us to open ourselves to love, but how can we do that in "real life"? We are told we are by nature filled with love, yet at times we cut ourselves off from our own loving energy. With so much opposing our efforts to love and be loved, what's a woman to do?

Please join us for a weekend of womanly companionship as together we search out barriers to loving energy and explore ways to open ourselves to love. You can count on experiencing friendship and laughter, deep silence and introspection, warmth and nurture, all in the natural tranquility of Sahale Learning Center. Enjoy hearty, healthful, home-cooked meals and rest in comfortable accommodations.

The women's program of the Goodenough Community 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.

More information will be posted on our website, [Goodenough.org](http://Goodenough.org). You may let us know you plan to attend by sending an email to Elizabeth Jarrett, [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



## Postcards from the Lab Training Weekend April 19-21

Haiku from the Lab  
Leadership Training  
weekend. Much gratitude!  
~ Bruce

Humbly we dive in  
Practice the walk and the  
talk  
Reaching for our truths

Brilliant in design  
Authentic learning through  
games  
Kudos to Colette

Heart open, eyes wide  
We are suffering and joy  
Feel the way before

*A view from the training: Aspects of  
Balance, Equity and  
Midwifery. Dyanne taught us about  
our body's reflexive and sensory  
journey, pre-natal to adult, to becoming  
balanced and upright in the  
world. Rich taught us about white  
fragility, low racial-stress tolerance and  
the unfriendly misplacement of our  
individual equity work. Colette trained  
us in leadership readiness; knowing  
our own work, guiding the work of  
others and keeping an ear to the fetal  
heartbeat of our lab community, due in  
early August. Thank you, Lab  
Leadership Team, for crafting such a  
wonderfully layered training  
experience. Bill*



## HOW To Move: ASK for help from a community of friends

*This a wonderful chance to let Pam and Elizabeth receive our love and support. Can you help? (The Editor)*

### **A Moving Experience: Calling all Gardeners! Come help us with Curbside Appeal ®**

*Pam and Elizabeth Jarrett-Jefferson*

If you have time, we'd love it if you could help us in any fashion (and there are plenty in the category of Curbside Appeal). That includes gardening, trimming, mowing (although you'll have to wrestle the mower from EJ) , weed removal, moving stuff out of the greenhouse, rose pruning and transplantation, even sitting in a lawn chair in an appealing way in the front yard.... I am sure we could tailor something to your skills and abilities.

**We are deeply appreciative to all who have patiently helped thus far.** Stay tuned for a lengthy list of eager helpers, selfless packers and movers (most assured movers and shakers too) and others who are providing love and encouragement along the way.

**Stay tuned for your next opportunity to help!** Please let Pam or me know if you can join us any time. ([adventuredog@hotmail.com](mailto:adventuredog@hotmail.com); [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)).



The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function. Future themes of the eView include:

May 8 – **Awareness**, Colette Hoff, Editor



## Goodenough Men's Circle: Upcoming

*Bruce Perler*

Our Men's Circle is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. Much appreciation to John Lawrence Hoff for his years of love and dedication.

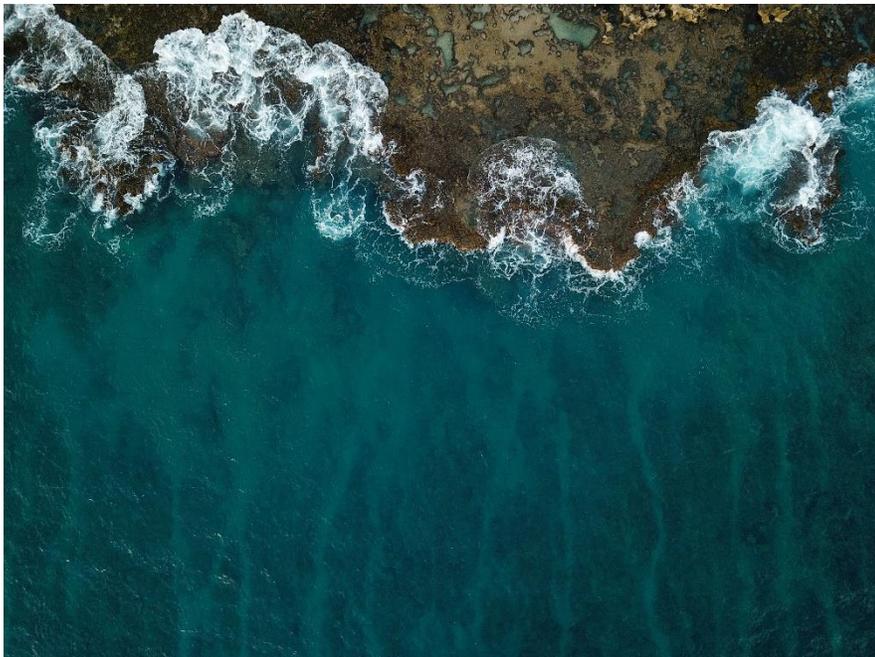
In the fall of 2018, during our annual event-tent take down project, we acknowledged authentic interest and began preparing for a young men's rite of passage experience the following spring. As preparation for this important event in a young man's, I'll be leading a few young men and fathers, in a backpacking weekend and vision quest into the Olympic National Park.



### **These two events are now scheduled; our annual tent-up ritual and retreat (6/21-23).**

A vision quest experience, centered around a small group backpacking trip into the Olympic National Park, will be held earlier in the spring.

For more information or questions, please contact me: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



The Human Relations Laboratory will be 50 years old in August! In our *eViews* that lead up to our annual event in August, we will be looking back at Lab themes from previous years.

## LABS, Past and Present

Fran Minietta

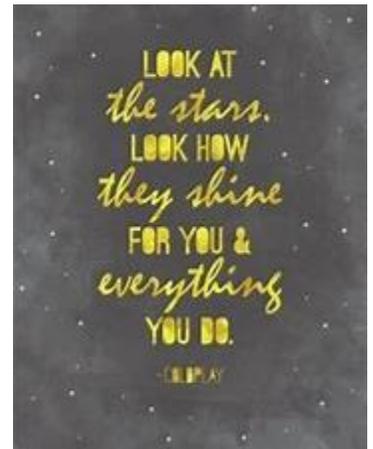
When I remember Lab 2003, my mind inevitably returns to my first experience of Lab in 1980. I had known John for a few months and he told me about laboratory learning. It sounded right for me and I was determined to join the experiment. We spent time in the large group under John's ever-creative leadership and we spent mornings, afternoons and many evenings in professionally-led therapy groups. We ate what and when the retreat center decreed. We did some singing, and we danced to recorded music. At some of those early Labs, we had visiting entertainers: I especially remember Darth Vadar one year, and another year our special treat was singing duo, Reilly and Maloney. There were no children and no elders. We were young and middle-aged adults, intent on getting our therapeutic work done.



There was no organized community then, and in spite of our best intentions, we had little contact with friends from Lab throughout the year. But we began dreaming – big dreams. We envisioned having a community year-round, and of owning our own place where we could do exactly as we wished. We could follow our own natural schedule for coming and going, meeting times, and meals. We could do our own cooking and have delicious, healthy meals. We could have fun without noise constraints. We could have a variety of living options – some tents, some privacy, some sharing. It was a beautiful dream.

And yes, dreams do come true - we are living ours. We do have our community, and we do own a beautiful rural retreat center at Sahale. We are blessed with a number of really good cooks, and we enjoy fabulous meals. We have Fun City at the Swamp, and dancing in the big tent. We have the leadership of some incredibly creative expressors – for singing, dancing, clowning around, playing musical instruments, doing puppet shows, having archery tournaments, and having a show-stopper costume parade out to our new baseball field. The baseball game that followed was a kick. The *youngsters* beat the *mature* players – discretion dictates I not reveal the lop-sided score. These days we are blessed with an age range of almost eight decades (!) and the pleasure of children's and elders' wisdom, laughter and antics.

And yes, we are so blessed with John and Colette’s creative leadership. Colette is manager of Sahale and is living into that role with vigor, hip boots and a *big* grin. Our theme at Lab this year was *The Power of a Story Comes From Within*. John taught us a format for story-telling in large and small groups. Each day, there was a stem sentence to be used to help us move our stories along. The first day was *once upon a time...* Subsequent days were *each day...*, *until one day...*, *as a result of this...*, *as a result of this...*, *until finally...*, and the last day was *and ever since that day...* We were urged by him to find our authentic voices and let them tell our stories. Group leaders became story-telling coaches. As the week went on, we heard deeply moving and beautiful stories told by our good friends – stories that many of us had never heard. It was quite a rich experience, and I’m so grateful to John for telling some of his stories to model for us. Story telling is our community theme for this next year, and all of us are looking forward to learning more about this creative and evocative method. Do we have stories for you...!



Fran was a therapist at Eastside Counseling service for many years. She was integral in forming the community and offered her leadership for many years. She lives on in our hearts and I miss her (Colette).



## Pathwork, May 12

*Colette Hoff*

Our Pathwork Circle will meet again on **Sunday, May 12, at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126 Street, Tukwila, 98168. Barbara's cell phone is 206 412-9417.

Pathwork is an excellent context for instituting new spiritual practices, provides support for maintaining current practice, and gives many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.



After May 12, Pathwork will continue to meet on June 2, and July 14.





## The deAnguera Blog: Energy



What does it mean to be alive? How do I know I am alive? I don't question anything in my asleep state. That is the most significant thing about my sleep state. I never wonder about it until I am awake. But questioning is essential to waking up. Raising energy. In other words, my mind is actively analyzing my setting. I can conceive of a difference between being awake and being asleep, which I can't in sleep state.

I am pure energy. Everything vibrates with energy. All molecules are made up of atoms which in turn have protons with electrons orbiting around them. It's all energy. Matter is energy.

I know exactly why I am at Sahale. This is my home. The Human Relations Laboratory has created the setting I have here today. Friends have joined me here. A good place to concentrate energy.

This is such a beautiful place. In earlier times I let others determine my choices. Direct my energy. Maybe that was why I never really got good results. I am the only one who knows what is best for me. Of course it is helpful if I can get some good advice on making choices.

I have decided to go back to church again. We have such a nice little church in Tahuya. I have included pictures of it on this page. Everybody is always so happy to see me. They all remember me. I like the sound of our church bell. Lots of good energy to charge me up.

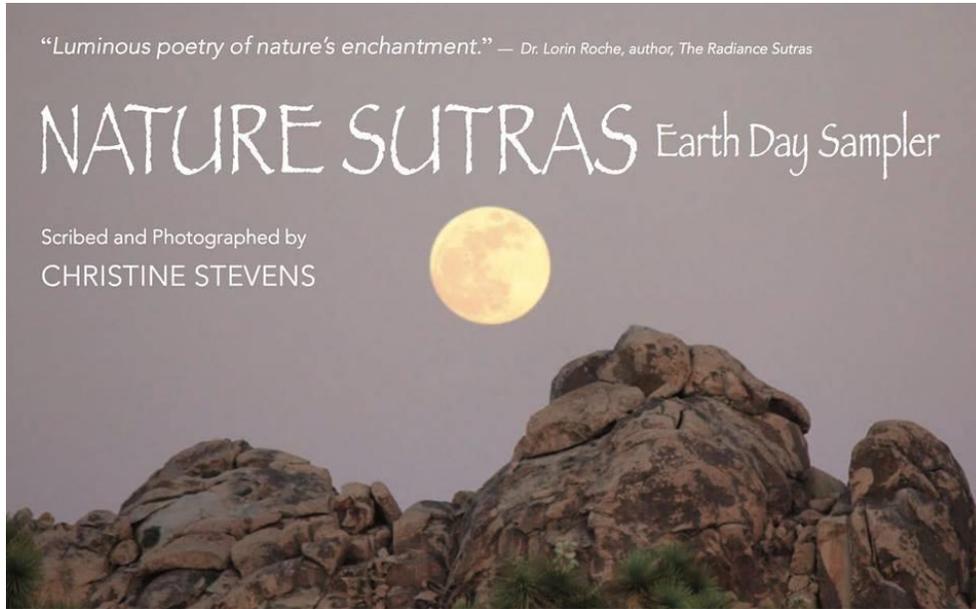
The Christian story is my story. It is the major theme into which my story is designed to fit. So it only makes sense that I would want to get to know the Author however I might conceive of Her/Him. The Living Being behind it all. Jesus? I can relate better to a character role than some nameless Light. Somebody with a friendly face. Energetic connection with something greater.

We are all Chosen People. That is why we appear here. I want to understand my story better. If I know I am Love incarnate, then I can be more helpful to others. They can also know they are Love incarnate. This true no matter what state any of Us are in.

The best way to express that Love is through an intentional practice. We certainly feel it here at Sahale. In fact, Sahale is our expression of our Love for each other. That's why living here is so nice and slow. I do everything slow . . . slower, slower, really slow. We had a session on that very topic some time ago during Lab.

Love and Friendship is the foundation into which everything else must fit. We have been laying the foundation in our Labs for over 50 years. That is a long time. I wished I had done this work as a youngster. My growing up would certainly have been a lot easier. Being an ASPI would not have been a handicap. In fact, it might have been an advantage allowing me to take in the overall picture as a Watcher.





A lovely Earth Day gift to for all of us. Our Long Dance friend Christine Stevens has shared a Earth Day Sampler of her Nature Sutras Book. It is a collection of her poetry and photography of and from the Earth. You can enjoy them at this link: <https://tinyurl.com/y2wsvoyr>  
Submitted by Draí.



At the “OUR” Ecovillage – in British  
Columbia

September 13 - 15

Friday 2:00pm - Sunday 5:00pm



**T**his conference is an intentional experience of community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change.

## Our new Whiz Bang Apple Grinder



**This new apple grinder** is amazing as Jim Tocher demonstrates. Tod Ransdell came up with the plans many years ago. This fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it.

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

While we have a donation for \$200, with \$450 to go, any contribution would be wonderful. And another \$75.00 has come in. Will you join?

Please mail donation checks to Box 312, Tahuya, WA, or go on line to the Goodenough Community donation button.

*More Cider produced faster!*



### Spatialist for Hire

*Pam Jefferson*

**Do you need help** with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.



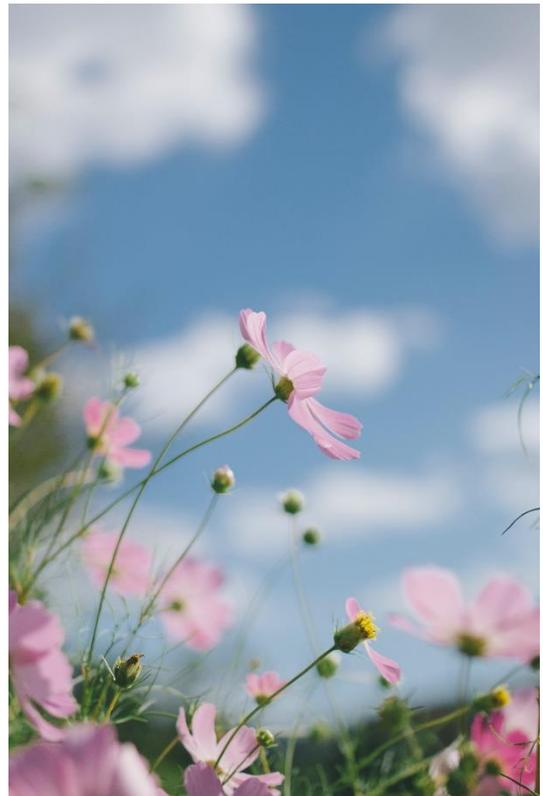
## Programs and Events of the Goodenough Community

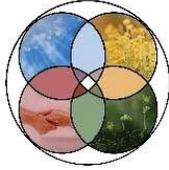
**What makes community meaningful and fun?** The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking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

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

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

[www.goodenough.org](http://www.goodenough.org)





The **General Circle** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be May 13 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026). Future meetings are June 3 and July 15.

**The Women's Program** is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We are announcing the annual women's weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information.



**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be **May 17**. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)

### The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men's *rite of passage* experience preceded by a smaller group vision quest. These two events are scheduled for **June 7 to 9** for the vision quest component centered around a small group backpacking trip into the Olympic National Park and **June 21 to 23** will be the annual tent raising weekend.



For more information, contact: [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, May 12, June 2 and July 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

### Summer Camp for Youth

**Announcing new dates for Summer Camp 2019: Wed., June 27, to Tues., July 3, 2019.** Summer Camp is 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](mailto:Irene_Perler@hotmail.com)





### **Human Relations Laboratory, August 4 to 10, 2019**

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

### **True Holidays Celebration, Saturday, December 7, 2019**

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



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

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email [hoff@goodenough.org](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) to make arrangements.

