



Village eView

May 15, 2019

Colette Hoff, Editor

COMING UP

Memorial Day Weekend, May 24 to 27

Pathwork Circle, June 2

General Circle, June 3

Third Age, June 14

Someone asked contemporary Spiritual Teacher Eckhart Tolle, "I don't like the idea of surrender. It sounds somewhat fatalistic. If we always accept the way things are, we are not going to make any effort to improve them... How do you reconcile surrender with changing things and getting things done?"

Eckart Tolle replied:

To some people, surrender may have negative connotations, implying defeat, giving up, failing to rise to the challenges of life, becoming lethargic, and so on. True surrender, however, is something entirely different. It does not mean to passively put up with whatever situation you find yourself in and to do nothing about it. Nor does it mean to cease making plans or initiating positive action.

Surrender is the simple but profound wisdom of *yielding to* rather than *opposing* the flow of life. The only place where you can experience the flow of life is the Now, so to surrender is to **accept the present moment unconditionally** and without reservation. It is to relinquish inner resistance to what *is*.

Inner resistance is to say "no" to what *is*, through mental judgment and emotional negativity. It becomes particularly pronounced when things "go wrong," which means that there is a gap between the demands or rigid expectations of your mind and what *is*. That is the pain gap.

If you have lived long enough, you will know that things "go wrong" quite often. It is precisely at those times that surrender needs to be practiced if you want to eliminate pain and sorrow from your life. Acceptance of what is immediately frees you from mind identification and thus reconnects you with Being. Resistance is the mind.

Non-surrender hardens your psychological form, the shell of the ego, and so creates a strong sense of separateness. The world around you and people in particular come to be perceived as threatening. Not only your psychological form but also your physical form - your body -

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Sahale Learning Center

The EcoVillage at Sahale

becomes hard and rigid through resistance. Tension arises in different part of your body, and the body as a whole contracts. The free flow of life energy through the body, which is essential for its healthy functioning, is greatly restricted.

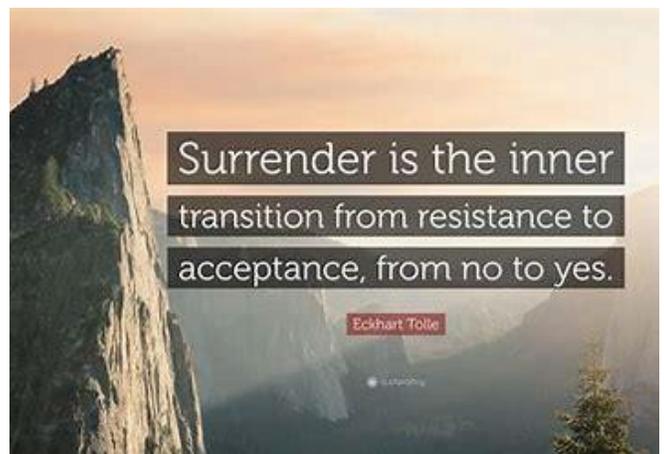
If you find your life situation unsatisfactory or even intolerable, it is only by surrendering first that you can break the unconscious resistance pattern that perpetuates that situation.

Surrender is perfectly compatible with taking action, initiating change, or achieving goals. But in the surrendered state a totally different energy, a different quality, flows into your doing. Through nonresistance, the quality of your consciousness and, therefore, the quality of whatever you are doing or creating is enhanced immeasurably. The results will then look after themselves, and reflect that quality. We could call this *surrendered action*.

A negative mind can never give a positive life. In every moment when we surrender, we enter into a positive domain by yielding to what is, and in that state of consciousness, you never allow yourself any negativity, but embrace appreciation and gratitude. Thus you have a more positive experience out of that moment, that *now* than someone who knows not how to surrender.

In the state of surrender, you see very clearly what needs to be done, and you take action, doing one thing at a time and focusing on one thing at a time.

Learn from nature: See how everything gets accomplished and how the miracle of life unfolds without dissatisfaction or unhappiness.



Someone asked: "Letting go of resistance is easier said than done. I still don't see clearly how to let go. If you say it is by surrendering, the question remains: How?"

Start by acknowledging that there is resistance. Be there when it happens, when the resistance arises. Observe how your mind creates it, how it labels the situation, yourself or others. Look at the thought process involved. Feel the energy of the emotion. By witnessing the resistance, you will see that it serves no purpose. By focusing all your attention on the Now, the unconscious resistance is made conscious, and that is the end of it. You cannot be conscious and unhappy, conscious and in negativity. Negativity, unhappiness, or suffering in whatever form means that there is a resistance, and resistance is always unconscious.

You say that you are conscious of your unhappy feelings, but the truth is that you are identified with them and keep the process alive through compulsive thinking. All that is unconscious. If you were conscious, that is to say totally present in the Now, all negativity would dissolve almost instantly. It could not survive in your presence. You keep your unhappiness alive by giving it time. Remove time through intense present-moment awareness and it dies.

Until you practice surrender, the spiritual dimension is something you read about, talk about, get excited about, write books about, think about, believe in - or don't, as the case may be. It makes no difference. Not until you surrender does it become a living reality in your life. When you do, the energy that you emanate and which then runs your life is of much higher vibrational frequency than the mind energy that still runs our world, the politics, economic structure, education, media. Through surrender, spiritual energy comes into this world.

~ *From the Book: The Power of Now by Eckhart Tolle*

Surrender, A key purpose of the Human Relations Laboratory

Colette Hoff

Surrendering old stories, worn-out self-definitions, attitudes, negativity, ideas that no longer serve, judgement, habitual ways of thinking and the list could go on . . . are all aspects of what is intended through the Human Relations Laboratory. With time and space and people to listen, the lab provides a supportive context for self-acceptance and transformational change. Living in the present moment is more possible in a laboratory setting. The words above by Eckhart Tolle describe the process of surrender which he considers a practice that can be practiced in every present moment. Surrender enables letting go in order to re-fill with more positive energy and love.

The 2019 Lab, *How to Live in Heaven Here*, will give opportunities for lots of practice in surrendering and allowing the old to be replaced by the new, whether it is experimenting with art, music or relationship.

The chess game of life - A poem by Hafiz

The chess game of life

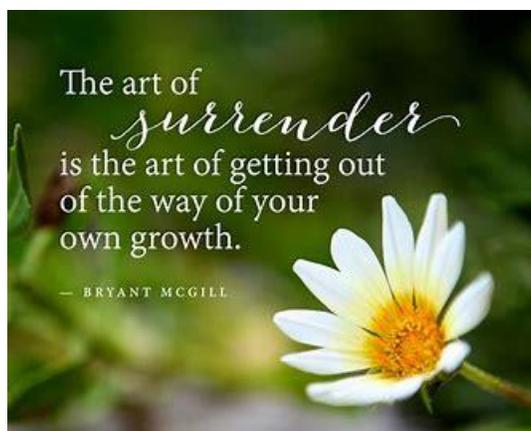
What is the difference between
the seeker's experience
of existence and
that of the
rest?

The seeker
knows the spiritual path
to be a subliminal chess game with infinity

The limitless has just
made an amazing move
and the entranced seeker
spurts out in laughter
"I surrender ... I
surrender!"

While the rest of the people
seriously think they
still have a
thousand
moves.





**Gathering at Sahale --Memorial Day Weekend
May 24 to 27, 2019**

Let's continue the tradition of gathering at Sahale to a weekend of enjoying and caring for this good land. Well-organized work parties will have plenty to do and there will be tasks for all abilities. However, we will seek a balance between work and play. There will be wholesome meals, outdoor play, hot tubing, music, and relaxation. The only charge will be a donation for food.



Please bring snacks and beverages to share, work/gardening gloves, your favorite chain saw, hand gardening tools, and perhaps a hammer.

The Sahale Circle (which is an aspect of our experiment with Sociocracy) will be offering leadership for the weekend in a variety of ways.

RSVP to Colette with your expected arrival time, number of people, and when you are planning to leave by emailing hoff@goodenough.org

*When you do things
from the soul,
You feel a river moving in you,
A joy.
~Rumi*



50th Annual
**HUMAN RELATIONS
LABORATORY**
Sponsored by the Goodenough Community

AUG 4 to 10, 2019

How to Live in Heaven, HERE!

Lab feels like heaven – right here and right now. Heaven is not a location but a state of mind, an attitude of **AWE** and **WONDER**. We can create heaven inside ourselves through spiritual and psychological development, and between and among individuals through relationships, collaborative circles, and the culture we create together.

FOR SEVEN DAYS YOU CAN:

- Practice radical openness in a safe context
- Connect deeply with others who are also growing themselves
- Dissolve barriers to love
- Enjoy creative expression of all kinds
- Live in the natural world, explore freedom and energy, and live in the present

\$750 | The Lab fee includes accommodations and learning materials.

Special rates available for groups of three or more, seniors, students, and interns.

Please consider an additional tax-deductible donation to the scholarship fund. Thank you.

To learn more, call (360) 275-3957 or visit: www.goodenough.org/lab

[Click Here to Register](#)

[Click Here to Visit our Site](#)

Space is limited, register now. www.goodenough.org/lab

Held within the magical 68 acres of Sahale Learning Center, on the Kitsap Peninsula.



Sahale Move Update & A Final Request for Help

Pam and Elizabeth Jarrett-Jefferson

Pam and I will be making the final move out of our home to Sahale this coming Sunday, May 19, and would love your help with this last push. [It is almost 45 years to the day when I (ej) moved in our Mercer Island home.] Most of our things are moved already



A Transformed Garage!

but we do need help loading the Penske truck (smaller this time!) and some relatively easier packing. Plan on a 10:00 arrival time. No yard work! We will plan on hosting a final farewell some time soon after our home is listed on the market, which is planned the week after Memorial Day. We are so deeply appreciative to everyone who has helped and lent their energy and good wishes. We are forever grateful.

Love,

Elizabeth & Pam



Beavers – I love them!

Kirsten Rohde

At the Global Earth Repair conference, I attended a workshop entitled “Beavers in Ecosystem Restoration” led by Jakob Shockey (<http://www.beaverstatewildlifesolutions.com/>). Here is a person who really knows beavers! He has a lot of experience in finding ways to work within ecosystems to maintain the benefits of beavers on land while managing flooding and fish passages. Since we have a beaver family where the Jiggs Lake stream empties into the Tahuya River I was interested to learn more. I knew that beavers are beneficial, and now I know a lot of fascinating details. Jakob calls them “keystone species” because they create beneficial environments: increasing riparian dependent birds, increasing water fowl, increasing fish population, creating nesting sites for birds, and they are the best way to restore salmon habitat. He quoted the saying I’ve heard before: “Beavers taught the salmon to jump.”

We learned that female beavers are the ones that cut the wood and the males stay in the lodge with the young. They garden the landscape creating a home that they pass on to generations of their families. Beavers are vegetarians and when they make lodges, birds nest on top of them. Wetlands are the #1 place to sequester carbon and create water security. Beavers retain the water in streams that would otherwise be drying up. We learned about best ways to stop beavers from plugging culverts and how to increase flow for salmon without disrupting the beavers and their homes. Jakob showed us best ways to keep trees from being cut down (paint with sand mixed in). We also heard some stories about the history in this country and how killing most of the beavers for their fur resulted in a completely changed North American landscape, disrupting longstanding ecosystems.

I'm happy that we have beavers; there were people in this workshop who have land without beavers and were seeking ways that they can encourage them to move in. Yes, our beavers have cut down a lot of trees and the landscape is changing at the end of the stream. Some of those trees were ones that I valued and had even planted so I can get fussed with the beavers. I'm happy to learn more ways to protect the trees. There's plenty of other trees for them to chomp on. But we are fortunate to have them and hopefully our focus on caring for the land can help them feel fortunate that we moved in – after all they were here first.



Here is a picture of Irene and our old friend, Evelyn with a baby goat at Finn River Farm and Cidery on the way to the conference!



Sahale Summer Camp
June 27 to-July 3, 2019
Now is the time to register!

camp for boys and girls, 9-12

A week-long, overnight camping experience designed to help children have fun learning about themselves as a friend, naturally. Your child will leave with a greater sense of confidence and of belonging to the world. Our program builds skills that promote self-esteem, collaboration and social creativity for the future health of your child & society:

- ♥ Self-responsibility, self-care, self-reflection, self-awareness and self-expression
- ♥ Enjoyment of work and play
- ♥ Sharing and active listening
- ♥ Empathy and practical care of others
- ♥ Respect for elders and peers
- ♥ Collaboration and cooperation

“Building forts & campfires with friends all week long is so much FUN!”

Sahale’s gift is a remote and beautiful river valley where we breathe fresh air, swim in clean waters, explore meadows and forested hills. It is home to diverse flora and fauna awaiting discovery. Each day, camp life is filled with natural wonders.

“Sahale is the best! I can’t wait to meet up with my friends from camp.”

We build our tent village circled by trees and near the fire circle where we gather each evening for stories, singing, skits, stargazing and more. Each day repeats a gentle rhythm and includes comforting routines.

Daytime activities include: Group circles, archery, nature activities, cooking, river play, gardening, quiet time, journaling, drawing, drama, music, story time, free time, group games and crafts such as clay, weaving, beads, drawing and more.

“I love learning new things at camp and the food is great!”

On our last full day, we celebrate with a big feast and a special camp fire program as we prepare to join our families the next day.



Co-creating memories & friendships



Giving ourselves to love—2019 women’s weekend

The glow of the weekend continues and here is a note we received.



Although I am not a member of the Goodenough community, I had the privilege of attending the recent Women’s Weekend Retreat at Sahale. It was a very rich experience, enhanced by making new friends and relaxing on the land.

I was very impressed by how well prepared the leadership team was. The handouts were well thought out and guided the work we were all there to do. The environment was loving, and people took care to listen to each other with deep hearts and much respect.

Oh, did I mention the food? Yup. Tasty, satisfying, and enjoyed in good company.

In the course of my life, I have created and/or participated in many workshops and retreats. So I know full well how much work goes on behind the scenes in order to create an atmosphere of ‘ease and grace,’ as Pedge would say. My thanks go out to the Sahale leadership and to everyone who made the weekend a very fulfilling one.

Una Boyle



Goodenough Men’s Circle: Upcoming

Bruce Perler

Our Men’s Circle is an expression of brotherhood and practice with wisdom, gathered from our 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. A vision quest experience, centered around a small group backpacking trip into the Olympic National Park, will be held earlier in the spring.

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

For more information or questions, please contact me: bruce_perler@hotmail.com



The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function. Future themes of the eView include:
May 22 – **Collaboration**, Colette Hoff, Editor
May 29 – **Flow and mindfulness**, Colette Hoff, Editor



Pathwork, June 2

Colette Hoff

Our Pathwork Circle will meet again on **Sunday, June 2, 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 meet again on July 14.



The deAnguera Blog: Surrender



Last weekend I joined Paul, my brother and his wife Pat on a hike in the Olympic National Forest near Lake Cushman. We totally surrendered ourselves to the experience.

Lake Cushman itself was created by a hydroelectric dam generating power for Tacoma. It is mostly surrounded by private homes and chalets clustered in villages. I can remember advertisements for Lake Cushman years ago featuring a cartoon beaver. A good way to chop up a forest.

As you can see Pat is taking pictures. She pointed out the trillium in the left hand photo. Otherwise I would not have noticed it. By focusing her camera on nature, she notices things like the trillium. A good photographer sees all the details because she is looking for them. Pat is taking everything in and picking out features worth photographing.

To surrender is to be open to what's around me. Open like a flower. Now that feels good! Relaxing. Inspiring. That's the reward for openness.

At this stage of life I have learned to really get into good experiences such as hikes. Many times I can be in a good place yet my mind is somewhere else. The nice thing about a hike is it involves exerting my body. This enables me to really get my mind in tune with my body.

Here I am a visitor. The woods reign supreme. What a difference from an urbanized way of life.

Most of Western Washington is not real forest. It is either clear cut or the trees are thin. When trees are planted close together by foresters, they try to grow fast to the top of the forest. This doesn't make for healthy trees.

At Sahale we are taking down trees to allow others to get bigger. The grove is just on the other side of Central Park. We are also cleaning out most of the under brush to make camping spaces. Our campers will appreciate the cool forest without the darkness and bugs.

By contrast brush along with downed trees and branches is left in the National Forest. That's how a forest floor is suppose to appear.

I walk slowly through the forest taking it all in. That's something I can't do while driving. Too much is happening at once. Forest is gentle especially with a creek running through it. Being here makes me feel very good, almost high. I appreciate living at Sahale. What a difference from the noise and concrete of shopping centers. Even when they have green parks, I still don't get the calm forest feeling. Is it possible that by living in urban environments, I automatically tune out my surroundings? In fact I need the wild outdoors just to stay healthy.

Civilization is about choosing to live in urban environments and expanding them. It seems often I let developers do that for me. I am surrendering to forces paving over the woods. It seems so natural to do so yet I know woodsy places are healthier especially with good friends. The woods actually brings us together in a way cities never can.



That's me. Happy in the woods.
Not a worry.



Soap Making with Tod Ransdell

Colette Hoff

One of the things I love about the True Hoidays Celebration in December is that it lives on through the year. Saturday May 11, Sophie Hoff and Amina Martin, and I were taught by well-organized Tod, the process of making soap and leaving with 2 pounds of soap that will cure for three months before using. We had a good time and did lots of stirring!



At the “OUR” Ecovillage – in British Columbia

September 13 - 15

Friday 2:00pm - Sunday 5:00pm

This 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.





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**.

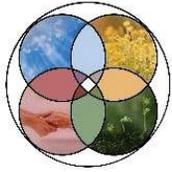


Programs and Events of the Goodenough Community

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



The **General Circle** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be June 3 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meeting is 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.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be **June 14**. Contact Kirsten Rohde for more information: 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



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, June 2 and July 14**. Contact Colette Hoff for more information: 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





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

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 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.

