



## The Village eView

April 27, 2016

Colette Hoff, Editor

### Calendar of Events:

HRL Training – April 29 to May 1

Pathwork – Sunday, May 8

Council – Monday, May 9

Relational Group – May 10

Women's Weekend – May 13 to 15

**Sanity** (from Latin: *sānitās*) refers to the **soundness, rationality and healthiness** of the human mind, as opposed to insanity. A person is not considered sane anymore just if he/she is irrational. In modern society, the terms have become exclusively synonymous with ***compos mentis*** (Latin: *compos*, *having mastery of*, and *mentis*, *mind*), in contrast with *non compos mentis*, or insane, meaning troubled conscience. A sane mind is nowadays considered healthy both from its analytical -once called *rational*- and emotional aspects.<sup>[1]</sup> Furthermore, according to Chesterton,<sup>[2]</sup> **sanity involves wholeness**, whereas **insanity implies narrowness and brokenness**. *Wikipedia*

### Sanity

*John I. Hoff, Leadership Training, HRL 2012*

We can measure our mental health by our willingness to **respectfully consider feedback** from other relevant adults, and to use the data to improve our performance. The lack of sanity shows up as emotionalism that obscures rational judgment. Being sane, **we are aware of our own thoughts and feelings yet remain aware of the feelings and the welfare of others**. Our own emotional life does not cancel out our attention to others.

In the process of becoming an adult we usually discover that the way we were raised and the kind of parenting we had has shaped the way we live. This has enabled our survival yet it has also mis-shaped our ability to have truly mature relationships. Our “insanity” shows

### ***On-Line News of the Goodenough Community System:***

**The American Association for the Furtherance of Community**

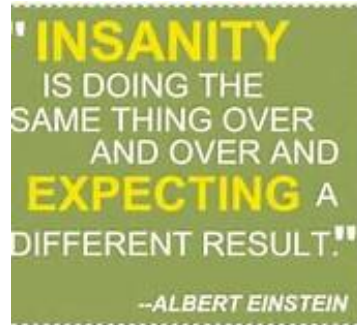
**Convocation: A Church and Ministry**

**Mandala Resources, Inc.**

**Sahale Learning Center**

**The EcoVillage at Sahale**

up behaviorally in our lack of intimacy, our unwillingness to take responsibility, and in our emotional instability. You are difficult to relate to and lack the interest in improvement. You are invalid in the sense that you are unable to correct your own behavior. This can change quite quickly as you acknowledge your difficulty and ask for help. **Sanity returns when you admit your difficulties.** It is wise to expect the curative process to take time and much practice. This process of self-assessment and self-correction must happen in each of the four areas we have identified here. Sanity involves transcending the limitations of the past.



### **Sanity, Maturity, Proactivity, Creativity in Community**

Kirsten Rohde

**Sanity:** courageous in taking charge of your own life

**Maturity:** trustworthy, responsive and sensitive to the needs of others, responsible for your own growth

**Proactivity:** a good attitude, counted on to bring good energy to a task

**Creativity:** the activity of spirit – human and divine

These statements are taken from a leadership training document written by John and Colette Hoff in 2012. As people in our community, wanting to be good people by finding ways to always grow and evolve, we have used these four qualities of a developing person – sanity, maturity, proactivity, and creativity – to describe characteristics for good community life. We bring them up as encouragement to ourselves and each other to meet the challenges with good attitudes and a willingness to grow and change.

Think of these community situations:

Several people are discussing how to accomplish something. You see that they have the people they need to work it out and realize you don't need to get involved. You trust them.

Several people are discussing how to accomplish something. You possess an important piece of information that could contribute to their discussion. But you decide to have a hot tub instead.

Several people are discussing something. You've just had a fight with your partner and get involved in this discussion bringing your frustration about your partner with you.

Several people are discussing something. They ask you to join them. You bring your creativity into the discussion and everyone has fun exploring more options.

Several people are discussing something. You feel left out and walk away.

Several people are discussing something. Their energy and laughter is attracting you to them. You join but mostly listen to what they are talking about and observe how they are interacting in such a good way. You want to learn something.

Each individual has ways of showing their sanity, maturity, proactivity, and creativity or the opposite.

When I was a teenager in high school I read "I Never Promised You a Rose Garden" – a semi-autobiographical story about a young girl with what was then called schizophrenia – an overused diagnosis at the time. I thought, I'd like to just be crazy. Try as I could I couldn't get crazy enough to attract any attention, but I did get depressed. Much later, when I found helpful counselors and friends in the Goodenough Community, I learned that I had within me the power to overcome depression. I could accept and forgive the reasons for my depression and decide to move on. At this point in my life, I can feel very sad, which is just part of life. I have learned to understand the difference between being sad and depression. If I see the first signs of depression I get connected with others and also get exercise. I also know that if I put off creative activities, that's depressing too. I try to be kind to myself and my friends are good at pointing it out if I'm not. Depression runs in my family and my brother needed antidepressants for many years. His struggle with happiness was different than mine but we both knew we preferred to be happy and would do whatever we could to be happy, no matter what life presented to us.

I like the concept in our community that we try to call out the best in each other. Sometimes it helps to be shown how we are not being our best, and the assumption always is that we are each capable of learning how to be sane, mature, proactive and creative individuals.

NEXT WEEK'S eVIEW THEME:

**Creativity**

**Editor Note:** The following quote by Frances Vaughan provides a similar view of the developing person:

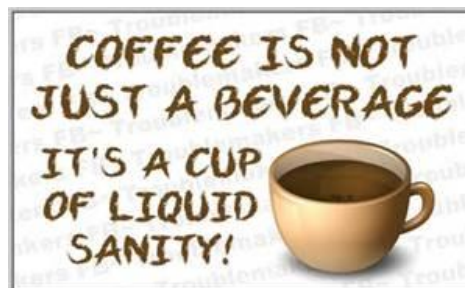
*The **mature** person discovers that ego gratifications are ultimately unsatisfying. They can be viewed as temporary substitutes for awakening Spirit, or the transcendent dimension of being (Wilber: 1980, 2000). The process whereby a sense of identity evolves from a separate skin-encapsulated ego to a **mature, creative, and self-aware** participant in the evolution of consciousness involves a continuing process of differentiation, integration, and transcendence. Transcendence does not deny previous identifications or self-concepts, but includes them in a larger more encompassing whole.*

*. . . Thinking of the self as an open living system existing within a larger ecosystem can facilitate the shift from imagining the self to be a separate, independent entity, to recognizing its interdependence and embeddedness in the totality.*

*Frances Vaughn, Identity, Maturity, and Freedom: Transpersonal and Existential Perspectives, 2009.*

*The proactive approach to a mistake is to acknowledge it instantly, correct and learn from it.*

~Stephen Covey



*The next characteristic involves maturity—which has to do with transcending self absorption sufficiently to care for others. A third focus for your work involves transcending your own reaction to others. Be proactive instead of reactive. Proactivity is a positive attitude that is basic to offering leadership in any situation. Nelson Mandela encourages us to be the change we want to see in the world. This is the power of a good attitude. The fourth area of learning requires and involves transcending the focus on problems in favor of seeing opportunities for creative expression. ~ John I. Hoff*

## **The Role of Mental Health in the Goodenough Community and Convocation**

Excerpt

### **Introduction**

The Goodenough Community may be described as a “holding environment,” a womb in which individuals may transform themselves. A person entering the community is entering an environment carefully crafted for assessing individual needs, for directing an individual toward personal growth, for recognizing potential and helping an individual achieve it. Each program of the Goodenough Community conveys a general orientation for approaching growth and mental health.

Many of us became involved with the Goodenough Community through asking for help with living or relational problems. A goal of this community is to provide a mental health system for the benefit of members, friends and others who may avail themselves of our mental health services and personnel. Our mental health services are offered primarily through the pastoral counseling service called Quest: A Counseling and Healing Center, which is sponsored by Convocation, the community church and ministry.

### **The Issue of Personal Responsibility**

The Goodenough Community has developed a consensus statement for the process to be followed by individuals committed to their full human and spiritual development. Taking personal responsibility for accepting and working with one’s mental or emotional difficulties is at the heart of it. As a community, we choose not to respond to anyone on the basis of prejudice. After all, prejudice really refers to pre-judgment. Thus, no mental, emotional or behavioral difficulty people have would prevent us from wanting to say: “These people are valid and valuable human beings who have a right to participate in our life if they choose.” That is a starting place.

We require that people hold themselves responsible for their behavior and the impact or consequences of their behavior on our community life. How we may think about this includes accepting each other’s genetic inheritance and life stories. Having articulated that we will accept people truly without prejudice, this second point is that we require individuals to be responsible even for their mental and emotional difficulties.

**The statistics on sanity are that  
1 out of every 4 Americans  
is suffering from some  
form of mental illness.  
Think of your 3 best friends.  
If they are okay, then it's you.**



**Wholeness: A Woman's Journey**  
**Women's Weekend at Sahale**  
**May 13 – 15, 2016**

That most feminine of symbols, the Moon, represents in her phases a woman's journey toward wholeness. We associate the fresh crescent moon with youth, the waxing moon with mature creativity, the waning moon with menopause, the waning crescent with old age.

And, as with a woman, there is more to the Moon than immediately meets the eye. Though we usually see only part of her, she is always whole. As women, we pass through distinct phases of life, recognizable to ourselves and to each other. Each phase brings mystery in the guise of developmental tasks and challenges. Sometimes our growth – and our need for growth – is visible to the world while remaining mysterious to us. And, mysteriously, a woman's growth is a winding and twisting path, unexpectedly revisiting earlier phases, then leaping into the unknown.

Another way of thinking of these phases and transitions is of recognizing our maturity at every stage of life, no matter how old or young we are.

**I invite you to join the women of the Goodenough Community for a weekend retreat, in which we will explore together our personal paths toward wholeness.**

In meditation, in friendly discussion, and in free time, we will examine our own development, noticing where we are whole and mature, and where we still need to grow. Using the resource of the weekend community of women, we will choose ways to move ahead on our life-long path toward wholeness. Our women's gatherings are friendly and convivial, filled with thoughtful conversation and companionship, with time for solitude, play, movement, and ritual. We will have time to work together on a project – *bring your own creative work or join one.*

The Goodenough Community women's program encourages and supports self-development, helps women reach a greater connection with their inner source of feminine strength, celebrates who we are as women, and improves relationships with partners, family members, friends, and self.



At this weekend, you can expect to:

- › Make new friends and deepen existing friendships
- › Enjoy a rich intergenerational experience of women together
- › Create together an experience that serves your own life

The weekend event will take place at the Sahale Learning Center, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity. Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening**, and our weekend will formally end at **3 p.m. on Sunday**.

Cost for the weekend is \$250; limited scholarships are available. To register, please complete the registration form below and return it with a \$40 deposit. If you have questions, please write to me:  
Hollis Ryan – [hollisr@comcast.net](mailto:hollisr@comcast.net)



*The supreme accomplishment is to blur the line between work and play.*  
-Arnold J. Toynbee, historian (14 Apr 1889-1975)

Now is the time to make plans for our **14<sup>th</sup>** annual work/Play party,  
**Memorial Day Weekend at Sahale Learning Center**

**May 27 to 30, 2016**

Well-organized work parties will have plenty to do for all abilities and we will seek a balance between work and play.

There will be wholesome meals, outdoor play, hot tubing, and relaxation.  
The only charge will be a donation for food.

Let Colette know your plans  
[hoff@goodenough.org](mailto:hoff@goodenough.org)

# Human Relations Laboratory

August 7 to 13, 2016

*Transformation Happens  
Here*

**Seven rich days of experiential learning and social creativity within  
a community setting**

**Transformation:** *Change in form, appearance, nature, or character.*

This coming weekend, April 30 to May 1, a group of dedicated leaders will gather to design the 2016 Human Relations Laboratory. Working with the theme, inner work, relational work, small group work, and developing the Lab culture will all be aspects of the weekend. Let Colette know if you feel called to join this training experience. [hoff@goodenough.org](mailto:hoff@goodenough.org)



## **Sahale this week**

*Irene Perler*

It's always amazing to see the landscape at Sahale transform in a few short weeks from its barren and grey winter attire to its colorful, bold spring look. The flowers in bloom right now are the whites and pinks of the dogwoods, mountain ash trees and the huckleberry flowers, pinks and reds of rhododendrons and bright yellow and oranges of the azaleas, the purple trumpet flowers of the empress tree, not to mention the apple, pear and quince trees, grape hyacinths and tulips. These beautiful changes are matched with the beauty of butterflies, dragonflies and of course our treasured honey bees. We are fortunate that one of the hives survived and is now going into its second season with a new queen, which I learned how to introduce to a hive that is struggling. The worker bees are eagerly awaiting new brood that she will lay. They are also very busy visiting all those trees and flowers for the pollen and the nectar they can bring back and feed to the queen, the young bees and store for the future. When we stop and watch the activity of the hive, it is clear where the phrase "busy as a bee" comes from. They move so fast and never appear to stop.







Likewise, spring seems to get all of us here at Sahale moving more quickly and adjusting to a lot more physical activity. The last few weeks have brought the residents and many friends of Sahale out to weed, move plants, mow and plan for future improvements in the garden. A huge appreciation goes to a concentration of energy that the Buchmeier family and their friends have brought this spring. Following a dream and collaboration among many, they have been organizing work parties to clear the weeds, find the paths and the plants around the circle drive entrance and the pond. There

is an intention to renew the beauty of the pond, to make the walking paths clear and more accessible, as well as easier to maintain. Among the accomplishments this weekend Rose, Phil and Joe Buchmeier, Tom George and gardener friend Brandon came out and worked for 2 days to clear away grass that had obscured the pond edge and many of the pavers around the pond. The weeping willow is restored and the regular willow, which had budded up and grown right next to the weeping one has been carefully removed. Pond frogs delighted them in their work and a path was cut away all around the edge of the pond to create a manicured border and walkway. The Buchmeier friends were busy as bees and are making steady progress to reclaim the beauty of the entrance by the pond. I could feel their sense of accomplishment with every stepping stone discovered and rock placed back into an ordered place.



I want to highlight and thank the Sahale worker bees: Josh, Evelyn, Elias, Mike, Kirsten, Colette, John and Bruce who have been weeding and maintaining systems whenever and where ever and slowly and patiently making a difference. Our goals are to create beauty, order and protect what we have. This week we moved projects along in five different zones using a new focus for each workday to attend to the variety of projects we care for. We take turns leading and planning for the work needed in the different areas. We are each learning to follow and lead and the morale of support is more evident as we want to help each other succeed for the good of all. I know that I am learning a lot from the bees about the role of service to the whole; I see it in my attitudes about working together as a team. I want

everyone to feel good about the contribution they make and I know clearly that I cannot do this work of caring for the whole Sahale “hive” alone. Buzz on by soon and join the good work.

### **“Oh my Sod!”**

Bruce shared the following link with me, please check out this interesting organization, [http://compostingcouncil.org/icaw/?mc\\_cid=d9065cd522&mc\\_eid=cf18b26bf9](http://compostingcouncil.org/icaw/?mc_cid=d9065cd522&mc_eid=cf18b26bf9) which is announcing International Compost week coming up next week May 1-7<sup>th</sup>, 2016. This year’s theme is about the connection between water conservation and composting. Simply stated, the less we waste and put into sewage treatment, the less water needed for that task and the more fresh water available and the more we make our soil healthier with compost, the more water it retains in its healthier structure which also reduces the demands on water.

We currently use at least 6 composting processes at Sahale! Could you add one in your home? If you’d like help setting something up...ask me and others here at Sahale.

- \*Heap composting of mixed materials – traditional layers of green and brown materials
- \*Vermiculture (worms eating our scraps) and using the castings and tea for fertilizer
- \*Chickens eating and scratch and pooping in pine shavings which is then composted
- \*Collecting ash from burning wood added to garden projects
- \*Piling mulch delivered from the local tree services and letting it compost, using on trees and paths
- \*Hugelkulture style beds use active composting of logs and brush decaying over time, small brush piles left alone to decay in the woods and provide habitat for squirrels and snakes
- \*Humanure.

Want to learn more about composting? Borrow a book from the Sahale lending library---ask me, or check out the following links:

[http://www.howtocompost.org/info/info\\_composting.asp](http://www.howtocompost.org/info/info_composting.asp)  
<http://www.compostguy.com/composting-basics/>  
<http://www.gardeningknowhow.com/composting/basics/>

### **Bring some beauty to Sahale!**

*Irene Perler*

This is a great time to add some color to your favorite hangouts at Sahale. Hanging baskets and planters are ready to receive gifts of colorful flowering plants and accent greenery. We invite you to get creative and share your favorite petunias, begonias, geraniums, fuschia, lobelia, million bells, allysum, bucopa, asters, pansies, and the like! There is a very long list of beautiful plants at your favorite store and the Land Stewardship Team would like to encourage gifting the Sahale Learning Center with contributions to the Spring Dress up Sahale process. The next time you plan on visiting Sahale, please consider this invitation.



We will happily integrate any offerings into the baskets and planters or if you like we'll direct you to the supplies to build your own! Or if you want to bring a readymade basket, we will happily find a spot to hang it! Thank you so much!



## The deAnguera Blog: Sanity in the Garden



Sanity refers to right thinking, healthy living, and rational judgement. That can be a challenge without community. If I don't have healthy friendships around me, then I am in a relational void. I am not sure it is possible to remain a sane person. I need to be in relationship with others in every area of my life in order for my life to work right.

Recently we have decided on a more regular daily work schedule. Now every morning after breakfast we stand in a circle and plan our time together. This practice will make us more aware of our belonging to a community.

During our work last Tuesday, Irene introduced us to the new queen of our new bee hive. The queen was in her little box with smaller bees crawling all over her. They were special assistants who were packed into the box with her. They were feeding her since she cannot feed herself. Irene briefly pulled out the cork on one end of the box and quickly pushed a marshmallow into the opening. As I mentioned last week, the workers will eat through the marshmallow giving them time to get used to the new queen. We hope they will accept her.

Honeybees need to work together as hives with workers around a queen. This is what works best for honeybees. Other kinds of bees such as mason bees and bumblebees are solitary and do not live in hives.

Likewise human beings have evolved the tribe, an organization that works best for us. The tribe in fact works so well it has not evolved into something better.

By contrast our society doesn't work at all for us and like other civilizational experiments will eventually fail. Unlike the bee hive and the tribe it doesn't work to make food available to everybody. Instead it locks the food away and forces each of us to toil to buy the food we need individually. Each of us is not only on our own but in competition with others for access to food. This is the biggest destroyer of community because competition works against community.

Without community neither individuals nor families can work well on their own. Agencies are created to address growing mental problems as well as crime and violence. Increasing numbers of children are being shot and killed by their peers. The results tear up and fracture what little remains of family life.

Any resources under lock and key always accumulate into a few hands. Thus every civilization always emerges as a hierarchy with a wealthy few controlling most of the resources.

Some of us do very well where as some of us just get by and others end up on the bottom.

In Seattle as in cities around the country homelessness is a growing problem. In any competition you are always going to have losers who can't even afford a place to stay and have no access to food except dumpster diving.

I don't recall that tribes ever had poverty or homelessness. That's because like the bee hive, the tribe works equally well for all its members. There was once upon a time where no one was hungry on this entire planet.



Of course no discussion of Sahale would be complete without mentioning Neddy who is always with us when we work together. He helps keep the rest of us sane.



## Community News

By Elizabeth Jarrett-Jefferson



### You're Invited to Celebrate the 60<sup>th</sup> Birthday of Nan Kreckler-Scott

Saturday, June 4, 2016

6:30 PM until Who Knows When

*At the home of Pam and Elizabeth Jarrett-Jefferson  
3446 77<sup>th</sup> Place SE, Mercer Island 98040*

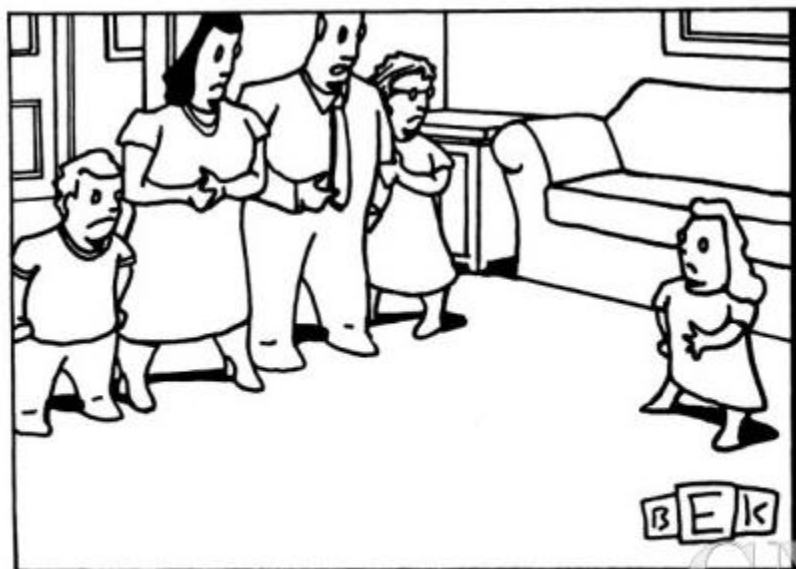
Appetizers, Dinner, Dessert

*RSVP to Elizabeth –  
Elizabeth.ann.jarrett@gmail.com*

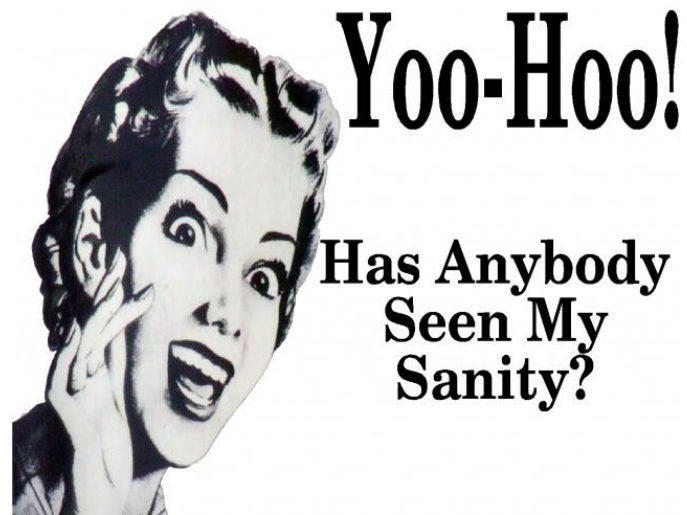
### Birthdays

- **Happy birthday, Lee Benner – April 29**
- **Happy birthday, Rodney Herold - - April 29**

We have learned that Rodney was in an accident and is in the hospital in California. Let's send him our thoughts and prayers.



*"Bad news—we're all out of our minds. You're going to have to  
be the lone healthy person in this family."*





## Cultural Programs & Events in 2016

*All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.*

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

*The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.*

### Programs & Events:

Third Age Gatherings	Women’s Culture
The Men’s Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

### Goodenough Community Women’s Program Further Along the Path to Freedom

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.

As a centering point, each gathering builds upon a theme which, this year, is “Further Along the Path to Freedom.” The theme opens up a way for us to look inside ourselves and to share whatever we want our companions to know.

Our gatherings throughout the year include a time of introspection, a time of gathering and joining with others, and plenty of time to listen to others and to share your heart. We often sing, chant, and dance. We find that opening ourselves to other women is indescribably satisfying and uplifting. Each woman is free to participate to the extent that is right for her.

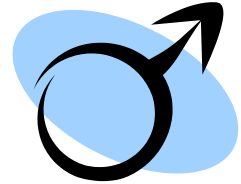
**You are invited to join us at our women’s weekend in May at Sahale, the community’s retreat center near Belfair, Washington.** We begin on Friday evening, May 13 and conclude on Sunday afternoon. Accommodations are comfortable, the food is delicious, and the company of women is refreshing, relaxing, and energizing.

We look forward to welcoming you soon.

## Men's Program

**Theme: Friendship among Men**

### Men's Program



We're an open gathering of men friends, some old and some new. Have a look at our (slightly outdated) [men's page](#) on the website to know a little more about our culture.

Let me know of your interest: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com) or 206.419.8361

### Memorial Day Weekend, May 27 to 30 at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

### Putting Up the White Tent one more time!

On the weekend of Friday June 10 and Saturday June 11 we will put up our Gathering Tent. Mark your calendar!



### Sahale Summer Camp for 9 to 12 Year Olds

**June 26 to July 2, 2016**

<http://www.goodenough.org/camp.htm>

**Sahale Summer Camp is entering its 11th season!** We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.



We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking and being part of small clans that spend time each day getting to know each other and together.



care of camp  
together  
working

A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff](#)

[Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com).

Save the date and invite friends:

## 47<sup>th</sup> Human Relations Laboratory

August 7 to 13, 2016



***Transformation Happens Here***  
**Seven days of rich experiential learning and  
social creativity within a community**

**Sahale Learning Center on the Kitsap Peninsula**

Register now at [www.goodenough.org](http://www.goodenough.org) – space is limited

**An event designed to encourage human development**

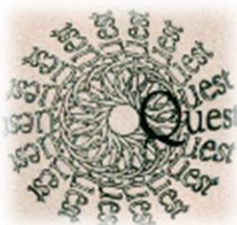
- Inspire your desire to be a better person.
- Facilitate your personal mastery and relational development.
- Practice interpersonal skills and experience community formation.

**“Transformative and rejuvenating!”** Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

**To register:** [www.goodenough.org](http://www.goodenough.org)

**To learn more:** (360) 275-3957



### **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.