



A journey takes one to the outer edges of the world while simultaneously traveling to the depths of your soul!

~Phil Cousineau

The Journey to the 2018 Human Relations Laboratory has begun! A theme was chosen after an especially co-creative process at the recent lab staff training, May 11 to 12. This group left the experience jazzed, full of ideas, and assignments.

The theme, **Journey in Freedom:**

The Radical Practice of Living A Goodenough Life will provoke edges and boundaries. Freedom requires boundaries and limits to provide safety while the energy of freedom knows no boundary. Radical, also a strong word, means thorough, encompassing, total, comprehensive especially related to change. This theme will also require reviewing and capturing some of the important elements of what makes a goodenough life and how we learned.

Themes for upcoming issues of the eView will reflect some of the research being done in preparation for the Lab as we explore some of the places this lab theme take us. The series on our senses will conclude although it was appreciated.

Preparing for a journey requires openness, attentiveness and responsiveness and theses become the essence of a journey according to Phil Cousineau. He wrote the book, *The Art of Pilgrimage*, given to John and I in 1999 by dear friends, Pam and Elizabeth, fellow journeyers.

Village eView

May 23, 2018

Colette Hoff

Coming Up

Memorial Day Weekend, May 24 to 28

Third Age, June 1

NICA weekend, June 1 to 3

Pathwork, June 3

Community Council, June 4

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

The point of the journey is to improve yourself by enduring and overcoming difficulties said a Buddhist priest. If you have chosen it and make it a soulful journey, it will be rigorous. Cousineau writes, *The purpose is to call forth spirit. What matters most on your journey is how deeply you see, how attentively you hear, how richly the encounters are felt in your heart.* This perspective is a good one in preparing for the 2018 Human Relations Laboratory.

This week, Mike de shares his perspective on the idea of journey, Irene shares her journey with forest management at Sahale, and Kirsten describes her journey with the salmon stream. Pam Jarrett-Jefferson sent in a recent and relevant article by David Brooks. We appreciate Draí Schindler's work on our Lab graphic as it expresses our theme so well.



“Not I, nor anyone else can travel that road for you.
You must travel it by yourself.
It is not far. It is within reach.
Perhaps you have been on it since you were born, and did not know.
Perhaps it is everywhere - on water and land.”
— **Walt Whitman, Leaves of Grass**

What Moral Heroes Are Made Of



By David Brooks - Opinion Columnist,

May 21, 2018

Recently, I've been lucky enough to be around a lot of people who I would regard as moral heroes. They spend their lives fighting poverty, caring for the young or the sick, or single-mindedly dedicated to some cause. I've been wondering what traits such people tend to have in common.

The first is that they **didn't overthink their decision** before choosing to live this way. They didn't weigh the costs and benefits or wage any internal battle with themselves. As Anne Colby and William Damon write in "Some Do Care," a book that has organized my thinking on this subject: "We saw an unhesitating will to act, a disavowal of fear and doubt, and a simplicity of moral response. Risks were ignored and consequences went unweighed."

At some point in their lives, **somebody planted an ideal**. Somebody set a high example of what a good life looks like, and the person who went on to become a moral hero just assumed that, of course, that's what one should do.

They tend to have a **"This is what I do"** mentality. They don't have a lofty sense of themselves. They don't have a sense that they are doing anything extraordinary. "What I do is as simple and common as the laughter of a child," Mother Teresa once said.

They have a weird obliviousness to inferior pleasures. They are not tempted by worldly success because they are not interested in worldly success. They don't talk much about personal happiness, because they're not particularly interested in themselves, period.

That's because, as Colby and Damon argue, **their self-identity is fused with a moral ideal**. Their identity is not based on being a lawyer or a pianist. Their identity is defined by a certain moral action. They feel at home in the world when they are performing that moral action and feel out of sorts when they are not.

We see them tirelessly serving the poor or risking their lives for democracy and think they are performing great acts of self-sacrifice, but it doesn't feel that way to them. It feels like the

activation of their own nature. Doing that work seems to them as ordinary as doing the dishes. Something needed to be done, so they did it.

Another quality you see is **constant goal expansion**. Some believe that a person's character is set in childhood — that after age 18, people don't change all that much. That's not how it is with these people. They are to moral life what lifelong learners are to intellectual life.

Some series of problems get presented to them — say, in the form of a parentless child landing on their doorstep or a new social wrong in their community. They see needs and respond with an instinctive and sometimes reckless series of “yeses” — and later on figure out how they're going to address them. “Never look down to test the ground before taking the next step,” Dag Hammarskjöld once advised. “Only he who keeps his eye fixed on the far horizon will find the right road.”

You often see such people **expanding their ambitions in the face of hardship**. Andrei Sakharov was a Soviet scientist who became so concerned with the radioactive fallout from nuclear weapons tests that in 1961 he wrote to Premier Nikita Khrushchev. Khrushchev dismissed him, portending decades of government intimidation and eventually internal exile. But every time the Soviets punished him, he expanded his activism and widened his critique.

Often, they have **another strong back**. There's usually a team of peers around them sharing core tasks and carrying them when they can't carry themselves. Great moral leaders like Gandhi and Martin Luther King may get the bulk of attention, but they usually emerge from trusted small groups.

People who lead these lives tend to possess **an insane level of optimism**, a certainty that history does change for the better and that achieving justice is only a matter of time. They remain undaunted even in the face of severe hardship and assume that every wrong is temporary.

Finally, the direction of their lives moves almost invariably from fragmentation to integration. The fragments of their character have become integrated around one single-minded moral cause. **They tend to be hedgehogs, not foxes**. Their efforts are generally built around healing some rupture in society, reconciling differences, bringing the unlike together, a move from fragmentation to wholeness. However contentious the world may look, they have a mind-set that at our deepest level we are all connected in a single fabric.

Some of these moral heroes even seem to sense that no matter how diverse their fields of work are, they're all somehow part of the same big struggle.

As one antipoverty activist put it to Colby and Damon: “I also know that I am part of a struggle. I am not *the* struggle. I am not leading any struggle. I am there. And I have been there for a long

time, and I'm going to be there for the rest of my life. So I have no unrealistic expectations. Therefore, I am not going to get fatigued."

"Sometimes, reaching out and taking someone's hand is the beginning of a journey.
At other times, it is allowing another to take yours."
— Vera Nazarian, *The Perpetual Calendar of Inspiration*

Memorial Day Work/Play Party is coming

May 25 to 28 @ Sahale



A second verse to our traditional grace often sung before meals:

*Give thanks for a nurturing planet,
Give thanks for the power of Sun,
Give thanks for the gift of living, and
...for knowing that the many are One!*

Karly Lubach and her husband of almost 40 years, Oz Ragland, from the Songaia Community and participants at our recent Sociocracy workshop, shared with me (Drai) NEW words that Karly had written to the familiar blessing song (that Goodenough Community often sings before meals)... "All hail to the Mother Gia, all hail to the Father Sun.

This fun weekend is a good time to share Sahale with friends and family

Email hoff@goodenough.org with your plans: when you are arriving and departing and how many in your party. There is always lots to do, and we have tasks for all abilities. We also want to give time to play in the natural world because it is good for everyone! Come Play!

"Cherish every moment with those you love at every stage of your journey."
— Jack Layton

Forest Practices at Sahale Ecovillage

Irene Perler

When you come to Sahale this summer, you will notice that we are thinning trees in a variety of places, most notably in the "Heartwood" Douglas fir Christmas tree forest around Central Park, the Alder forest along the south edge of the meadow and designated trees around the large pond as well as several in the area we refer to as "Blueberry hill".

Over the years, we have had a number of local forestry authorities consult with us to know what forest practices look like these days and what it means to care for and create healthy forest ecosystems. We especially want to care well for the abundant fresh water supply and riparian zones which are protected by state laws because of their abundance of life forms and contribution to the greater local environments of the Hood canal and interconnected watersheds.



These consultations have helped us to understand what is natural and what is the result of mature cultivated monoculture tree farm stands. At this time, it is advised that we open up the Douglas tree farm and let the light in to create a more diverse ecology. Diversity is a healthier state for all levels of life in a forest. While we have a variety of human needs and wants from our forest including a place to find shade and to rest our heads in a tent, we must also care for the trees in the long run. Our trees are too close together and have become diseased or weakened from the competition for light and nutrition in the soil. They have relatively small crown and only a little greenery up high. Where thinning has happened in the last several years, there are signs of life now and the undergrowth is thriving naturally. Under Evelyn's direction, there are also intentionally planted circles of native shrubs, berry bushes and ferns. These are growing well with the filtered light. They create a beautiful understory and help cool off the forest floor as well as capture more moisture and of course can offer beauty and food for us and the animals who browse in the forest.

There are multiple reasons for this aggressive thinning and there will be short term changes that might not make everyone happy. These however are necessary for the longer term health of the system. Our friend and workaway guest, Tyler Annette, is studying forest remediation and ecology and has enjoyed working with the local State forestry agents and the department of Natural Resources. He has read the guidelines that Evelyn summarized and knows what the principles are for creating health in a forest. We had a thoughtful process of talking with residents and homeowners here at Sahale and other interested friends before making a decision to follow the recommended plan outlines by our consultants. As you have questions of curiosity or want to express your feelings about these changes, please feel free to talk with Tyler and myself.

This process will take more time this year and means that will be delaying when tents can be pitched. Please check-in with Irene before putting up a tent for the season.

The Barton Street Moving Party:

By Pam Jefferson

On Saturday our plan is to get together and pack up as much as we can without taking away seating! We will pack more kitchen things, artwork, other non-essential items. Also, I'd like to help any of you who have personal items at Barton Street take some of them away on Saturday. After June 3rd, I will be able to assess how big of a truck to rent to move the rest of it after July 9th. Let me know if you can come this Saturday at adventuredog at hotmail dot com (spelled out to thwart the internet trawlers).



Thank you!

- 🚧 **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**

The deAnguera Blog: Journey

By Michael DeAnguera



A journey can be a quest like John Schindler is into with his metal detection equipment. Or it can involve doing a job such as me cleaning out all the grass and underbrush from Kathleen Notley's grave. Both can be hard work.

A mortal lifetime is a journey involving many smaller journeys. It starts with birth and ends with death. What each of us does in the meantime is up to us.

In my life journey I am challenged by many things including cancer. A special sense of accomplishment awaits those who meet the challenge of adversity. My meeting the challenge creates my story. That's why I am here on this earth.

If my adversity is taken away, my life will lose its purpose. Like my family dachshund, I need a rock to dig with. The adversity is my rock.

John's activity is something he has chosen to do for himself. He is coming from a place of personal choice – the most powerful place. What will he find? The results might be surprising. I am quite sure he will spend many long hours at it before he finds anything significant. The quest is what matters.

Humanity's journey in this time is about coming together. We are all realizing the significance this has for our community. Why don't we come together all at once and live out here at Sahale? Our coming together needs to be accomplished in stages. Not all of us want to live at Sahale although I have found it to be the best place to cultivate friendships.

We have a way of building friendships that has a proven track record of nearly 50 years. Yet a lot of people fail to see the value of intentionally created relationships like the Human Relations Lab can provide. I am sure this will change in the coming years since society seems to be falling apart.

Getting people to see the value of building relationships is a major part of our work. It is a journey for us because finding people who value what we do takes time and effort. Are we using the right approach? We have tried many approaches. This one of the places where our story gets created. I am sure this journey can be a quest like John Schindler's. Such a journey can grow us. We can become deeper and more real as we get challenged. That's the purpose of adversity.

When I worked on cleaning up Kathleen's tree, I was hot and tired. Yet I kept at it because she has a special place in my heart.

Without adversity I would have no story and definitely no journey creating it. My very being would be shallow like a cartoon.



Look up at the sky. It's a beautiful world isn't it?

There will be more about the 49th Human Relations Lab in upcoming eViews and you can also check out our website and register at: www.goodenough.org/human-relationsh-lab

I hope you decide to join us!

“The journey itself is going to change you, so you don’t have to worry about memorizing the route we took to accomplish that change.”

— Daniel Quinn, *Ishmael: An Adventure of the Mind and Spirit*

A story of Jiggs Lake Creek

Kirsten Rohde

Editor’s note: This is really the story of the journey Kirsten has taken with the salmon stream. Thank you for your story! Talk to Kirsten about her passion.

When I first bought the property that we now call Kwanesum, Northeast of the main Sahale land, a creek, ran down from Jiggs Lake up by Maggie Lake, through the ravine on our property, under the road, and then along the property line north of Kwanesum on Fish and Wildlife property. Fish and Wildlife and the Hood Canal Salmon Enhancement Group (HCSEG) had a salmon hatchery on that property and the creek ran down to the Tahuya River through wetlands on the state property. In early December of 2007 a major storm came through Western Washington, now named the “Great Coastal Gale of 2007.” This was the one that flooded many places in western Washington and Oregon, including I-5 for many days down by Chehalis. The Tahuya Peninsula was completely cut off for several days. None of us was out there when the storm hit and we had to call a neighbor, Rick, to come down and feed our dog, Sam.

When we did get out to Sahale the Jiggs Lake Creek was filled with many feet of rock and gravel from a mudslide up above Bridghie’s Well. The culvert under the Tahuya River Road was washed out and part of the road was caved in. The salmon hatchery was flooded and they lost all the salmon fry that would have been released in February. Down on my property I walked out on the back porch and could see that the flooding cut across a third of the big lawn and virtually all the meadow beyond was under running water. The creek had jumped its bed and was now flowing through the meadow. Up where my house was the creek was filled with rocks and gravel up several feet from its usual height.

After a number of days, as the water receded, we had people from Mason County Public Works, Fish and Wildlife and the Hood Canal Salmon Enhancement Group out to look at the road and culvert damage, and the stream that now ran through the meadow. An agreement was reached that we could leave the stream as is and that is how I and we inherited a salmon stream!

Jim Tocher and I found one of the old stream exits into the slough that flows into the Tahuya River. Jim did some initial work with the tractor to create a dike for the stream to begin to reform in this old stream bed. There was a lot of gravel everywhere pushed down by the mudslide and the force of the water. Because of the storm damage and the loss of salmon fry we had permission to work in the stream. (Normally the protected stream can only have work done for about 5-6 weeks in the late summer.) We cleared out a lot of rock and gravel and continued trying to create a dike. This worked in parts further down toward the stream where there was

lots of good soil from all the years of regular flooding. Higher up just below my house the creek was mostly gravel and the stream still went out of its bed every winter with regular flooding.

I asked the then director of the HCSEG about diking and clearing the stream and he had a stream engineer create drawings of the perfect salmon stream. When I had someone out who could do the work he told me it would be \$30,000. Please. He also said, don't bother, just let the stream create its way naturally over time. Good idea.

In 2011, the HCSEG received a grant to drop 60 Douglas firs, roots and all, into selected spots along the Tahuya River to help form deeper channels for salmon habitat. The river had flattened out and was more shallow than was good for the salmon. They used the Sahale meadow as a staging ground to collect all the logs and then selectively place them from the Chinook helicopter. They agreed to place two large trees on the south side of the stream where it flows through the meadow, creating a much more permanent dike that was been very effective over the years. You can still see these logs by the stream.



With help from a number of Sahale friends we started to do plantings of native trees, shrubs and grasses along the stream. Unfortunately nature was also planting canary reed grass, blackberries and other invasive plants faster that we could get our trees and shrubs in and growing. Every plant had to have soil brought out for planting, otherwise there would be nothing but rock. The beavers cut down several maturing incense cedars after a few years, gnawed off my beautiful Pacific Willow, and has cut down the same cottonwood three times so far, moving the wire cage off it. And yet there are cedars, willows, cottonwood, Oregon ash, native hawthorne, shore pines, ninebark, salmon berry, service berry, Nootka roses, Douglas spirea, dogwood, and many other plants growing out there in spite of the blackberries. Many of these native plants provide food for wildlife. Norm contributed two cypress. Every year we put out more willow stakes to fill in until the larger trees grow. Some experiments didn't make it or maybe they will still show up some day. Many people have helped in these plantings that have been done over the years. And watering the first couple of years after being planted. And cutting blackberries. I met the head of the Mason County Noxious Weeds team at a fair and they came out and did some clearing and she helped me identify a lot of plants, native and invasive. In time the trees and shrubs will grow up and begin to shade out the blackberries. Already some of the canary grass is shaded out. Most recently, The Beaver is active (several of them really) – one 10-yr old shore pine is chopped. We're using cages and tree protector sheathes as fast as we can to hopefully stay ahead of beavers. But with the blackberries some places over 10ft high it can sometime feel like one step forward two steps back. A meditation on nature's inexorable path to abundance is good to do when I'm out there.

And most of all every year the salmon return and make their way up the stream all the way until the road. You can see them spawning right in front of you. And every winter and spring the

small fry are in the stream on their way to what is usually a four year journey before they return. Sometimes we see steelhead coming up. The heron comes by daily at times. River otter show up, the beavers shop for trees. Deer graze along the streamside nipping off new growth unless I spray with peppermint. Blackbirds nest on the north side and many birds make their homes along the stream. Ravens, turkey vultures, and eagles fly overhead and hawks perch on the tall cottonwood and maples. I'm sure there is much more wildlife along the stream that we just don't see.

Last year at Lab, many people helped move an old bridge into place across the stream. As we clear blackberries eventually there will be a walk partway down the north side of the stream. I can even envision sitting areas once some of the trees grow and create a different kind of habitat around them. Yet the stream always changes course and there will always be flooding and marshland. When I sit on my porch and look out I see an entirely different landscape than when I first moved here. Then I saw a meadow that covered the entire area up to the Fish and Wildlife property on the north. Now one third of this land is covered with willows, trees, shrubs – a whole new habitat is moving in.

This is the story of one of the sacred spots at Sahale. Living so close to the stream and always hearing it running by, it is dear to my heart. I continue to plant and clear blackberries and others help at times too. And when I am long gone, there will be trees, some of them 80 or more feet tall, and well-established shrubs and low growing plants too. No matter how many blackberries we cut down there will always be berries to eat. I've held to the philosophy that power weed whacking not happen during bird nesting season which means getting really close to blackberries while hand cutting them. It's a good way to get a workout and work off frustration or clear one's head. I hope there will always be some people who enjoy continuing to maintain this very special place on our Sahale land.

"The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark." — Barbara Hall



June 1 to 3 at Sahale!

Register NOW

NICA Spring Gathering & 25-Year Anniversary Celebration

'editor's note: This is a wonderful opportunity to meet people from all different kinds of communities, who choose living with others, sharing resources, and common values.

Venue: Sahale Learning Center, near Belfair, Washington.

What to expect: Community reports, history of NICA, workshops and open space discussions. Saturday evening: Contra dance caller and live band, free form dance in party space called “The Swamp!” at Sahale. Zumba dance class offered Sunday AM, plus singing together here and there. Topics will include kids in community, sociocracy, Gracious Space, and how ICs can and do influence the municipalities, neighborhoods, states and provinces that they interact with.

Meals are included with your registration – full weekend plan includes dinner on Friday through lunch on Sunday. Stay whatever amount of time you can. Indoor lodging or outdoor camping are yours to choose. Choose which type of accommodations you want along with basic price of attending the gathering. Special diets/allergies will be something you are asked about in the registration process and the venue will work to accommodate your needs. **To register, go [here](#).**

Why attend: Are you interested in intentional communities? Want to see a more just and sustainable world, based on cooperation instead of competition?

This is the event to be at if you want to celebrate communitarian life, learn more about community living in its many forms (ecovillages, co-operatives, shared income communities, co-housing models -- urban & rural), and hear about forming and expanding intentional communities in our area. If you want to network with others, perhaps looking to form a new community, or if you want to bring your community successes for others to be inspired by, or your questions and challenges forward to seek support, you are welcome!

We hope you'll join us for learning, playing, mutual support and celebrate 25 years of intentional community networking as an educational nonprofit in the Cascadia Bioregion.

Pathwork

Our Pathwork Circle will meet on **Sunday, June 3**. During the evening we will reflect on the experience we had with Tom Gaylord on May 20. We will also continue to work with the book *Resilience*, by Rick Hanson as we prepare for the Lab. You are welcome to come.



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

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 Valles

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



Looking for a place to live!

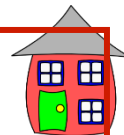
Steve Steele

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 Street 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

By 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???



Happy Anniversary (#23) Hal Smith and Hollis Ryan – May 27.

Happy Anniversary #41, Richard Kenagy & Lee Benner – May 28

Happy birthday, Phil Buchmeier – May 29.

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



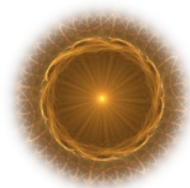
The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle.
Future meetings: June 1. Contact Kirsten Rohde for more information: krohde14@outlook.com

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: May 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



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 May 21, June 4, June 18

True Holidays Celebration, Saturday, December 1, 2018

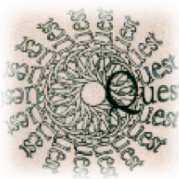
Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

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.