



September 3, 2015

Elizabeth Jarrett-Jefferson, Guest Editor

The Village eView

***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**

ORDER

Noun

1. The arrangement or disposition of people or things in relation to each other according to a particular sequence, pattern, or method.

"I filed the cards in alphabetical order"

sequence, arrangement, organization, disposition, system, series, succession

2. An authoritative command, direction, or instruction.

"He was not going to take orders from a mere administrator" synonyms:

command, instruction, directive, direction, decree, edict, injunction, mandate, dictate, commandment, rescript

Verb

1. Give an authoritative direction or instruction to do something.

"She ordered me to leave"

synonyms: instruct, command, direct, enjoin, tell, require, charge;

2. **Request** (something) to be made, supplied, or served.

"My friend ordered the tickets last week"

synonyms: request, apply for, place an order for

Upcoming Events

Labor Day at Sahale – September 4 through 7

Community Development Weekend – Sep 11-13

Third Age – September 18

Women's Culture – September 19

Pathwork – September 20

A Quiet Retreat – October 2-4

See the pages throughout this eView for additional announcements about our fall programs.

On Order

As I think about our theme this week—*Order*—I cannot help thinking of the word *community* and how to me it represents the perfection of order—or the order of perfection!

When I came to community almost 35 years ago and to the teachings and help of John and Colette Hoff, my life was in disarray. Looking back at my own story, I can see that I was wrestling with a personal fragmentation of an order of magnitude that only a careful, systematic, sequenced, intentional, comprehensive, and creative way of life could help put my life back together. It was a very tall order and one that only the social context of community and a very remarkable order of leadership could undertake. I was hungry to learn and dived into the work with a personal sense of urgency.

My first order of business was reordering my weeks by prioritizing seeing John and Colette and, similarly, trusting and prioritizing their suggestions and recommendations above all others as I understood that little in my life would work well unless I did. That work involved an intense study of my inner life, guided by the Hoffs on a weekly basis, sometimes twice weekly, and involved my participating in almost every community event available. The human development curricula of community programs and offerings were (and still are) carefully intended, planned, and shaped. My friends and I were (and still are) immersed in a community life of learning and honoring our inner lives and how they were shaped by our early years. We learned (and still are) about the Self, the guiding force in our own inner and outer lives. We learn (and still are) that Community is synonymous with Self, helping us become the best we can be.

My intention here is to say that community continues to help me reflect and shape my life, how to organize it inside and pass it forward to my “outer” life. When I think about helping an 80th birthday party take shape, for example, I draw upon the Mandala model of organizing created by John: discerning, with others, the dream of the event (first quadrant), identifying appropriate leadership (second quadrant), what needs to be accomplished and who could help (third quadrant), how we did in the final analysis and how we could do it better—or express it better—next time (fourth quadrant, along with the “expressive” elements.) The Mandala, as applied, is a method of thinking about a life event, planning for it, and internalizing it as a behavioral model—organizing the inner cast of characters who want to help (and making a contingency plan for those who don’t).



*"It's always 'Sit,' 'Stay,' 'Heel'—never
'Think,' 'Innovate,' 'Be yourself.'"*

I invite you to look at the priceless gift that our community offers us during the upcoming **Community Development Weekend at Sahale (Sep 11-13)**---where we will be reminded that community is all about making order and making whole. Events like the Human Relations Laboratory are the products of intentional, creative efforts by many people and provide the well springs of our lives. I plan to be there---how could I not? Please join us.

With affection,

- **Elizabeth**

Tidiness Isn't Just for Virgos

Bruce Perler

I have a clear memory of a period as a boy, one of fastidious tidying at bedtime. Looking back I know it gave me a sense of doing something for myself, to wake to a clean room. I liked that a lot. I also think I tripped on a stray piece of clothing in the night a time or two; practicality counts.

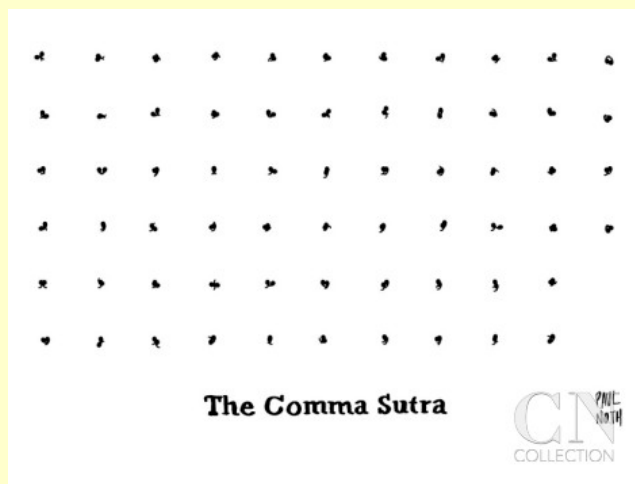
In my college years keeping my books, notes and study area clean and orderly helped me stay on track and, I think helped with nervous energy related to studying and exam preparations. University engineering school was hard work for me and required all the routine I could manage.

As a young professional working at General Motors, I kept my side of the office particularly tidy as compared to my office mate. He only minded a little. And, I did learn the hard way, via union grievance, that I could only take my ordering so far. Don't move your desk without asking!

It's been 25 years since I worked in Warren Michigan for GM and making and keeping order have morphed some in meaning and value. There are other parts of life where I've relaxed about order, mostly for time constraints. Order takes time and not all order making pays off equally. An area where order is paramount for me is as a motorcycle rider. Routine and order are a big part of maintaining safety gear, having the right things along for the weather, tire pressure, oil level, pre-ride check etc. All these things are much more crucial for a motorcyclist than for automobile drivers. Fortunately, my father was a light aircraft pilot, and I his most regular co-pilot so, the ritual of preparing to 'take off' is in me pretty deeply. I know order in this area has saved my skin numerous times.

Another area; wallet in back left, keys is right front and hanky in right rear, change (now phone) in the right front. I've kept this order for many years and its high on my value list. Misplacing my keys or wallet rarely happens. And they all go in the little wooden box on my nightstand, just my grandfather did with his. The change had to go to make room for the phone. A small loss.

Alternatively, the pile of unfilled, moderately important papers at my feet, could be



sorted and filed but, they've sat there quite a while without. And how about that pile of debris from a tree felling two years ago?

It seems that orderliness is value driven and somewhat dynamic. Some of my order making is more important. And some has several levels of meaning. While other types are more for calming and creating a sense of at-home. I'm seeking to add some more order in a few areas of life. Will I have to let go of order in other areas to make room? Where can I *allow* order rather than make it? And what about entropy, the unmaking of order that is the nature of things?

Part of why I enjoy vacation and down time is the relaxation of order. I'm a phlegmatic Virgo, you know. To drift through a day being totally spontaneous takes a certain absence of order that I can really enjoy.

Order here and not there. Order because and not. Order for order's sake and order to save my life. I think I have more to learn about order and, I like what I've been learning so far.

Now its time for this nearly tidy Virgo to get ready for bed which begins with putting away clothes from the day, flossing, checking my schedule for tomorrow, setting an alarm ... making order.

■ **Bruce**

Speaking of Order:
Themes for Future eViews:
September 9: **Wisdom**
September 16: **Faith**

Special Announcement, Consider:

September 11 to 13

Where does lab come from?

Colette Hoff

The Human Relations Laboratory originates each year through the initiation of the Goodenough Community Leadership Council. Each year the Council digs into themes and issues that are currently in our shared life.

We need a good talk about what we want from the community and what we are willing to offer in organizational support. How should we shape the future of the Goodenough Community?

And, most importantly, **we are looking for new members to join the Goodenough Community Council**. We intend monthly Council meetings with some committee meetings through the month.

We are proposing using the weekend of **September 11 to 13** with this plan:
The current **Leadership Council will meet on Friday evening at 8:00 p.m. at Sahale and 10:00 a.m.** Saturday morning will include all who are interested in joining this group of leaders.

Perhaps you are willing to serve in a role, have interest in a board, and want to make sure that the lab continues in the years to come. The weekend will close at 3:00 on Sunday Sept 13.

OPPORTUNITIES for the upcoming programmatic season

September is the start of a new programmatic year in the Goodenough Community. The following events and on-going programs are intended to enable connection and continue the work of human development.. You may also find additional dates for programs and events on the last two pages of this eView.

□ Pathwork: A New Season Begins, Sunday, September 20

On Sunday September 20 we invite all interested to participate in a “**Pathwork Process**,” a process of sharing our own faith journeys and problems with development. The focus is on what is happening in our lives now and not on an earlier history. It is a process in which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. **John and Colette would each welcome meeting with anyone interested in attending.** Email hoff@goodenough.org to RSVP. Pathwork meets at the Community Center at 3610 SW Barton Street in Seattle.

□ Meditation is Not Day Dreaming: A Quiet Retreat

On the weekend of **October 2 to 4, 2015**, we will be presenting a weekend to support your spiritual practices. We will be reviewing elements of spiritual practice with an emphasis on the importance of quieting the mind. A variety of meditation experiences will be offered, including walking, small groups, individual, observing the natural world as well as the use of quiet and rest.

You might want to attend this workshop if:

- You are carrying a burden in life,
- You are worried about something in your future
- You are working with your emotional life
- You carry tension and stress
- You desire to learn to meditate
- You appreciate group meditation



John and Colette Hoff are offering this workshop; John has taught meditation for decades and Colette is requesting John to bring his knowledge about meditation and prayer to this workshop. Participants will be invited to imagine a more serious and spiritual life for themselves.

The workshop will be held at Sahale Learning Center beginning at 6:30 p.m. Friday evening, October 2, and concludes at 3:00 pm on Sunday, October 4. While there is a sliding scale, the suggested donation for the workshop is \$200.00 which includes room and board and learning materials. This event is sponsored by Convocation: A Church and Ministry, an interfaith Church that supports the work of the Goodenough Community.

☐ **A Relationship Group**

Beginning on **Tuesday, September 22 at 7:30 p.m.**,
Meets at the Community Center, 3610 SW Barton Street, Seattle

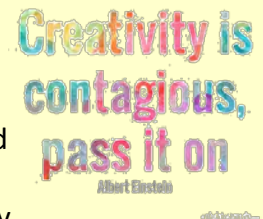
This group is intended for **anyone** (being in a couple is not required) seeking to improve relational abilities and deal with old attitudes about relating. There will be an intellectual exploration of the nature of relationship and the skills required. The interactions of the group are a source of learning and improves skills.

Let us know (John and Colette Hoff hoff@goodenough.org) that you are interested in a relational / educational counseling approach to personal development.

☐ **Creativity Weekends at Sahale**

Kirsten Rohde

At the Human Relations Lab this year there was much enthusiasm about finding more times to get together and explore creativity – music, art, movement, poetry, drama, writing, quilting, and more. Musicians are especially eager to get together; artists and quilters enjoy the company and sharing with each other, as examples. Personally, I want to learn, again, to play my violin with others and I love doing art with others. (I also have a shy interest in learning to write and recite poetry.)



Therefore, we have scheduled three weekends in the fall at Sahale for *anyone* to join in a creative time together. A donation to help with the cost of food is suggested.

Here are the weekend dates (in addition to labor day weekend):

- ☐ September 25-27
- ☐ October 9-11
- ☐ November 13-15

Please contact me for more information or to RSVP about any of these weekends.

krohde14@outlook.com

206-719-5364

Another Opportunity to Serve

On the weekend of **September 25 to 27**, we will be taking down the big white tent at Sahale.

T*his is an annual Community event brought on by the promise of the fall rains.*

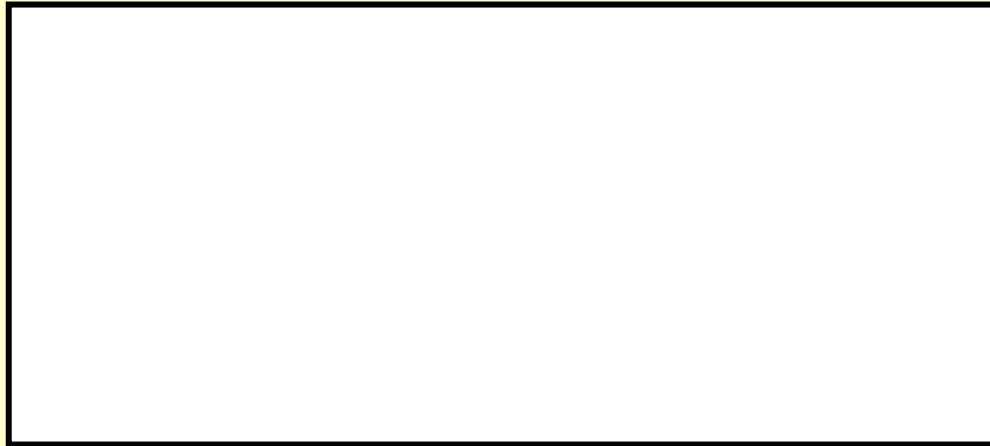
Our schedule will be similar to the past: On Friday, **about 10 AM**, we will begin the take-down process. Depending on the weather and how many able bodies we have on Friday, we

should have the roof frame on the ground and the side curtains wiped down and ready to store. On Saturday, I also hope you can join the party at 10 AM when we will complete the process. You are welcome to come out to Sahale on Friday night if you can't come out on Thursday night.

As usual, we expect that we will eat well and have great "happy hours." Please let Norm Peck shkwavrydr@aol.com know if you can join in.



Pretend this is white



News from Members and Friends

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries

- **Happy 33rd birthday, Keith Jarrett – September 5.**
- **Happy 6th anniversary, Eric and Samantha Sieverling – September 5**
- **Happy BD, Elizabeth Jarrett-Jefferson – September 6**
- **Happy 81st birthday, Phil Stark! September 9**
- **Happy birthday, Barbara Brucker – September 9**

Jim Tocher – A Man on the Move While on the Mend

Last week, August 27, on the way to North Carolina with Barbara via SeaTac airport, our friend Jim Tocher tripped at the security-gate at SeaTac, fell, and broke his hip. The medics were on the spot and took him immediately to Valley Medical Center, where the decision was made, because of Jim's excellent health and physical shape, to do a complete hip replacement (a newer



anterior process, according to Barb), rather than repair the damaged joint.

Jim reports today, Monday, Aug 31: "They sent me home on Saturday afternoon (after two nights in the hospital) and I am recovering well. I am still very sore and tender around my right groin area (they stretch your leg muscles out to put in the hardware). Under Barbara's care I am doing very well and she looks at me as her personal PT patient. People can feel free to call me between 10AM and 9PM any time now. If you want to visit, I'd enjoy that. Just call ahead so we can plan a time. I am sure happy to know I am supported by this Community!"

- **Jim** (jamestocher@earthlink.net, 206 799 5674 mobile)

An Event at East Egg (Bellingham):

Andrew James Gage Hovenden & Carolyn Marie Gage Hovenden Wedding

Congratulations to Andrew and Carolyn, who were married on Saturday, August 29, 4:00 PM in Bellingham, Washington.

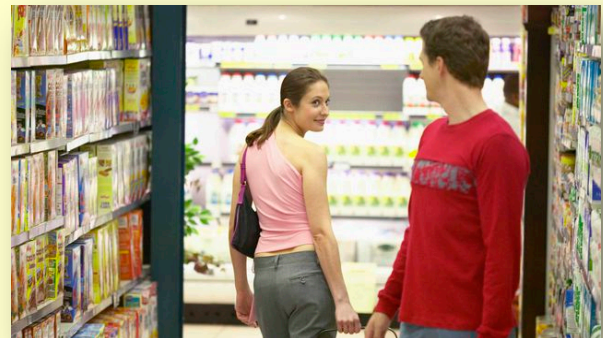


An Ordered How-To:

"Running Into Your Ex: An Etiquette Guide"

From the Onion via Gabe Harshman

***R*unning into an ex after a breakup is never a pleasant thing. It can be awkward, and**



even painful, but sometimes it's just unavoidable. Here are a few tips for how to get through this tricky social situation with your heart and your dignity intact.

1. Initiate the interaction by pouring an entire bottle of okay whiskey onto the ground and saying, "Such was our love": As soon as you see your ex, it's considered polite to dump an entire bottle of just-okay whiskey onto the ground in order to demonstrate through metaphor the state of your feeble, wilted love. If a black tulip blooms from the spot where the whiskey has seeped into the soil, you should feed the tulip to a police officer and say to your ex, "This thing that I'm doing right here is a metaphor for our love also, in addition to the whiskey thing I did earlier." This is a good way for both you and your ex to know where the two of you stand.

2. Don't try to make your ex jealous by making love to a beautiful person right there in front of them: It might be tempting to make your ex feel jealous by revealing a beautiful person and proceeding to have sex with the beautiful person right there on the street, and hoot and holler on account of the good feelings while your ex looks on and thinks, "Oh, Christ, they are doing powerful intimacies to one another and here I am being a replaceable chunk of human jetsam," but this is definitely not a good idea. It just makes you look petty.



3. If you have run into your ex at the grocery store, be sure to end every sentence with the phrase "Welcome to the grocery store": In a tense situation involving your ex, it's important to try to remain as calm and polite as possible. While you are talking to your ex at the grocery store, say things like, "We used to be in love and look at each other in the nude, but now we will only look at each other with our clothes on. Welcome to the grocery store."

4. Show your ex that you've moved on by telling them all the facts about tobacco you've learned since you broke up: When you see your ex, be sure to tell them everything you've learned about tobacco since your relationship ended. By showing your ex that you've learned a lot about tobacco, you will subtly demonstrate that you've moved on from the relationship and have managed to dedicate your time and energy to other pursuits.

5. If you run into your ex while you are with a friend, do not introduce your ex to your friend as "my old nude friend from the past": Remember: There's no need to be dramatic. If you happen to run into your ex while you're with a friend, keep things simple by pointing at your ex and telling your friend, "This is my previous sex companion, and you gotta know we fucked each other like idiots, but now we don't ever speak." It'll make things easier on everyone!

6. If you have recently murdered a crow, nonchalantly hold the crow's corpse over your head: Murdering a crow is an incredibly impressive achievement, because crows are very fast

and can fly. If you want to make your ex a little jealous without being mean, wait until they walk by, then lift the crow's corpse over your head and swing it around a little bit. When your ex notices the dead crow that you're swinging around over your head—and they will—coily say, "Oh, *this* old thing? I don't even care about it, and in fact I hate it," then toss it into the middle of the street.

7. Do not surrender the Glove: Try to be gracious and polite, but if your ex asks you for the Glove, stand your ground and refuse to give it up. The Glove is yours, and you don't owe it to anyone.



News from Sheila Hosner

Hello all,

Many, but not all, of you know that I am in Uganda doing volunteer public health work. I have been here about a month and will be staying six months to a year. Here is my first letter home. I hope you enjoy it!

Emails are appreciated and always welcome! [ed: Sheila's email is breadpudding@aol.com]

love,

Sheila

Dear Friends and Family,

August 8, 2015

I have written or talked to some of you, but not all, so here is an update about my adventures in Africa to everyone at once.



I arrived in Entebbe, transit starting in Ireland and Addis guesthouse where I had to wait a bit to collected by a warm



Uganda on July 8, after a 25-hour Los Angeles with stops in Dublin, Abba, Ethiopia. I forgot to tell the stayed in Entebbe my arrival time, so be picked up, but was eventually and welcoming Anna, the owner/manager of the African Roots Guest House. I can't tell you how good it is to have someone know your name and welcome you after such a long journey to a place you have never been.

I gave African Roots a 5-star rating on Trip Advisor. It was spotlessly clean, charming, well located, and Anna and her staff treat you like royalty. I stayed three nights

and it was definitely a good respite as I dealt with jet lag and went through the inevitable "what have I done?" phase.

Anna made sure I got the best rate for money exchange, helped me buy a local phone and mobile Wi-Fi unit, and took me to Nakumatt (an African supermarket) for last minute purchases. If you are ever passing through Entebbe, I highly recommend African Roots.

While at African Roots, I met several people who reminded me why international work can be so interesting. A Tunisian man was working for the UN in the Democratic Republic of Congo in "peacekeeping", a retired Canadian military officer was a logistics officer with the UN in Sudan, and a South African agriculture specialist was working in Tanzania with farmers growing crops for beer production. And, in the airport on the way to my final destination, I met a man who is working on climate change with the people at the UN Environment Program in Geneva I worked with in 2004. Meeting that last fellow was really small world stuff.

So what am I doing? I am working for Bwindi Community Hospital (BCH), in southwest Uganda, managing two small programs that do crowd funding for medical care for the very poor. Since the majority of people in this rural area of Uganda are poor by western standards, people who qualify for these programs are very poor by local standards. BCH (www.bwindihospital.com) is just down the hill from the Bwindi Impenetrable Forest where the Ugandan mountain gorillas live.

One program is Kangu (www.kangu.org), which funds prenatal care and hospital deliveries for at-risk mothers and the other is Watsi (www.watsi.org) which funds operations and medical care for adults and children. People are identified by hospital



staff who fit the programs and I interview them (along with a translator), explain the program, and if they agree, take their picture and post a profile online. Right now I have ten mothers profiled on Kangu and one infant for pediatric malnutrition on Watsi.

One thing that is hard about administering these programs is that people need to be profiled before their treatment starts. In my short time here, I have found that by the time they come to the hospital, the situation has often become an emergency and immediate attention is needed. I am trying to team up with the community outreach workers who visit the surrounding villages regularly. That way we can identify prospective clients early. But to do that, I will have to fund raise for a two-seater motorcycle, so the outreach workers can take me along. Right now all they have are single seat motorcycles. So, beware, I may be hitting you up for money!

I am also starting to work one day a week with the Batwa Development Program's Women's Center (www.batwaexperience.com/programs). They are looking for new projects and I have contacted an organization call "Sole Hope" (www.solehope.org) which has developed a simple, inexpensive shoe that can be made by local tailors and seamstresses. The shoe protects feet from "jiggers" - sand fleas which burrow into the soft tissue of the feet, lay eggs, and multiply. It is a huge problem in sub-Saharan Africa; feet can become severely infected making it difficult to walk to school or work. We are hoping the organization could train the Batwa women (who are seamstresses) to make the shoes.

I am really impressed with the people I work with at the hospital. Very dedicated. The focus is on public health and disease prevention. The hospital has an extensive outreach program where a team of workers go to the surrounding villages every day and do health education and work with the Volunteer Health Teams. Consequently, the admission rates for preventable diseases, such as HIV/AIDS, have dropped dramatically over the last several years.

Several innovations have also started here, such as the Waiting Mother's Hostel, where expectant mothers can come early and await the delivery of their baby. Some come as much as a month early. Many women live in very isolated villages, so travel to the hospital for delivery over dirt roads is difficult. This creates a great margin of safety where the women are at the hospital early in case of emergencies.

Where do I live and what do I eat? I am living in the guesthouse system owned by the hospital. It is primarily for volunteers. The hospital provides separate housing for doctors and some other staff. A young American couple with two kids manages the guesthouses. Volunteers come and go and not all stay in the hospital guesthouses. Right now there are a few others in town: a doctor from Great Britain, two Canadian researchers, a couple from the States, and a few others. For relaxation, sometimes we go to one of the very expensive lodges in the area for a beer or a nice meal. They give volunteers a break on the prices.

Right now I am staying in Upper Gorilla House, so named because it is right outside the gates of the Bwindi Impenetrable Forest where the mountain gorillas live. Sometimes the gorillas leave the forest (they don't pay attention to signs!) and wander by our houses. In fact, the gorillas



came by the other day. Here is a picture my neighbor took on her iPhone. I didn't see them, but they pooped in my driveway! I have seen gorilla poop!!!

Meals are served at Monkey House, so named because monkeys run across its roof. I walk down the hill about 2km to Monkey House, then to the hospital, then back up the hill every day. The food is simple, but good. Fresh fruit and eggs in the morning, a hot lunch and a hot dinner. I have been talking recipes with Brian the cook.

I spent the other day driving on dirt roads to a remote Batwa village and thought "what an amazing experience!" It is not always easy and I am lonely at times, but I am satisfying a long held desire and growing every day. Emails, Skypeing, and FaceTime are much appreciated and welcome!

Much love to all,

- **Sheila**



The deAnguera Blog: Picking Grapes

You should see our grape harvest this year! Yako was on the trellis roof because most of the grapes were there. It sure looks like a jungle up there. Guess we are going to have to prune some vines this year. Evelyn and I also picked grapes. We all had to be aware of yellow jackets who also love sweet grapes. Ah...yes...competition! At least we did not have any raccoons who usually get all the grapes first.

Yako told me that we only got $\frac{1}{4}$ of the available grapes. What would it be like to harvest the rest? You should see all the juice bottles of what

we did get. There were a lot.

Our grape harvest is like our other harvests. It is not a commercial operation for that would require a lot more grape arbors than the ones we have. We grow and harvest foods on our lands for ourselves and our friends. If we have lots of little operations like ours we could do some trading. This is one of the way we can build ties with the other folks around us both in the city as well as the country.

Alternative economies can be built in little bits like our crops at Sahale. As we trade with other folks we gain access to their resources as well as assistance. This is very much in the American tradition as farmers



have collaborated on barn raisings as well as shared meals.

Every little bit we can do to grow our own food makes us less dependent on the commercial economy. This increases food security. As climate change becomes more noticeable, food security should be on everyone's minds. It simply makes no sense to rely on food imported from a long distance away especially food grown with pesticides. We want to control how our food is grown and what we put into our bodies.

Farming is something I could never have done on my own. I simply had no idea where to begin. I have to confess it was not something I had much energy for. I remember trying to grow a few cornstalks in pots on the deck of my condo. Preparing food? I usually bought TV dinners. They were easy to fix and after a hard day or night at work I really had no energy for anything else. So I survived on convenience food.

Growing and harvesting food is something I need community for. It is great way to bring us all together. True friends work together.

Imagine lots of folks growing food all over the place and trading with each other. Now that would be a revolution! The corporate giants can't survive without us so if we learn to survive without them they will have no choice but to disappear.



Colette is performing the last step of our grape juice production. Here she is cooking the grapes to extract the juice which is flowing into the pot by the oven door.

Cultural Programs & Events in 2015

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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.

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

■ Colette Hoff

Programs & Events:

Third Age Gatherings

The Conscious Couples Network

Family Enrichment Network

The Men's Culture

Women's Culture

Human Relations laboratory

Sahale Summer Camp

Third Age Gathering

Joan Valles

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this "third stage" of life.

Sept 18, October 23, and November 20 are the remaining 2015 dates.



Third Agers will meet at the Community Center in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning Joan at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women's Culture



Hollis Guill Ryan

In September we began a new year in the women's culture, a year of exploring our journeys as women on "The Path of Freedom."

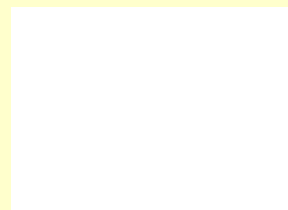
As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: Saturday, September 19; October 24; and November 24.

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as "are there characteristics of sound maleness that should be lifted up and taught to other generations of men?" The Goodenough Community has always thought so and we have several programs a year where we lift up



ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men's group and here is an announcement from him about a planned weekend this fall. -JLH

Men's Gathering Weekend at Sahale - Save the Date, Friday October 23 to 25

Mark your calendars for **October 23 - 25**, Friday evening through Sunday afternoon and consider men friends of yours you'd like to invite. We'll be continuing with the theme from Lab 2015; The Path from Stuckness to Freedom.

Personally I'm finding this is an excellent focus for my own development work as a man.

Please join me for a weekend of good conversation, work together time and enjoying the beauty of Sahale in the fall.

Warmly,

Bruce Perler

RSVP to bruce_perler@hotmail.com



Save the date

True Holidays Celebration

Saturday, December 5, 2015

This event has more than 25 years of history and is held early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and begins at **6:00pm**

Kirsten Bohde will be our host and guide

Mark your calendars for Lab 2016!

The Human Relations Laboratory

August 7 to 13, 2016

Sahale LearningCenter

On the Kitsap Peninsula near Belfair

www.goodenough.org (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 (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957.



Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.