



June 24, 2015

Kirsten Rohde, Guest Editor

Upcoming Events

[Open House, HRL 2015, July 20](#)

[Celebration for John Hoff's 80th, July 5](#)

[Human Relations Laboratory, August 9-15](#)

SEEING

View, focus, far and near sighted, lenses, filters, tint and color, viewpoint, insight, perspective and perception, focused and unfocused, background and foreground

Sitting on the back porch of my house at Sahale, John and I had a conversation about "seeing." The sights from our vantage point were very conducive to thinking about all the meanings and metaphors related to this word. I enjoyed noticing how many of our words as we talked were related to seeing. Here are some of John's thoughts. -Kirsten Rohde

There are many metaphors for understanding and relating that use terms for seeing. When I think of how seeing is portrayed in literature, seeing with the eyes is used as a metaphor. It's usually words of physical sight but may be about spiritual sight, subtleties, a way of getting a picture of what is going on. For example, "She could see that she wouldn't get back to the train station on time." What

The Village eView

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

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Sahale Learning Center

The EcoVillage at Sahale

this person *knew* was expressed as *seeing*. Another example in conversation, I might say, “I can’t see that, I don’t get the picture,” as a way of expressing that I need to know more about what the other person is talking about. It’s easier to say, “I don’t quite get the picture,” than it is to say, “I don’t know what you’re talking about.” And when we are feeling a spirit connection to another we might say, “I see you.” In fact in some languages the equivalent of the English “hello” is actually more closely translated as “I see you.”

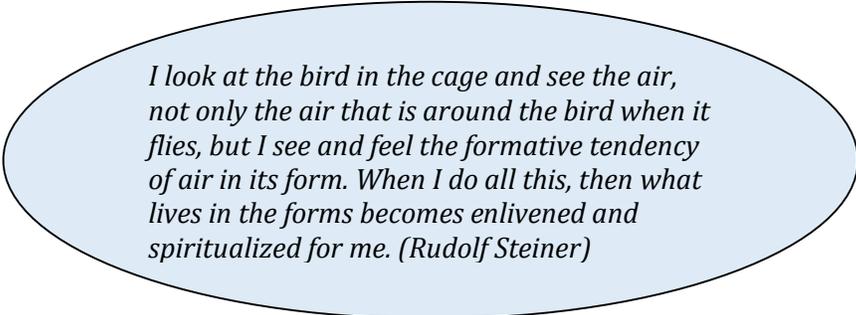
What an awake person sees has a strong intellectual element – in the relational/spiritual world seeing is like understanding **with the heart**, applying understanding to your own life. Most people who see with the heart are challenged to give up judgment as in making somebody wrong. They give up being right – as if they have the best view of the situation. We can develop the skill of looking at things from several people’s viewpoints and to really see something from someone else’s perspective.

The act of physically seeing is probably one of the most powerful, complex, and far reaching metaphors for human thinking and spiritual understanding. For example we can be far sighted and near sighted not just physically but in our view of what’s happening. It’s about focus. If you’re not focused so you can see at a distance, all you will see is a blur. But if you are focused there’s a lot to see. Like binoculars, we have different “lenses” that let us see different sides of an issue. Lenses are related to focus. Seeing something through a lens can help us focus. We can practice taking a long view of a situation or focusing in on some of the details. We can see from above, looking down from a higher or more expanded place, at what’s happening in a lower or less open place, things are smaller, spaces are a little different – our inner and outer perspective changes. Seeing something in this meaning of the word is very much like awakening to the day. We can choose how to see or approach the day.

We can also learn to trust our inner “sight.” I remember once helping 2 brothers negotiate a contract for the family business. All of a sudden one of the brothers said something and my heart turned cold – my experience was, “I don’t want to hear this, this is hard, this changes everything.” I was “seeing” him and sensing his intentions weren’t good toward his brother. Something was happening beyond the words and their meaning.

I’m thinking of some work I did helping a couple over time. At first I was uncomfortable over their arguments, some part of me didn’t like it. How they see it from the inside and how one sees it from the outside may be very different. If we’re feeling strong emotions, we may not be able to like a person like we intellectually want to. Lenses can filter our seeing of a person, either for the positive or negative. A lens can help sharpen a view of a person. Or it can be clouded with emotion and not see a person as well.

We can develop psychological or spiritual insight, seeing through mysteries. Steiner wrote of spiritual thinking as a way to think of seeing. Insight is understanding – to focus well on something and say, oh that’s what that is.



I look at the bird in the cage and see the air, not only the air that is around the bird when it flies, but I see and feel the formative tendency of air in its form. When I do all this, then what lives in the forms becomes enlivened and spiritualized for me. (Rudolf Steiner)

Come to Celebrate John's Journey!



John Lawrence Hoff

It's your **80th Birthday!**

We're going to celebrate on

Sunday, July 5,

Sahale Learning Center

Games and Play at 3:00

Dinner at 5:00 p.m.

RSVP

You are welcome to celebrate the 4th at Sahale. Come anytime beginning Thursday July 2. The Tahuya Day Parade begins at 1:00 Saturday, July 4.

Email hoff@goodenough.org with your plans.



I could paint these mountains the way they look, but it isn't how I see them. (Justin Beckett)

Themes for Village EViews, Voice Your Opinion

We have been putting out this on-line newsletter for many years. We have agreement among us that it could be improved by having more stories and personal information from our lives. We are encouraging you to help us by suggesting *words* that might serve as useful anchors in your life, something to help you ponder and reflect on your own thoughts. For instance, we will appreciate your ideas, dreams, brief messages and concerns you want us to know about. The Village eView has

a purpose to encourage communication among us and to make sure that ideas and concerns get talked about in our everyday lives. Many of you have appreciated having themes published ahead so you can think and write about them. As a community we continue to learn that the path to a better community involves communicating more. Help us! Consider taking a pause and write out words you would like more clarity about. This summer we are going to be talking about words that are key in describing our community and its purpose in our lives. We welcome your contributions. Thanks for helping! Here are some suggested themes:

July 1, Gift

July 8, Passion

July 15, Risk

July 22, Whole

July 29, Truth

August 5, Listening

August 12 is the Human Relations Laboratory and no eView is published

August 19, Self



Using the eView theme

Kirsten Rohde

I'm appreciating our use of themes for each eView. I do find it entertaining to think about the theme for a day or two and see where it leads me. This week I've been walking around Sahale and noticing all the weeds. Pretty soon all I see are the weeds. I don't notice the birds, the trees, the sky, nope – just the weeds. This leads me to realize that I really do choose what to see and this is often because of my thinking and it can lead to more thinking about the same subject ("I've just got to get out there and weed.") So then I've realized that it is up to me how I see my environment. I can choose where to rest my eyes and if I allow my vision to be more expanded I will see the sky, rainbows, trees in the breeze, wildlife and people too! My feelings and my thinking can lead my eyes and if I let it happen, my eyes can choose the best views for me too.

If you enjoy the eView, I encourage you to play with the themes and see what you may find to contribute.

The soul, fortunately, has an interpreter - often an unconscious, but still a truthful interpreter - in the eye. (Charlotte Bronte)

Summer Camp is happening this week: Can you feel the excitement?

Here are some pictures from this year's camp – ongoing this week. **It is still a good time to consider making a scholarship donation.**



Irene Perler

Support a child at Summer Camp

Irene Perler

Each year, for the last 9 years, Sahale Summer Camp has enjoyed a program rich in culture and learning for campers and camp staff alike. This year, our tenth, theme is Friendship again, because it is the best theme we can keep learning from. There are skills to learn that help make

friendship fun, fair, creative, meaningful and playful. Young people can learn about older people and older folks enjoying finding out what young people think and feel.

Our community has a deep investment in the next generations and in family life. It is a vision and mission to pass on learning about relationships, family life and self-development. Our summer camp program does that very naturally through the week of camp life and it also works with the parents ahead of time to help them learn more about their parenting goals and hopes for their children.



Consider a donation to the Goodenough Community Scholarship fund, which supports families who want to send their children to summer camp, and may need financial assistance. Our camp fees are very reasonable in order to make it accessible, and a little help goes a long way to make our camp experience a diverse and welcoming one.

Please feel free to donate on-line noting that your donation is for the scholarship fund, or you may send a check to:

The Goodenough Community
Box 312
Tahuya, WA 98588

Thank you for considering this way to make a difference!

Get On

By David Wilcox

This song was presented by Pamela Jarrett-Jefferson at the 2015 Lab Training weekend in March and is very descriptive of the human experience. Editor

It's sure to take its toll on me
'Cause my heart and mind will not agree
But there's something in this mystery
That calls me from beyond the blue

Right now I only wish I knew
Where all of this is leading to
I'm working up the courage as I stand here
With your hand in mine and I'm running out of time

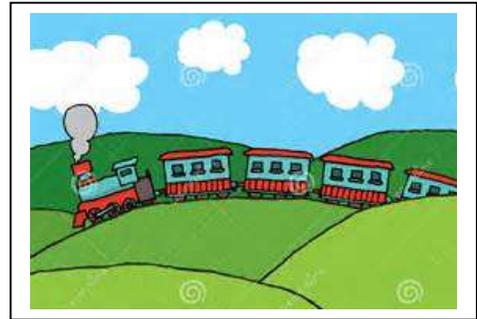
And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

It's not just by coincidence
That lives are made of accidents
And doesn't it make perfect sense
That life turns on a point in time
And I know that this is mine

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

Someday somewhere
With one sweet kiss
You will bring me back to this

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on



More about the 2015 Human Relations Laboratory, August 9 to 15

John Hoff

Last Sunday and Monday evenings, June 14 & 15, a group of people who have been working with the design of HRL 2015 met to share their thinking. I have been asked to offer my sense of what the Lab will be like. First of all, I want to give some information to individuals who might be considering attending the Lab. The purpose of this Lab (and perhaps all Labs) and human relations events offered by the Goodenough Community is to support human development including mental and emotional health and relational soundness. Attending this Lab will enable you to revisit the therapeutic process in your life. We will be encouraging a review family of origin work and understand the core issues in various developmental age zones. You will have an opportunity to evaluate your own inner work and recommit yourself to health and wholeness as an integrated person and a relational partner.



The theme of this Lab is *“A Path From Stuckness to Freedom.”* The Lab will look at ways we have become stuck in our development and perhaps distracted from growth and learning. During the week we will be identifying a variety of ways we can each become stuck in our own inner process and encourage people to take the opportunity to recommit to growth.

After our review of goals and themes which we have done in preparation for the event, we are seeing a core of activities and several rich areas of learning that have emerged as basic exercises in Lab processes. For example, the following have been identified: intergenerational conversation; how to do the work to integrate body, mind and feelings; and aging, dying and death as well as grieving.

We will be remembering the books that have most impacted us and the therapeutic processes that seem to work the best and the problems that have yielded the most growth and learning in our lives. I have found that getting ready for this HRL 2015 has been a demanding exercise for Colette and me and several others who have been doing research. If you have some learning to share or some questions you would like to see discussed in the Lab context, please send an email to”

John and Colette Hoff hoff@goodenough.org

Kirsten Rohde krohde14@outlook.com

Bruce Perler bruce_perler@hotmail.com

Elizabeth Jarret-Jefferson who is registrar for the event elizabeth.ann.jarrett@gmail.com

By the way you can help our planning for Lab by registering at www.goodenough.org.

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

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

Sahale Learning Center

Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)

360-275-3957



Useful for your marriage, a resource for your family and a kick
in the pants for your personal development.



Sometimes the heart sees what is invisible to the eye. (H. Jackson Brown, Jr.)

One looks, looks long, and the world comes in. (Joseph Campbell)

I see the whole design. (Elizabeth Barrett Browning)

*One way to open your eyes is to ask yourself, 'What if I had never seen
this before? What if I knew I would never see it again?' (Rachel Carson)*



How would you like to be playing with a whole group of youngsters if only for a week? You get the chance to do just that during our Summer Camp.

Summer Camp gives me the chance to reflect on my own youth which was not that long ago. My youth was not an easy one and I became pretty isolated as an adult. I have gained quite an appreciation for how important these young years are. I am nearly 60 years old yet I still owe a debt of gratitude to the 9-12 year old I once was. These young years lay the foundation for the adult to come. When these years are over, my personality and way of perceiving things is pretty much fixed in my mind. Whatever growth I can do as an adult is always building on the foundation laid as a child.

My experiences at Summer Camp give me insight into my life. This is because my eyes are bringing visual data to my brain via a neural pathway. My mind uses my brain to interpret and process this data. The data from these experiences is related to other experiences stored in my memory. This is how I decide what these experiences mean to me. This allows me to see how I function in these environments. My camp experiences have always been good because we all work hard to ensure this. Kids love coming to summer camp year after year. You can see from the two photos above that our kids are having a good time.

The photo on the left shows Eddie Williams playing on the guitar and one of our campers responding with a kazoo. When I shot the photo I knew immediately I would use it. This is the first time in 7 years that I knew I would use a picture. Usually I have to study them for a while to make my choices.

The right hand photo shows a camper hard at work engraving something on a piece of leather with a hammer. I always like action shots because they show people doing things.

I had a chance to see where the kids were doing their river play. The location was the kind of dramatic location I would stop at during a trip yet we have it on our property! One has to travel on a challenging forest trail to get there but it was worth it.

Every year I hoped to connect with one of the kids at Summer Camp. I am the shy kind who does not usually initiate contact. Colette urged me to find an opportunity and I did with Ely at lunch. He lives in Redmond and currently goes to Redmond Middle School. That used to be my neck of the woods. I once lived in Bellevue just across the street from Redmond.

Would I want to be a kid again? Probably not. I remember I asked my mother the same question and that was also her answer. Life is hard on all levels, especially the growing up part. I guess it is intended to be that way because that's how it gets us to interact with it and make our choices as to the kind of people we want to be.



One of the fascinating things about camp is the creatures many of us encounter here at Sahale. This is a male newt fighting with another newt. The way he fights is by raising and lowering himself on his front feet and his opponent is doing the same. Eventually one newt runs away.

Eyes can only capture objects
that are already seen in mind.
And mind can only see things
that already written in heart.

(Toba Beta)

Celebrating 20 Years of the Global Ecovillage Network and 10 Years of Gaia Education

(A voice for global community)

We stand at a critical moment in Earth's history, a time when humanity must choose its future ... To move forward we must recognise that in the midst of a magnificent diversity of cultures and life forms we are one human family and one Earth community with a common destiny....

Preamble, The Earth Charter

Organised by GEN in partnership with Gaia Education, the Findhorn Foundation and New Findhorn Association, the GEN+20 Summit is an invitation to celebrate 20 years of walking our talk.

Established in Findhorn in 1995, the Global Ecovillage Network (GEN) today connects more than 10,000 villages, urban neighbourhoods and intentional communities in more than 100 countries worldwide. Spanning all continents, GEN showcases high quality, low impact ways of living that have led to some of the lowest per capita footprints in the industrialised world, and a healthy integration of heritage and innovation in more traditional settings. GEN has consultative status with the UN Economic and Social Council.

With its 20 years of experience, GEN has a wealth of inspiration to offer, emphasising local solutions to global challenges and demonstrating that the creation of a different world is possible!

We can live a new story

As human beings living in community, not only is there no need for us to further destroy our beautiful planet, we are actually able to regenerate the very fabric of life around and within us. We can heal ecosystems: the waters, the soils, the atmosphere, forests, oceans, and coastlines. We can create sanctuaries for biodiversity to flourish again. We can heal social isolation and historic wounds, communicate across all sectors and divides and celebrate the wealth and diversity of our cultural heritage. We can create cyclic economies that serve environmental and societal wellbeing instead of the maximisation of profit. When we pool the best of our intelligence and wisdom to these ends, we can shift from business as usual to an entirely new paradigm. We can live a new story:

<http://www.findhorn.org/programmes/559/#.VYJ3XEdRF1w>

News from Members and Friends

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries & Special Announcements

Happy 23rd Birthday, **Chris Benner-Kenagy** - June 26

Happy 17th Anniversary of Wedding #1, **Pam and Elizabeth Jarrett-Jefferson**, June 27th

Happy Birthday, **Kathleen Notley**, June 28

If you have news about yourself or other friends or family, please email [Elizabeth!](mailto:Elizabeth@goodenough.org)

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.

Programs & Events in 2015

Third Age Gatherings

The Conscious Couples Network

Family Enrichment Network

The Men's Culture

Women's Culture

Human Relations laboratory

Sahale Summer Camp

Relational Weekend, page

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 aging and supporting each other in this “third stage” of life. Sept 18, October 23, and November 20 are the remaining 2015 dates.



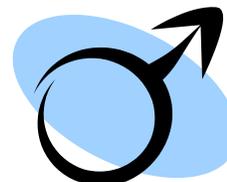
and
while

Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall. Please let [Bruce Perler](#) know of your interest.



Human Relations Laboratory

August 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957



Sponsored by

The Goodenough Community –

An event designed to encourage human development

- This event can inspire your own desire to be a better person.

- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.

To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

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).

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

