



# The Village eView

August 27, 2014

Colette Hoff, Editor

## 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

### Balance:

A state of equilibrium or parity characterized by cancellation of all forces by equal opposing forces.

August 29-September 1, Labor Day weekend at Sahale  
September 12 to 14, Couples Weekend, Sahale  
September 20, Women's culture gathering

*The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.* ~ Euripides

We are choosing "balance" as a theme for the eView because at this time of year, we are probably all trying to re-balance our lives, which involve—the easy-goingness of summer and the demands of a fall schedule; the carefreeness of pleasant weather contrasted with fall rains and the need for a different set of clothes. The final days of August usually find us trying to get done what we didn't get to in the summer while planning a rigorous life for ourselves come fall. Give yourself a break and spend some inside time deciding what is important and use some of your relationships to rebalance expectations and ask for mutual support. In any case, our theme for this newsletter calls you to re-balance your life and use your friends to help you.

### Labor Day Weekend at Sahale, Friday August 29 to Monday September 1.



All are welcome to come play, pick blackberries, fell trees and enjoy the Swamp. Please email Colette at [hoff@goodenough.org](mailto:hoff@goodenough.org) to register when you will be arriving, when you will be leaving, and how many in your party. As always, snacks and beverages to share are most appreciated.

## Balancing Your Life

John L. Hoff

Beneath the metaphors of balance is an inner process that is most demanding. The inner process involves decision-making, to do or not to do; the decision to believe or not to believe; to pay or not to pay; to say yes or no. On the inside of our minds we are challenged to make decisions that rule out one thing in favor of another quite different thing.



On the outside of ourselves, balancing is not about deciding for or against.

On the outside balancing is about having yes and no, having your cake but eating it too. Balancing is about affirming the value of more than one thing at the same time. It's about holding the tension between and among things. A balanced life includes a broad range of activities and possibilities.

If your life is out of balance and you are reeling from work to home life and feeling the conflict between one person or another, you are seeing yourself as needing to decide between elements on the outside of your life. This won't help! You will need to bring the challenge of balancing your life inside your head and heart where you have some decisions to make regarding who you are and how you want to live. However, on the outside of your life there is no need to cancel out anything. Nothing has to be rejected on the outside—just a new attitude toward it on the inside. For instance, when George feels he needs to drop Jane and choose Julie. He is stressing himself. It would be easier for him if he could accept his preference for Julie and spend more time with her and spend less time with Jane. Balancing our life on the outside usually requires an inner process of deciding more clearly who we are and the direction we are going. So if your life is out of balance, I am encouraging you not to rearrange the elements on the outside of your life, but take some time to remember who you are and what your plan is. The outside is to be shaped by decisions on the inside. This is what intentional living is about. For instance when you intend to have a variety of friends, you will always be shuffling activities and relationships according to your own inner needs and goals. Please remember that this brief statement is about balance and that you don't get it by changing as much on the outside as you enable balance by reworking your decisions about who you are and what you want on the inside.

*I always try to balance the light with the heavy—a few tears of human spirit in with the sequins and the sequins and the fringes.* ~Bette Midler

Just as your car runs more smoothly and requires less energy to go faster when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance. ~Brian Tracy



## Postcards from HRL 2014

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Hi everyone,

Since leaving lab, I have been very busy with packing and moving a lot of stuff from the home I lived in for many years near the shore of North Pond in Smithfield, Maine. Yesterday, at the closing, I handed over my keys to good friends who have bought my house. Although I moved 2 years ago down here 75 miles south to an apartment near the shore of Casco Bay in Portland, Maine, I am realizing that this is a real closing of a chapter in my life. I am happy to be leaving my house to a family that will be good friends and neighbors to the people up there that have been good friends and neighbors to me. And it is good to know that I can return and visit whenever I want!

So I am thinking a lot about the relationship between place and community and what it means to have a place to call "home". "Home is where the piano is," I joked last week after we moved it into my apartment with the help of neighbors down here. But home is more than just a place to keep my stuff; it means belonging to a community of people. I look forward in the coming months to settling in a deeper sense into my adopted home of Portland as I continue to enjoy exploring my neighborhood, the city around me, and the coast of Maine.

I'll keep you posted!

With much love, Katie



The first photo is of North Pond across the street from my old house.

The second is of Casco Bay near where I now live and walk almost every day!

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I came to HRL 2014 with the intention of finding out who I am as a Retired Nurse of 40 years. I know how I function professionally, but have found it difficult to be in an Intentional Community, where honesty and authenticity are some of the guideposts to joining and friendship.

HRL 2014 was a WOW experience for me! It was both a great and difficult learning experience. Metaphorically, it was like jumping into a stone tumbler w/all my rough, unapproachable edges and coming out smother, softer, with an open heart and more approachable.

Hollis and Bill were exceptional Small Group Facilitators. With the intention set of being in a "Functional Family System," we were able to play a game, I called, "People TV." Asking members of my

group to talk about me while I watched, answering two questions: what am I like to relate to as an individual and what am I like to relate to in the larger community? I didn't like hearing how my energy pushes people away. I learned in my FOO, (Family of Origin) and in the Nursing Profession: criticism, defensiveness, contempt, jealousy, stonewalling, were expected behaviors in relating. We Nurse Educators/Clinicians have a saying, "Nurses eat their young."

The Small Group provided a functional family system, in which I was able to hear, feel and accept in a loving way, the feedback I was receiving. We set the intention of being caring about each other. This provided the safety I needed to be able to see my behaviors, in this context, and do the "Work," on changing them. THANK YOU!!!

One morning I was very grumpy and blaming it on the children. I sat at a table in Potlatch by myself. Then, without warning I found myself surrounded by the children. They were so kind, interested in me and each other, playing little games that made me laugh. I felt love for them and loved by them. Children are so open, my child wanted to join with them and she did.

In a conversation with Colette at the SWAMP, while reflecting back on Lab 2009, I said, "Colette I've changed a lot in these past 5 years," to which she replied, "You've changed a lot in these past 5 days!" What a wonderful validation that I am doing my "Work," and it's an ever continuing process as a lifelong learner. Thank you John, Colette, Hollis, Bill and all the other Lab attendees for showing me ways to be a "Good Person."

Namaste and love, Maeve

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### **Reflections on the Lab**

Colette and John Hoff

Our Human Relations Lab this year was a good one—measured by the number of relationships that said they took time to redo contracts and recommit themselves. The Lab also exposed that many of the people who relate to us do not realize the help they can get from what we call the cultural programs: the work women do with each other; the opportunity men have to support each other's lives; the mutual support couples can give each other through the Conscious Couples Network; and the way families can be supportive of each other and help each other in parenting.

Beginning on **Tuesday, September 30**, we will be meeting with couples. Some of these couples will be married, some will be committed, some will be living together, some will be serious friends that want a chance to work with themselves and their personal development yet within a relationship with someone else. If you can think of someone you would like to work on self-development with—let them know. Also let us know (John and Colette Hoff) that you are interested in a relational counseling approach to personal development.

Seriously now, Colette and I are wanting to do an on-going couples group focused on individual development yet exploring how learning partners can be helpful. Feel free to talk with us about it.



## You're Invited

To an Open House honoring the 80<sup>th</sup> birthday of

**Phil Stark**

**Sunday, September 7, 4 to 7 PM**

Appetizers and Desserts

(Phil's actual birthday is September 9)

7723 13<sup>th</sup> Ave SW

Seattle, WA 98106

Please RSVP to [Elizabeth](#), [Joan](#) or [Colette](#)

*Feel free to send Phil a congratulatory email or call him as well*

206 763-2258 (home)

206 962-1170 (mobile)

[phil\\_stark@hotmail.com](mailto:phil_stark@hotmail.com)



## A Workshop for Couples: Friendship and Fun . . .

**September 12 to 14, 2014**

*John and Colette Hoff*

***There have been several studies*** of relationship that were done in the last 10 years and they draw a similar conclusion:

- Long-lived relationships value most the friendship that has grown.
- Friendship is defined partly by the ease with which partners live with each other, and partly by the thoughtfulness with which partners tend to each other's needs.

We are developing a weekend for couples with help from the Perlors and some other couples that will be attending. We have decided to encourage couples **to focus on strengthening their friendship and learning how to work together as partners who bring important but different gifts to the relationship.**

In our 34 years of marriage we have also worked together coaching people to be friends and married people to be more effective partners. The couples who have been rearing children tell us they receive complements from their children on the way they work well with each other. These children parents acknowledge they are learning how to be friends with each other. So we are focusing on the specific intentions and the practical agreements that make marriage and family and friendships work.

There is always a lot of value in practicing together and noticing how the same skills are practiced by different personalities and in a variety of situations. We are convinced that trying harder doesn't help as much as consciously developing skills. Could **your** relationship use a tune-up and some support from others?

### **Preparing for This Workshop**

Couples have always indicated to us that they have a certain amount of apprehension in coming to a couples workshop. We suggest that you use this energy wisely preparing together to get some of the work you need to do – **done!** Here are suggestions.

### **To help this workshop meet your specific needs:**

1. **Together**, set aside an hour (not more) to **identify the trouble spots in your relationship.**
2. **Individually**, reflect on what you could **do** to improve your effectiveness and enjoyment your relationship. That is, **state your intentions to individually improve your relationship.**
3. Individually, write a brief note to each other that **promises to do your part** to make this relationship workshop effective for you both.
4. Discuss **together** some of the **songs that you have been mutually enjoyed** and be prepared to share them.

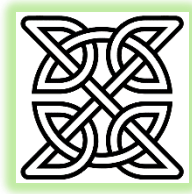




## What You Can Expect at This Workshop

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. You will also be paired with another couple or two where you can practice and be observed and receive feedback. You will also have several **sessions together as a couple** when you practice skills and explore ideas alone and together. We will be sharing bountiful meals and will have opportunities to socialize as a group.

**Cost:** The cost of the weekend is \$350 per couple which includes room and board as well as learning materials.



## News from Barb (Barbara Brucker)

*CaringBridge*

By [Barbara Brucker](#) —

Since I last posted (a week ago) not a lot has been happening on the medical front and I've been waiting to have something to report. Mostly last week I hung out and reconnected with anything not-hospital. I had an enjoyable trip to Sahale Wed and Thurs, caught up with a few people and thoroughly enjoyed a night in the tent. We took two cars so that I could come back into town early Thursday morning for (yet another) blood draw. The methotrexate level came back down, and kidney function continues to improve slowly.



Over the weekend I traveled to Davenport to visit my mother. It was well worth the effort, Mom appreciated the visit a great deal and I'm glad I worked out the details and went. Because the doc didn't want me driving alone compounded with a variety of other concerns (like finding someone who could go with me that weekend and figuring out what they would do in Davenport for a couple of days [Beverly & Rand were out of town with a prior commitment]), I went on the bus. Many thanks to friend Maeve who met me and ferried me back & forth to get my sister's car (it was left for me in Spokane) and to my sister for lending me her car. Actually the bus trip was amazingly good and it was delightful to let someone else drive for two extra hours dealing with the traffic jam on Snoqualmie on the return trip.

Yesterday went for another blood draw. The kidney function continues to improve slowly but is not yet good enough for another round of methotrexate. The current plan is a blood draw next Monday and admission for methotrexate on Tuesday, September 2. Docs apparently think another week will do it for kidney function. If all goes as planned I will probably have an MRI on Sept 8 or 9. Keep your fingers crossed that it works that way. Since I have no medical obligations until Monday, I have a few days to enjoy the weather and exercising outdoors and hanging out. Sounds good to me!

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## **Memorial Service Saturday, September 6**

Anita Karin Fisk 1948-2014

### **Dear Collette and Goodenough Community,**

Forwarding this information to you. Our dearly departed sister worked very closely with Fred Jameson, Beaver Chief and you probably know her from that work, and perhaps other work as well. Please feel free to contact me for any more information as needed.

Sincerely,

SiSwinKlae, Laurel Boucher (206)-777-5258

**Anita Fisk**, a long-time resident of Seattle, passed over July 25, 2014.

### **Her memorial service will begin at noon Saturday September 6 at Interfaith Community Sanctuary, 1763 NW 62nd Street, Seattle 98107.**

The memorial will follow the Si Si Wiss tradition. The medicine circle will be facilitated by SiSwinKlae, Laurel Boucher. There will be time for songs, prayers and sharing. Drums, rattles and bells welcome.

Preceding the circle will be a **noon meal** where all are invited to bring food to share at the potluck lunch. The family will bring some of Anita's favorite foods.

Messages to the family can be posted at Anita's Facebook page <https://www.facebook.com/anita.fisk.5>

Donations will be gladly accepted by the Interfaith Community Sanctuary for use of the space.

Volunteers are needed for hosting, setup, kitchen, and cleanup. If you feel called to help, please contact Anita's son Alex West at [alxfwest@yahoo.com](mailto:alxfwest@yahoo.com) or Laurel Boucher at [toucheboucher@gmail.com](mailto:toucheboucher@gmail.com)

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### **Interfaith Community Sanctuary**

**1763 NW 62nd Street**

**Seattle, WA 98017**

<http://interfaithcommunitysanctuary.org/>





## The Den - A Place for Manly Thoughts

Bruce Perler

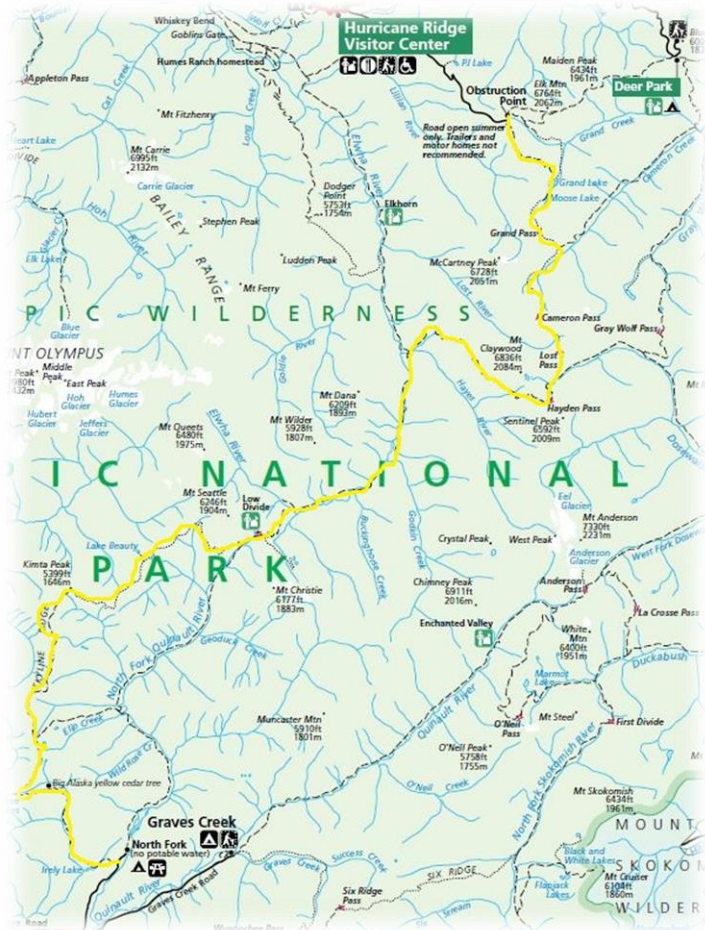
**Every year or so** I pull out my long haul backpacking gear and plan a week long excursion into the mountainous interior of the Olympic National Park. This year I'm at it again with my buddy James, the man who taught me to hike 50 miles without stopping. Needless to say, that was a new experience, one that initiated me into knowing something different about what a human being is capable of. I've had a few of these straight through hikes with James since and, in exchange, I'm teaching him about slow and steady, long haul alpine excursions.

This year we're planning a 65+ mile hike that connects two of my favorite areas of the park: Obstruction Pt. to Lost Pass, 20+ miles of steep valley crossings with high passes, and the Skyline Trail, alpine traverse through some of the most gorgeous views of Mt. Olympus in the park. I've hiked each of these routes before and this time will be connecting them via the Elwha Valley, crossing between Hayden Pass and Low Divide.

We'll be starting out Saturday morning with Irene dropping us at Obstruction Pt. near Hurricane Ridge. When we reach the other side, at the Quinault Ranger Station, Irene and Carolyn will pick us up so we can join them and our dogs at Lake Quinault Lodge for a few days of rest and recuperation before returning to our respective jobs.

At one level it's a wild and extravagant adventure that includes the stress of long days, many steep climbs and some dubious route conditions. More importantly, we'll have lots of time to enjoy our friendship, check in about life with our fathers and revel in the natural world that gives back in ways beyond language to describe. I'm so appreciative for James teaching me about the upper limits of mental toughness in the face of extreme exertion and, he is appreciative for my inviting him to slow down and take the time to see the high country, amazing animals and awe inspiring views of the most remote parts of the Olympic National Park.

I expect we'll be back in the ordinary world by Sunday evening and look forward to sharing pictures and stories. In the meantime, here's a route map for your rooting us on!



**Bro Bruce**

PS. If you'd like to get in touch with me regarding manly thoughts of your own or responses to my writing, please do - [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com).



## Are People Happier Living in Community? The FIC Wants to Find Out

Laird Schaub

FIC Executive Secretary

**The FIC is teaming up with researchers to try to answer this question.**

The FIC is teaming up with researchers Bjorn Grinde (chief scientist with the Norwegian Institute of Public Health), David Sloan Wilson (distinguished professor of biology and anthropology at SUNY Binghamton), and Ian MacDonald (PhD student at SUNY Binghamton) to **try to answer this question by going straight to the source: asking people living in intentional communities what they think.**

To accomplish this, we are **inviting all adults living in intentional communities to participate in a study** that can be completed online in about 25 minutes. With the idea that communities may have something important to teach the mainstream, the research will attempt to measure to what extent the quality of life has been enhanced by living in a community.

As scientists who study communities of all sorts—including businesses, volunteer organizations, congregations and urban neighborhoods—the researchers are especially interested in how the organization of social groups influences the psychological and physical wellbeing of members. Intentional communities, they feel, offer an ideal opportunity to study these important topics.

**Our hope is that the results will benefit your community, the Intentional Communities Movement, and the general public.** We all wish to learn how to improve quality of life.

**Here's how it will work:**

- Interested communities should **contact Ian MacDonald** at [imacdon1@binghamton.edu](mailto:imacdon1@binghamton.edu)
- They will be provided with a **link to an anonymous survey**.
- The survey contains questions about life satisfaction, community organization, social relations, and general well being.
- As **an incentive**, every community member who participates will earn their community an **entry into a lottery** (1st prize is \$3,000; 2nd is \$2,000; 3rd is \$1,000). Winning communities will be announced and contacted after the survey is finished.

This project is supported by a **grant from the John Templeton Foundation**. If you have questions about the project, please contact Ian MacDonald at [imacdon1@binghamton.edu](mailto:imacdon1@binghamton.edu).

## The deAnguera Blog: Cancerversary 2014



Every year Hal, Hollis, and her son Sam Staatz host Cancerversary in honor of Sam's continuing victory over cancer. This is the 15<sup>th</sup> Cancerversary for Sam. He is in the photo on the left sitting down with a ball cap. I picked up my best friend Kathleen Notley at her place and brought her here. Events like this help us deepen our friendship.

When Sam was diagnosed with a brain tumor he was given only 6 months to live. Now here Sam is still with us 15 years later!

So of course there is a party. A big party with endless amounts of food. Let's see what did I eat this time? A big piece of KFC chicken, a cheeseburger, as well as a hot dog. Hal prepared the last two for me. And potato chips, cookies. Burp! One time during the year I really shovel it in. (Okay there are others but please don't tell anybody.)

I can still remember my scary brush with prostate cancer years ago but fortunately there wasn't any. Cancer is something that can strike anybody anytime in life. The chances seem to increase with age.

It's great that Sam has a brain tumor support group. Members of the group always show up for Cancerversary. Sam also has our community. He can offer support to any of his friends and ours who find out they have cancer. In my case what has helped me weather my prostate issues is support from other men who have them as well. In our case one in six men will develop prostate cancer and I think the odds of developing any kind of cancer are about 1 in 3.

The Goodenough Community is my family. I would consider it primary along with my brother and his wife. We are all important to each other. We have a shared destiny. That's what makes my life worthwhile. Facing life alone is hard and facing it with cancer can be really scary. I don't have the strength to face it without support from people like Barbara Brucker and Sam Staatz.

\Any community that can give its members a sense of family and shared destiny is a success. This is true even if it hits major challenges. These are the times when we find out what's really important and who our friends really are.

According to John friendship in fact arises out of crisis. It is not always possible without a crisis of some kind. Bonds are tested and in the process get stronger. Crises can also deepen one's spiritual life. One finds the Source to help one over the scary parts.

Whenever I run into a deep person, chances are good that this person has had a lot of pain and disappointments. That person has been challenged. Otherwise that person might just stay on the surface.





This Cancerversary I was able to bring my very special friend, Kathleen Notley. As you can see she is so full of love it is just bubbling out!



## EVENTS OF INTEREST

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**Take a simple survey and help with an Oxford University study!**

**A research project from masters student, Sarah Boone**

***Please spread the invitation to anyone you can...Sarah is trying to get over 200 responses to the survey in the next month.***

*Dear Community Member,*

For those of you who may not know me, my name is Sarah Boone and I am an alumna from the University of Washington and a current graduate student at the University of Oxford. (I am also Bruce and Irene Perler's daughter.) I am writing now because I am conducting some exciting new research on water conservation in your area, and would like to invite residents in your neighborhood to participate. This research involves a short online survey (less than 10 min!) that looks at how a number of different factors influence our use and conservation of water. Research like this is important as it gives academics and policy-makers insight into how to manage our resources more sustainably and how to improve services in your community. This study meets the highest standards of ethics for participatory research as set by the University of Oxford. Also, all answers to the survey questions are completely anonymous. I have attached more information about myself and the study to this email if you would like to know more.

**To participate in this study, you and your friends/neighbors can simply follow this public link:**  
**<https://research.socialsci.com/s/seattlewaterconservation>**

(Note: If you are like me and never click on links in emails, then just type this URL into your browser.)

After participating in this study would you be willing to forward this email to people in your community? Thank you very much for supporting this important work! As a fellow Seattleite, I hope that through this research we can help improve decision-making about water and our stewardship of this precious resource.

Please feel free to email me with any questions or comments!

Kind regards,

***Sarah Boone***

MSc Student in Water Science, Policy and Management  
School of Geography and the Environment  
University of Oxford, United Kingdom  
[sarah.boone@bnc.ox.ac.uk](mailto:sarah.boone@bnc.ox.ac.uk) / +44 (746) 221 8182



if you're a woman, see you at the [West Coast Women's Permaculture Gathering](#) happening  
**September 18 to 21** in Washington.

Camp Hamilton is located near Monroe, Washington and provides groups the perfect opportunity to retreat into the woods. Camp Hamilton's natural beauty contains 570 acres of forest, 80 acre Lake Hannon and trails throughout the extensive property. Bunk/dormitory style facilities are heated and have restrooms and showers nearby. They serve home cooked, family-style meals in a cozy dining hall.

Or, if you'd like to converge with the whole western hemisphere, see you at the [North American Convergence](#) (link)

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# The Inland Northwest Permaculture Guild's 2014 Convergence:

## *"Back to the Roots"*

at the beautiful Heartsong Retreat Center

7034 Hwy 291, Tumtum, WA

(between mile markers 24 and 25)

**Four days! Thursday through Sunday, Sept. 11, 12, 13, and 14.**

Contact us: [zone1@inlandnorthwestpermaculture.com](mailto:zone1@inlandnorthwestpermaculture.com)

509-725-0712

**Why are we doing this?** For *fun*; for the *value* of coming together as a group; to *deepen* our understanding of permaculture principals and practice; to facilitate a *sacred* honoring of the land and it's marvelous multiple inhabitants with its glorious varied species; to maintain and reinforce our regional *interconnectedness*; to develop a *core* of individuals that the community can depend on as the necessity of implementing permaculture *solutions* becomes more dire; to *nurture* a lasting relationship with the Heartsong Center as an on-going venue for permaculture-related activities; so that we can express our *love for Earth* and the global picture by accomplishing as much as possible in our short time together and laying the groundwork for productive work *for many years to come*.



[>>> Register Now! <<<](#)

*(Please pre-register as we need to know the number of people attending)*

[>>> Apply as a Presenter and/or Trading Circle Booth <<<](#)

This year, we are trying a more "Do-It-Yourself" approach to organizing our annual gathering. The richness of our collective experience will be enhanced by the active participation of attendees who share their talents and gifts with the group.

[>>> Become a Convergence Sponsor <<<](#)

**The Heartsong Center is in a beautiful setting just 20 miles northwest of Spokane.** Heartsong abuts a large, wooded park with nature trails and a lake. The center itself has ample meadows for car camping and RVs, wooded hideaways and grassy grottoes for tent camping, space for a Daily Trade Circle (which will be something along the lines of a barter fair/farmers' market/trade show), outdoor demonstration areas, some indoor lodging options, a sauna, showers and ample parking. [Have a look at pictures of Heartsong.](#)

There is a large main building that houses a good sized, commercial-style kitchen, a large upstairs meeting room (can seat 60 people and shared floor space for sleeping-- bedding and personal belongings put away or set aside during the day), a downstairs meeting space that can be used as a breakout area or small workshop space, a large, shaded outdoor porch useful as a meeting/workshop space and a shower (there's another shower available in an outbuilding).

There will be a large, "big top" tent we'll use for multiple purposes. There is a house on the property that is known as the Women's Lodge that can house 8 to 11 women. There is a yurt available for lodging. It is a shared floor space indoor sleeping area. There is a small cabin that can house up to six in a shared sleeping space that is reserved for seniors or special needs attendees.

There is a small, wood-fired sauna with a pond adjacent to it that is available for use. All attendees are encouraged to bring firewood for a community fire circle as well as for the sauna.

A short walk up the driveway takes you to a scenic lake called Red Lake that has good swimming or canoeing/kayaking (bring your own boat). Children must be closely supervised and must wear life-vest when in a boat.

Admission will be by donation with a suggested donation of \$40 (except for work traders). No one will be turned away for lack of funds. Everyone will be expected to sign up for a minimum of one hour of volunteer work during the event.

**Pre-registration is strongly encouraged! [Register now!](#)**

**If you would like to sign up for work trade**, please sign up [HERE](#). Please sign up by Aug. 20.

**We invite you to [share what you know](#) at the Convergence**, whether as a workshop presenter, hands-on project coordinator/teacher, demonstration presenter, artist and/or a trader/artist/artisan/producer/grower/abler at the Daily Trading Circle. Please describe what you would like to offer on our website before August 31 so that we can review your presenter applications and add you to the Convergence schedule. All presenters are encouraged to bring their own canopies. Apply to present [HERE](#). Apply for a booth in the Trading Circle [HERE](#).



*Believing in our hearts that who we are is enough is the key to a more satisfying and balanced life.*  
~ Ellen Sue Stern

*Where there is sunshine, there is also shade.* ~Kashmiri





## Bite O'Post Lab

Elizabeth Jarrett-Jefferson

### Birthdays and Anniversaries

- Pam and Elizabeth Jarrett-Jefferson- Happy 1<sup>st</sup> Legal Anniversary - August 31!
- Happy birthday – Cally Fulton – September 1.
- Happy birthday – Russ Cowgill – September 1.



"Nope, I didn't say that."  
~ the Buddha

## The Goodenough Community:

### Cultural Programs & Events in 2014

*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.*

### Third Age Gathering, Friday, October 3

Joan Valles

"Old age is ready to undertake tasks that youth shirked  
because they would take too long." W. Somerset Maugham



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

“The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job.”  
--Thomas Hardy

## Women's Culture, Saturday, September 20



Hollis Guill Ryan

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.

**NEW DATE**  
**PLAN TO ATTEND**

**Human Relations Laboratory**  
**August 9 to 15, 2015**

***The best event to experience the Goodenough Community!***



Seven Fun-filled Days of Social Creativity & Experiential  
Learning about Friendship and Effective Relationship

**Sahale Learning Center**

A 68-acre retreat on Kitsap Peninsula

## Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, please contact *Irene Perler* at 206-419-3477 **or email** [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com). Topics could include: simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

## A Fall Harvest Weekend – November 7, 8, 9



Join the men and women of the Goodenough Community for a weekend in processing apples at Sahale. We'll make cider and applesauce and all participants will come away with some products! **November 7, 8, 9, 2014**, at Sahale Learning Center. A donation for food will be appreciated.

## True Holidays Celebration - Saturday, December 6

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Our annual celebration will be held on Saturday, **December 6, 2014.**

This event has more than 25 years of history and is set 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 commences at 7:00pm

## Winter Solstice Bus Trip – Saturday, December 20

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**Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.**

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



## New Year's Eve Weekend at Sahale!

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This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **7<sup>th</sup> annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: [krohde14@outlook.com](mailto:krohde14@outlook.com), [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

### Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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. Call John (206 963-4738), Colette (206 -755 8404). We're continuing to use the office at 2007 33<sup>rd</sup> So in Seattle.