



Village eView

May 16, 2018

Elizabeth Jarrett-Jefferson

Guest Editor

Coming Up

Pathwork, May 20

Community Council, May 21

Memorial Day Weekend, May 24 to 28

Third Age, June 1

Touch

From *A Natural History of the Senses* by Diana Ackerman (Vintage Books, 1991)

...Massaged babies gain weight as much as 50 percent faster than unmassaged babies. They're more active, alert, responsive, more aware of their surroundings, better able to tolerate noise, and they orient themselves faster and are emotionally more in control. "Less likely to cry one minute, then fall asleep the next minute," as a psychologist, detailing the results of one experiment, explained in *Science News* in 1985, they're "better able to calm and console themselves." In a follow-up examination, eight months later, the massaged preemies were found to be bigger in general, with larger heads and fewer physical problems. Some doctors in California have even been putting preterms on small waterbeds that sway gently, and this experiment has produced infants who are less irritable, sleep better, and have fewer apneas. The touched infants, in these studies and in others, cried less, had better temperaments.....

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

Touched by Watch Care

By Draí Schindler

Being still rather a newbie in this community, I continue to be surprised and mystified about some of the many CARE FULLY crafted systems that have been put in place over the years that I don't know much about. Today the aha moment came around The Watch Care program. In my mind, I strictly thought it was about Elder care. I had heard it provided assistance to people with challenges or who are infirmed, but it did not click till now....The Schindler's have been held and graced by Watch Care since we started John's journey with cancer.



There is always, of course, the day-to-day kindness of all the community members...In addition to that blessing, I am learning that Watch Care provides services and profound degrees of support to ease our path on TOP of every day kindness.

- Our car has broken down, and *Colette* has generously and consistently offered her car, all gassed up, for us to drive to any and all appointments. Further, she both in her pastoral role and as a dear heart friend, has also attended some of our more challenging medical appointments. She has provided the sanity of being a second pair of ears to hear the data of this emotional learning curve and the heart space to hold hold hold us. She councils us. She hugs us. She guardians us, all in ways we can receive and appreciate. She is walking love.
- *Mike* has been managing the dishes of the yurt (especially helpful and healthful since the yurt does not have hot water.)
- *Hollis* has been a consistent and loving guardian of my heart as well as an excellent ear and provider of information from the caregiver side of things.
- *Joan* and *Jim*, amongst others, have put our family intentionally into their daily meditation and prayers. Every single day they sit in their home and think and pray on us. Wow. Then they email, call or visit to check in, always smilers of good news and kind holders of the hard things. They have our back. They understand through experience all these feelings. They comfort us.
- *Hal* drove out and met with John with lots of experience and information to share about Prostate cancer, to both inform him and shore him up.
- *Boyd* on his personal off time took it upon himself to scrub the mold and mildew from the exterior yurt walls.
- On particularly hard days, *Irene* has pinch hit on a moment's notice to help...if I happened to be scheduled for dinner or some task, and some piece of the cancer journey suddenly took me out of the game, Irene says YES - shows up with poise and no complaints to fill the need. Rockstar! She also listens very carefully and has been a doll to cook or bake things that John can

eat with his restrictions or just because it is a favorite of his.

- I was working on a happiness project for John to help bolster his spirits, and *Tod* jumped in feet first with me. He dug deep, spent his time and energy to research, compare and recommend for our needs. Uber helpful...and the project was a hit!

- *Pedge, Barb* and *Marjenta* amongst others have delivered our dinner 'downstairs' when we cannot make it upstairs and just need to stay in. We are fed in numerous ways.

- *Kirsten* has been my hugger, holder and sideby. Around her, I can fall apart, go to fear, be confused, cry...and she stands with me like the kindest Willow Tree without judgment.

- *Bruce* is the odd one, he meets me with 100% opposite of what I am. I may be filled up, loud, passionate, dramatic, and he greets me with a soothing - very present - quiet stability. He is one of my favorite to sit with, inside of bad news. He actually just sits with me. He does not need to offer advice, in fact is humble enough to know likely he cannot relate and does not know how in this instance.



There is such a power to that, sitting with my brother from another mother and just BEING inside of this shit. Somehow he helps me put my feet back under me and makes me feel intensely heard, empathized with and deeply loved. As I walk away from Bruce, my problem has not change, but usually the energy inside of me has. The Blue Pearl, in the spirit of Jay Z invites me to stay 'in it' AND brush the dirt off my shoulder.

- *Colette* has loaned us an air conditioner and ...*Pam* installed it in the yurt. Speaking of *Pam*...gads, what a friend we have in her. She is show up queen of the universe - she brings solutions, work, love, sunshine - and let us not forget LAUGHTER!

- Dear *Elizabeth the red*, learned that John adores classically embroidered cotton pillow cases and gifted him the most beautiful set that she hand-crafted herself.

Today... my goodness, *Rose, Phil, Kirsten* and *Pedge* deep cleaned our home. Between holding 3 jobs, a lot of feelings as well as some anxiety and depression, I have fallen behind. I needed some help from my friends. And they came. They moved furniture, beat and vacuumed all the large and small rugs, murphy soap mopped, swept and vacuumed the wood floors, changed the sheets, did loads upon loads of laundry, dealt with the trash, dusted, made and brought flower arrangements, hugged, laughed, sweated and smiled with me. I will worship Phil forever for removing the sickening spider and guts that were smooshed on my window that I have been grossed out by every day for months...and was too 'ooged' out to deal with myself. BLESS BLESS BLESS.

Someone suggested to me, that sounds like a bunch of good friends. YES AND... There is more to it than that. More dedication I believe... truly watching and then INTENTIONALLY responding in appropriate ways that result in caring. More intention. More awareness. More observation, recognition of need and action. Plus a different level of constant and ongoing support than an average friend usually has capacity for.

If asked if I could be more fortunate in this situation, I would have to say no. We are so very well held. Thank you and thank you and good golly miss molly THANK YOU. I don't have deep enough words. I bow in gratitude. – *Drai Schindler*

**There is a mysterious healing power in touch that is beyond words and
beyond our ideas about it.**

Aileen Crow

Often the hands will solve a mystery that the intellect has struggled with in vain.

Carl Jung

**You need four hugs a day for survival, eight for maintenance, and
twelve for growth.**

Virginia Satir

The Barton Street Moving Party:








Saturday, May 19, 10am – 2pm

By Pam Jefferson

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



Thank you!

-  **May 19**, as many as possible
-  **May 20** Pathwork - 4 to 5 people
-  **May 21** Monday as necessary
-  **June 3** Please remove all personal items
-  **June 16**, Saturday, packing as many as possible
-  **June 30**, Saturday, cleaning, **truck rental**
-  **July 16**, Monday, as needed for cleaning and what's left

The deAnguera Blog: Touch

By Michael DeAnguera



Touch is one of the senses I use to perceive the world around me.

My body is one touch sense organ from my head to my toes. I can also feel my body within. I am in touch with my body.

One way to get in touch with my body is to lay down on the floor like
Bruce Perler,
Irene Perler,
and Marjenta

Gray. Maybe I can also use this as a way to get in touch with those around me.

In the next photo Summer is practicing on her guitar a song she later shared with us. In order to do this she has to be both in touch with her body and her guitar. Maybe the vibrations of her guitar have something to do with how she plays it. These same vibrations echo through her body.

Am I in touch with my own feelings? Or am I a talking head not aware of the rest of my body? Am I aware of when I am tired and need a rest? Do I drink water when I need to? Am I taking care of my body? If I am not aware that I have a body I might take it for granted and not give it the care it needs.

How about when I cut limbs off a tree? I took several bottom limbs off two incense cedars the other day to make room for a sprinkler. Did I feel for the trees? No. I just cut off the limbs. The trees are just part of the landscape.

If I see trees as simply part of a landscape am I really helping to maintain our ecovillage? We are supposed to be living in harmony with all creation.

Of course when I mow the lawn I am using motorized machines. I have to admit that can be a barrier to being in touch with the living green world. A lawn mower does get the job done with a nice neat finish.

We just finished training for the Human Relations Lab. A crucial part of the training is staying in touch with each other. That's what allows me to build trust with other folks. Otherwise I just stay on the surface being a shallow person.

If I have no feelings I can be like a robot enabling me to be replaced by them. I understand Alexa and Siri are developing artificial intelligence. Many people might not be



aware they are talking to a robot. Do robots have to be as smart as us? No. They just have to act like it.

Gentle touch helps me to connect with my loving self and the loving self in others. I love it when Draí Schindler massages me.



Why do I feature chickens? Do they have feelings? Are they in touch with themselves? When they are thirsty they drink. Do I do the same?

Human Relations Laboratory: Leadership Weekend

By Kirsten Rohde

Last weekend, 19 people gathered at Sahale to prepare for this year's "Lab," August 5-11, at Sahale. This is an annual spring training and planning event that gathers all of us who will be helping the Lab happen from logistics to group facilitation to outreach and more. I have come to value this weekend each year because it feels as though Lab begins then. Under Colette Hoff's leadership, we spent time focusing on our inner and relational lives so that we are beginning our personal work for Lab. Last fall, at the Goodenough Community Council evaluation of Lab 2017, we confirmed our desire for Colette to provide centralizing leadership for this year's Lab. Colette has agreed, and also wishes for this Lab to be a collaborative effort among us all.



Friday evening, we spent time in triads working on our answers to questions:

- *What is it you want to focus on within yourself?*
- *How do you need to free yourself inside?*
- *What do you need feedback about yourself?*
- *What do you hope to take away from this Lab?*
- *What keeps you from being as happy and fulfilled as you can be?*

We reviewed evaluations from last year's lab, talked about group norms, and spent time in subgroups to plan logistics and hospitality, bring expression present for the culture of Lab, and small group facilitation training. The "expressors" (Drai Schindler, Sommer Harris, and Phil Buchmeier) came back with a fabulous skit and songs that had us all laughing. We also reviewed an article by John Hoff written several years ago that brings the work of Carl Rogers and laboratory learning alive.

We then looked at what the theme could be for this year. Many ideas were brought forward from sub groups and dinner conversation. This led to a good conversation about the purpose of Lab and how we can best describe what is so valuable and meaningful each year for all who attend.

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

I hope you decide to join us!



NICA Spring Gathering & 25-Year Anniversary Celebration

Venue: Sahale Learning Center, near Belfair, Washington.

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

Meals are included with your registration – full weekend plan includes dinner on Friday through lunch on Sunday. Stay whatever amount of time you can. Indoor lodging or outdoor camping are yours to choose. Choose which type of accommodations you want along with basic price of attending the gathering. Special diets/allergies will be

something you are asked about in the registration process and the venue will work to accommodate your needs. **To register, go [here](#).**

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

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

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

Pathwork

Our Pathwork Circle will meet on **Sunday, May 20**. Tom Gaylord, former director of the Shambala Center in Seattle, will join us on **May 20**, offering the Buddhist teachings of the three poisons. Tom is a good teacher and it should be a thought-provoking evening. You are welcome to come.



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



Memorial Day Work/Play Party is coming May 25 to 28 @ Sahale

Now is the time to make your plans for this fun weekend. It is a good time to share Sahale with friends and family who might be interested in enjoying Sahale.

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

Birthdays and Anniversaries

Douglas and Connie DeMers – May 23. Happy anniversary!



Our next Third Age gathering ...

...is scheduled for **Friday, June 1**. We'll start as usual at around 6 p.m. with our potluck dinner as we join conversation. There'll be more information closer to the date. Meanwhile, we're



asking: what kind of program would you like to have; what topics are you interested in exploring; do you have a film (documentary, drama, comedy) that you think we'd enjoy as Third Agers. Kirsten or I would love to hear your suggestions. Kirsten's email is

krohde14@gmail.com.

Hope you're enjoying the beautiful spring!

With love,
Joan Valles

Men's Gathering

The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life.

Our spring gathering at Sahale will be combined with the erection of our seasonal event space, the white tent, and continue into the rest of the weekend as a men's gathering, June 8-10. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton Street house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at 206 372 9801.



Revival, June 21 to 24 Vashon Island

By Elias Serras

It isn't usually my style to CC a bunch of people I love about an event, but I feel compelled to this time. A dear brother, Ben Browner, has been birthing this project ever since I met him and started working with him at different events a couple years ago. This will be the inaugural year of Revival Gathering.... and I really believe it to be part of an (R)evolution that is happening

at the intersection of Arts, Activism, and Community. Please take a minute to check out the links and send them around to anyone who may be interested in attending or participating in his Indiegogo Campaign.

REVIVAL GATHERING WEBSITE LINK:

<http://www.backtolife.org/2018-revival-gathering/>

INDIEGOGO CAMPAIGN LINK:

<https://www.indiegogo.com/projects/the-inaugural-revival-gathering/x/399400#/>

EVENTBRITE REGISTRATION LINK:

<https://www.eventbrite.com/e/revival-gathering-2018-registration-42104072414>

Re-vive (v): to bring back to life and consciousness
Will you join 250 culture changers, social artists, &
influencers over Summer Solstice (June 21-24th) on
Vashon Island WA to connect, create, collaborate, and
celebrate together???

Calendar of Programs and Events, 2017 - 2018

What makes community meaningful and fun? The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year's events. More information about programs and upcoming events can be found on our website: www.goodenough.org

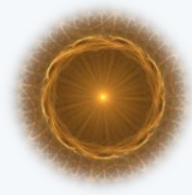


The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.com

The women's program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.**
Women's Weekend: April 13-15 at Sahale.



The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men's gathering. June 8-10** at Sahale. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Pathwork, a program of Convocation: A Church and Ministry. On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

Gatherings are at the Community Center in Seattle: May 20, June 3, 17.
Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.
Contact: Irene Perler, Irene_Perler@hotmail.com

Human Relations Laboratory, August 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org

Council meetings are May 21, June 4, June 18



True Holidays Celebration, Saturday, December 1, 2018

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

Contact: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships.

Call Colette (206-755 8404). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

