



Village eView

April 3, 2019

Marjenta Gray, Editor

COMING UP

Pathwork, April 14

General Circle, April 15

Women's weekend, May 3 to 5

It is often said that consistency is the key to succeeding at any practice, whether an exercise or diet plan, meditation, playing an instrument, or learning any new skill. Getting yourself to the gym over and over, picking up that instrument day after day, resisting sweets for a whole week, then two... that is the hard part of making any change. If you can keep consistent for 21 days, it becomes a habit, but those 21 days can be hard to get through!

Children's healthy development depends on the parents responding consistently to the child's behavior. Children whose parents are inconsistent can grow up to be anxious and fearful. Yet, it can be a struggle for parents to behave consistently.

The covenant of the Goodenough Community is a list of behavioral ideals to help us be "the best versions of ourselves." Certainly, practicing the tenets of the covenant requires consistency.

Consistency, noun

con-sis-ten-cy | \ kən-'si-stən(t)-sē \

plural **consistencies**

Definition of *consistency*

1a: *archaic* : condition of adhering together : firmness of material substance

b: **firmness of constitution or character** : [PERSISTENCY](#)... the rigid *consistency* with which he had adhered to its principles ... — Nathaniel Hawthorne

2: degree of firmness, density, viscosity, or resistance to movement or separation of constituent particles Boil the juice to the *consistency* of thick syrup.

3a: agreement or harmony of parts or features to one another or a whole: [CORRESPONDENCE](#) The furnishings and decorations in all the rooms reflect a *consistency* of style. *Specifically:* ability to be asserted together without contradiction

b: **harmony of conduct or practice with profession.**
Followed her own advice with *consistency*

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

Working with Consistency

Marjenta Gray

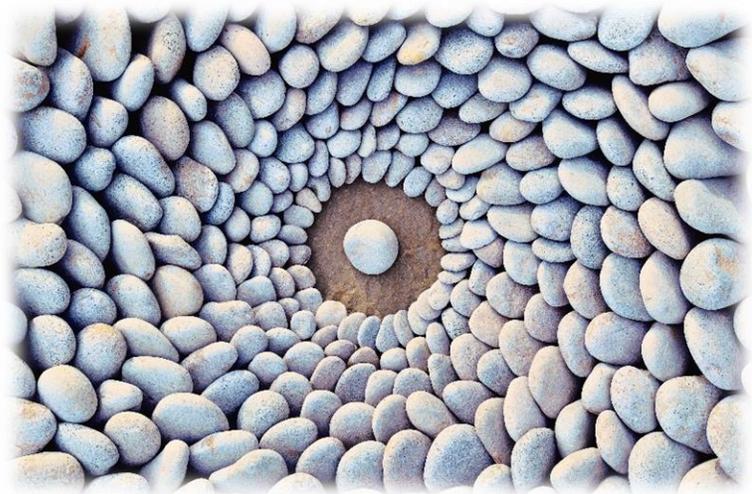
Of all the lines of the Goodenough Community covenant that involve and test consistency, I think of “making and keeping agreements with great care.”

I was reminded by a friend that consistency can apply to cake batter, as in the #2 definition in the dictionary: “degree of firmness, density, viscosity, or resistance to movement or separation of constituent.” Let’s play with the 2 meanings by contemplating how it would be if you bought a cake from a bakery, where the consistency was lumpy, with pellets of raw flour dotting the otherwise spongy cake. You contracted with the baker to provide a service and have bought delicious cakes from her before. You expected a consistent result, and now you are embarrassed and disappointed at the party where the cake highlighted a special celebration for your friend, spouse or child. How could she give you such an imperfect product? How could this happen? You are angry with the baker and are resolving that you will never trust her to bake cakes for you in the future.

This is not dissimilar to what can occur if you don’t make and keep agreements with great care. It is important that all parties to an agreement have the same understanding of what the agreement is. Would you know to ask the baker if the cake will be lumpy or smooth? Of course not! Most of us have a common understanding of what consistency a cake should be. But are we really clear about what we are expecting of others, or what we are agreeing to, in making an agreement? How many hours will this take? Will I enjoy doing it? Will I want to do it repeatedly, until I am consistent at it? Can I be on time and do what I said I would do? What did I say I would do? Will I negotiate if I can’t keep an agreement? What other commitments do I have, that might compete with this one? What are my priorities? Does this commitment contribute to my highest priorities?

What do you do if you have a friend who broke an agreement you thought you had agreed to? What if the baker was your friend, and she has a different vision of cakes, which includes lumps?

Recently, I received feedback that I have a pattern of saying “Yes” and then later saying “No,” usually related to taking on volunteer responsibilities in the community. I do appreciate that I was given the feedback. It was actually kind for my friends to talk to me about my behaviors that are difficult in relationship. I have given feedback myself, and the intention is not to hurt. I know my friends care about me, and want my presence, but they are disappointed, maybe angry when my original enthusiasm turns to negativity. They know I am strong enough to



handle the feedback. And I am, though I have struggled with it. What a gift to be in a culture where we tell each other how we are impacted by each other! Giving and receiving feedback is one of the “lifeways” of the Goodenough Community, as Colette wrote about last week.

I have not decided exactly what I want to change, so I can be more consistent in all areas of my life. I want to seriously consider all the questions I posed above. I don’t want to let my friends down. I know I want to communicate or possibly ask for help if I’m feeling stressed and not knowing how to do it all. I do want to increase my capacity, while also being gentle about my aging body not having the energy I did when I was younger.

Those of us who have lived with the covenant as a guide for many years know that each line, while a fine ideal, requires a great deal of inner wrestling and outer practice to be confirmed by others that we are really living each of those values.

The Human Relations Laboratory (August 4 to 10) is a wonderful place to practice some of the skills you are not so strong in. Do you wish you knew how others see you? (A secret is that others tend to see us with more compassion than we see ourselves). Would you like to be more constant through conflict? Would you like to enter more fully into life’s experiences? Or, like me, do you want to learn more deeply to make and keep agreements with great care? Consider attending this transforming, potential life-changing event within the culture of the Goodenough Community. We will be celebrating Lab’s 50th year!



“Our collective has affirmed its values, which include becoming a community of conscious persons with the potential for self-correction. What we value most is longevity of relationship, the way we have healed each other, drawn out each other’s gifts and abilities, and encouraged each person to be their best. A rich relational environment embedded within culture is a value of the Goodenough Community.”
Colette Hoff, eView, March 27, 2019, on Culture



This newsletter is intended to reflect the culture of the Goodenough Community. Themes are chosen for emphasizing a particular quality or to carry forward a timely discussion. Last week, the theme was “Culture” which relates to the upcoming Women’s Weekend and all the programs of the Goodenough Community, including Lab. The Lab will be featured in the eView over the next few months as the theme is deepened and a curriculum is identified. Lab history will also be included.

The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function.

Future themes of the eView include:

April 10 – **Environment**, Colette, editor

April 17 – **Patience**, Elizabeth, editor



*You must give yourself to love if love is what
you're after;
Open up your hearts to the tears and laughter,
And give yourself to love, give yourself to love.*
Kate Wolfe

You Are Invited to ...

The Goodenough Community Women's
Weekend

Give Yourself to Love!

May 3-5, 2019

Sahale Learning Center, near Belfair,
Washington

In our lives we often feel surrounded by all things opposed to love, yet we yearn to be loved and to love. Wise people tell us to open ourselves to love, but how can we do that in “real life”? We are told we are by nature filled with love, yet at times we cut ourselves off from our own loving energy. With so much opposing our efforts to love and be loved, what's a woman to do?

Please join us for a weekend of womanly companionship as together we search out barriers to loving energy and explore ways to open ourselves to love. You can count on experiencing friendship and laughter, deep silence and introspection, warmth and nurture, all in the natural tranquility of Sahale Learning Center. Enjoy hearty, healthful, home-cooked meals and rest in comfortable accommodations.

The women's program of the Goodenough Community 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.

More information will be posted on our website, Goodenough.org. You may let us know you plan on attending by sending an email to Elizabeth Jarrett, elizabeth.ann.jarrett@gmail.com

We hope you will be with us May 3 – 5!

The women's leadership team: Colette Hoff (Key Faculty), Hollis Guill Ryan, Elizabeth Jarrett, Joan Valles, Marjenta Gray, and Rose Buchmeier



Art Tour Report

From Joan Valles & Rose Buchmeier: When Kirsten, Rose, and I bid on Claudia Fitch's silent auction offering of a guided tour of some of her public art projects at the True Holidays celebration last December, we couldn't have predicted the beautiful weather on the day itself. Everything shone.

We started with a visit to the oversized head sculptures at Century Link field with Claudia telling us about her inspiration for the pieces, some of the details of their design and fabrication, and the nature of public art as a team effort.



With Kirsten driving (thank you!) we traveled up Jackson where “beads” designating the culture of Japantown, Chinatown, and Little Saigon formed part of a sewing/threading motif for the wires and station stops along the route of the First Hill Streetcar. Claudia told us about getting to business people in the area and about the history of Seattle's international district.

To add to our pleasure: the cherry trees on Jackson were in glorious full bloom. Claudia knows a lot about our area and its history and I enjoyed learning from her. I hadn't known that Alexander Pantages, the vaudeville and motion picture impresario who established theaters across the U.S. lived on Capitol Hill. His house at Harvard Avenue and Denny Way is now a landmark and sculptures by Claudia are featured there. Thank you, Claudia, for an enriching and enjoyable experience.

From Kirsten Rohde: I sure had fun on Sunday with Claudia Fitch, Rosemary Buchmeier and Joan Valles as we traveled around Seattle and learned from Claudia about her public art. As I was walking back from parking the car, I noticed that about a dozen people were gathered around Claudia as she described the huge heads she created for the pillars on the west walkway of the stadium. It turns out a fellow was conducting a tour of the art at the stadium and overheard Claudia talking to Rose and Joan about her art. He invited her to talk to the tour group. Pretty cool I thought.

It was fun and I learned so much about what it's like for Claudia to create these amazing works of public art. I hope Claudia will offer this again at the True Holidays silent auction next year!

A Moving Experience

We are asking for your help to help us get our home ready to sell and our belongings packed.

If you have any time, we'd love it if you dropped in. I am sure we could tailor something to your desires. We're making progress but it's definitely all about slow, steady progress.



Thanking you in advance,
Your friends,
Pam and Elizabeth.

Next opportunity is April 13 and April 27

Please let Pam or me know if you can join us (adventuredog@hotmail.com; elizabeth.ann.jarrett@gmail.com).



Pathwork, March 24

Colette Hoff

Our Pathwork Circle will meet again on **April 14 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126th St, Tukwila, 98168. Barbara's cell phone is 206 412-9417.



Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.

Pathwork will continue to meet April 28, May 19, June 2 and July 14.



The deAnguera Blog: Where is Mike?

Where is Mike?? Mike is so consistent about writing his blog posts every week, but this week there isn't one. I think Mike is recovering from his surgery. We miss your blog post, Mike, but most of all we want you to recover and be healthy again! Get better soon, Mike!



Help Needed! – Household Management, Cook, and Household Maintenance



We are looking for 1 or more individuals who are reliable, patient, and able to take direction.

Duties include 3 focuses: (1) organizing and cleaning our home; (2) cooking 3 or 4 meals a week; (3) repairing and maintaining our household and yard.

If you are proficient at one or more of these sets of duties, we want to meet you! Altogether, the work might take 10 to 20 hours a week. We will pay \$15-30/hour, flex, depending on your experience.

Preferred contact: Please text April at 425 591 9796 or call Sam Staats at 206 550 5932.

Our new Whiz Bang Apple Grinder



This new apple grinder is amazing as Jim demonstrates. Tod came up with the plans many years ago. This fall, after some difficulties with the motor to the existing cider press, we made the decision to go for it. Also, we just happened to have a carpenter/craftsman, named Paul Rave, who together with Tod Ransdell put it all together. Currently, Pedge is protecting the finish.

\$\$This project couldn't come out of the general budget and we were not sure how much it would cost all together even with some things available here. So, while it's not our usual way, we built it and now two people are carrying the \$650 it cost. HMM that doesn't seem right.

While we have a donation for \$200, with \$450 to go any contribution would be wonderful. And another \$25.00 has come in. Will you join?

Please mail donation checks to Box 312, Tahuya, WA OR go on line to the Goodenough Community donation button.



Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now and strategize the many steps it will take to get there. Here is the Go Fund Me link.



<https://www.gofundme.com/global-earth-repair-conference>.

More info at <https://www.earthrepair.friendsofthetrees.net>



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**.



Free FRUIT TASTING!

MarketFreshFruit.com
eat healthy at work

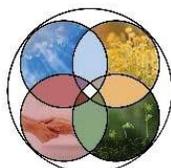
Seattle's local office fruit delivery service

Programs and Events of the Goodenough Community

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 **General Circle** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be April 15 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026). Future meetings are April 29, May 6, 20, June 3, July 15.

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. We are announcing the annual women's weekend, **May 3 to 5 at Sahale Learning Center**. Contact Elizabeth for more information.



The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men's *right of passage* experience preceded by a smaller group vision quest. These two events will be scheduled for this spring, the vision quest component centered around a small group backpacking trip into the Olympic National Park.



For more information, contact me: 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 PM 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 in Seattle, Mar 24, April 7, 28, May 19, June 2 and July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

**New dates for Summer Camp 2019:
Wednesday, June 27 to Tuesday July 3, 2019**

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 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

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 Elizabeth for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!



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) to make arrangements.

