



The Village eView

November 26, 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

Gratitude: Being grateful; thoughtfulness

Gratitude births only positive feelings —love, compassion, joy, and hope. As we focus on what we are thankful for, fear, anger, and bitterness simply melt away, seemingly without effort. ~ M.J. Ryan

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion to clarity. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. ~ Melody Beattie

According to an old Saturday Evening Post story, the Pilgrims had a custom of putting five grains of corn on each empty plate before a dinner of "thanksgiving" was served. Then those gathered around the table would each take turns picking up their grains and telling their family and friends about something for which they are thankful. "The practice reminded them of how the first Pilgrims were in such straits that their allowance was only five grains of corn per person each day," the article said. "The Pilgrims had little, but they did possess gratitude."

~ Caren Goldman

ANNOUNCEMENT:

We now have a post box in Tahuya for all organizational correspondence including donations. If you use automatic bill paying, please change the address to: **American Association for the Furtherance of Community, Convocation, or the Goodenough Community**

P.O. Box 312

Tahuya, Washington 98588

Thank You!

Upcoming events:

November 30, Pathwork

December 2, Relationship Group

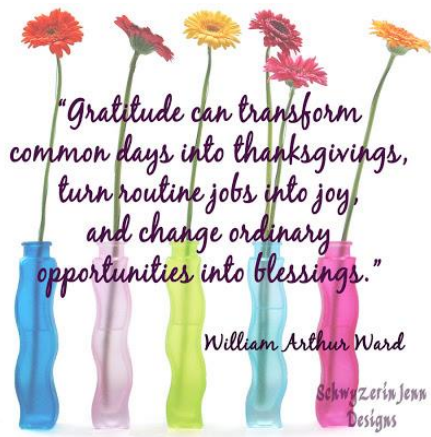
December 6, True Holidays Celebration

December 20, Winter Solstice Bus Trip

December 31, New Year's Eve at Sahale

Happy Thanksgiving

John L. Hoff



Gratitude is about attitude and feeling and thanksgiving is a behavior that expresses gratitude. It is clear that babies are receptive and appreciative but it takes additional maturity to understand the generosity and kindness of others, and to express gratitude. Most of us can look back over our lives and notice that we have slowly learned to see the goodness and generosity of others and to feel heartfelt appreciation and gratitude. We may also notice that gratitude was taught to us with such injunctions as “remember to say thank you.” Gratitude is a learned attitude and thankfulness is an acquired behavior. We are blessed by a culture that values gratitude and teaches thanksgiving. Etymologically “thank”

is rooted in the idea of “think” and gratitude is often referred to as thoughtfulness

Our community is a multi-residential one and we often find ourselves at gatherings that require quite a bit of highway driving and therefore many of our events thank people for coming and thanking the Divine for journeying mercies and safe travel. We also appreciate people’s good fortune and acknowledge people who contribute to the common good.

Colette and I feel gratitude to this community for working patiently with the many changes we have had to make this year, including moving out of the community center. Thank you each for offering your service. And, our community is grateful for all your donations throughout the year both large and small.



“The Spirit of Renewal”

Kirsten Rohde

“A whole book could be written on the way that repeated changes are today sapping the energy and confusing the purpose within corporations and public institutions. Many of the initiatives launched by leaders—initiatives that are intended to lead to organizational renewal—all too often simply add to the burden of change. The new strategic, structural, and or cultural plans are all meant to bring new life to the organization. But few of them do justice to the natural renewal sequence of letting go, embracing and exploring the time between realities, and then setting off on the chosen path to the future.” - William Bridges, Organizational Renewal

One of the things about our community that I appreciate as well as feel challenged by is that we are usually changing, modifying and renewing in one or more aspects of what we are. For example, the change to owning land and running a retreat center, caring for the land in a good way and establishing residences is a big change. Moving from the Hoffs’ family home and community center is also big. What is consistent in my experience is enduring and growing

support for each other and a lot of laughter. Really – we may be seen as too serious but I don’t know so many groups that laugh as much as we do.

All this is in reflection of our community development weekend just past. It was a good time and we did work hard to communicate, listen, develop ideas, hold perspectives, and work well with differences as they arose. We agreed with a sense that we were feeling together in the process, sharing a learning and productive experience. In my role, as convener and facilitator of the large group meeting times, I was ever learning, and appreciating feedback in the moment.

William Bridges writes about the “natural renewal sequence of letting go, embracing and exploring the time between realities, and then setting off on the chosen path to the future.” I believe this describes well the process in which our community is at this time. We have had to let go of some things, like our planned cooperative living experiment in Seattle, and more recently the community center. We have grieved knowing the simple truth that people such as John and Colette Hoff, who have held and led our community through to this time will not always be with us into the future, also true for a number of us in our 60’s, 70’s and now 80’s. We’ve had to spend time “between realities” and let the discomfort of that be true. In this past weekend on community development, I believe we also set about with steps into the path of the future. Hopefully this can help us avoid “the burden of change,” and offer instead a renewal process with spirit and connection. The words, “spirit of renewal,” were spoken by John Hoff at our Monday leadership meeting and I liked the sound of it.

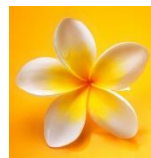


Happy Thanksgiving

This invitation is brought to you
by the Goodenough Community.

Turkey day is coming and the West Seattle household of Joan Valles, Barbara Brucker, Phil Stark and Jim Tocher are once again extending an invitation to **all** to join in sharing Thanksgiving Dinner! They will provide the turkey, potatoes and stuffing and you are welcome to bring a side dish or dessert. Plan to arrive after 3:00 for pre-dinner social time and dinner will be around 4:00 to 4:30 p.m. You are also welcome to stop in for dessert.

PLEASE RSVP to Joan (206 819-1089)



“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

~ Albert Schweitzer

gratitude

www.backskinnyjeans.com

Community Development Weekend, Responses from a far

The following is an excerpt of an email sent out during the weekend.

Thank you for sending your good energy to our Community Development weekend at Sahale! We're all thinking of you and want to let you know how it's going.

We'd love you to join us in that conversation by taking a few minutes to reflect on how *any* community has touched your own life. We'd love to know your thoughts and reflections. If you would like to share, please do so by 10AM tomorrow (Sunday) and we will bring you present in our conversation.

Thank you Norm and Evelyn for your responses.

From Evelyn Cilley

Hello everyone! In college I was exposed to an extremely open, everyone is welcome all the time household where we consistently had different people crashing at our house. I loved the constant flow of people and the excitement if it- there was a sort of energy that our house had that was always welcoming and friendly- our friends were free to come and go and felt comfortable there. I was foreign to this sort of openness and absolutely loved the consistent flow of people, new and familiar. I see that in Sahale and value the flow of people and the comfort and connection that visitors have with the place.

My first structured community experience was with a group of twenty 20 year olds that was organized by three adults. They helped us through community meeting and got us back on track during some of the more difficult decision making processes. I valued the feedback meetings that I had with staff members- their observations of how I interacted and communicated with the group were eye opening. I had never had that sort of straightforward feedback before and was so grateful for it. I feel that I will be able to receive similar feedback from Sahale members as long as I have the guts to reach out and ask! I was also consistently impressed with how much we could all get done- there, I started to discover how powerful a group is, and how important everyone's energy/attitude towards the work (or play!) is.

-Evelyn from snowy Saranack Lake, New York

From Norm Peck

My first association with a learning community was something called the University for Man, a non-profit organization funded by donations, class fees and a grant from the Unified Student Body of Kansas State University. Its mission and primary activity was to connect community members who wanted to share what they knew with other community members who wanted to learn 'it'...whatever 'it' was. I was one of the people from our shop

who rotated through teaching "Auto-Communications for Women" (Over half my bachelor's degree was paid for when I worked as an auto mechanic in a foreign car shop called Autocraft Services, Inc. about 2/3 time while attending college full time). I got to know the "professional" (paid) staff of the UFM organization, continued to teach classes after the shop closed and I moved to being a Parts Manager and Service Manager at the local Dodge dealership, and for a couple of years attended advisory board meetings as a 'friend'. I really liked the idea of learning from each other, and about each other within the larger community of the City of Manhattan (KS), Kansas State University and Fort Riley. The UFM classes proved to be a place people from all three groups could learn together, everything from 'how-to' classes such as I taught, offered about everything from automobiles and bird-watching to art, photography beer- and wine-making, sewing, community garden coops, coping with (Vietnam) deployed family members and more. UFM was eventually formally made part of the College of Continuing Education at Kansas State University, and Sue Maes, a good friend and long-time director of UFM has risen to Director of Continuing Education and now to Dean of the College of Continuing Education. UFM has expanded into 20-30 communities in Central Kansas, and the concept has been transplanted to parts of India and other parts of Asia, Africa and Central America.

There is a community of a very different form in the military, of wives as we've heard Fran Mineatta speak of, and among soldiers. Several researchers have pointed to the depth and intensity of trust and relationship among soldiers as a factor in post-deployment marriages; the bond is stronger and there seem to be few 'replacements' in civilian life. This strikes to the 'survival' level of personal and social development; at any moment life may literally depend on the organized response to an emergent situation, and I believe it is an element in both PTSD and a period of deep dissatisfaction with the lack of a similarly strong relational potential in much of 'normal' life.

It has seemed to me that there is a stronger sense of community in smaller agricultural communities, where people care more for each other, gather to respond to 'emergencies' in the community (weather, fires, accidents and deaths), and simply know each other better. Outside Amish, Mennonite and Hutterite (and some other Anabaptist religious based) communities it seems less formal and conscious, and more a habitual cultural pattern, and it seems the capacity for critical intervention has reduced over time. I agree that choice and freedom are important attributes of community (and limited in some communities above)...so too are compassion (caring for each other, including interventions where necessary, in a gentle and constructive way) and responsibility...as in encouraging or even requiring it in at least some critical areas. Training for succession in roles seems to me to also be an important characteristic of sustainable communities (including assuring that there are people to succeed the current generation of members and leaders).

- **Norm** from Kansas

*We are all longing to go home
to some place we have never been -
a place half-remembered and half-envisioned
we can only catch glimpses of*

*from time to time.
Community.
Somewhere, there are people
to whom we can speak with passion
without having the words catch in our throats.
Somewhere a circle of hands
will open to receive us,
eyes will light up as we enter,
voices will celebrate with us
whenever we come into our own power.
Community means strength
that joins our strength
to do the work that needs to be done.
Arms to hold us when we falter.
A circle of healing.
A circle of friends.
Someplace where we can be free.*

~Starhawk

Submitted by Bill Kohlmeyer

Notes from the Heartland

Norm Peck

Dwight D. Eisenhower is said to have noted “I come from the heart of America”, referring to Abilene, KS, about 35 miles west of Manhattan, where my family lives...and maybe to something more.

I left Washington on November 12, a day later than anticipated so some warranty work could be completed on my car. At sunset that day I was crossing into Idaho from Oregon, not feeling tired, and continued on past Salt Lake City with wonderfully light traffic. I found, however, as I climbed into Wyoming where I'd intended to stop for the night, that the temperature was -7F and predicted to fall below -20F during the night. Not wanting to unload the car, and take a chance on anti-freeze and starting problems, I continued on through the night, indeed finding temperatures of -24 to -27F in the vicinity of Laramie, WY. I stopped a little after dawn at a rest area near Pine Bluffs where the temperature was a balmy +4F...and sunny enough the car stayed warm without the heater running. I tarried for about a three hour nap, work refreshed and drove on into Kansas through eastern Colorado and SW Nebraska, arriving in Manhattan shortly after sunset, ready for a long night's sleep.

Last week I helped my brother Eric re-wire the older portion of Dad's shop, which did not have grounded circuits or light switches. We replaced the incandescent light fixtures with fluorescent energy-efficient lights, ran all the wiring in conduit and set up the lights with switches at each end of the shop. *During that process I noticed there were some guns he'd taken in for repair as long ago as 1996. After talking with him about each of them, I set about locating the owners; two had died, two had moved and one was still at the address and phone number on the ticket. I'm now arranging for the customers of their children or widows to come and pick up the shotguns and rifles, some done, some not, as Dad is no longer doing gun work for others. It is frustrating for him, because his long-term memory is good; he remembers what to do as a process but his short-term memory fails him and he forgets what he has and hasn't done 'in the moment'. For example I was helping him do some work with the milling machine last spring. I went to get a dial indicator (a machine tool) and came back to continue the work. He'd put the cutter in the mill collet, so I went ahead with the setup without checking everything. When we started the mill, the cutter began walking down. I was able to shut it off before any damage occurred, but he'd forgotten to tighten the cutter in the collet (holder), so we had to do the setup a second time, and he was very angry at himself and at me. I finally said we'd better stop and come back to it tomorrow because it wasn't working well for either of us, and he eventually agreed. (NOTE: this section in italics is also included in a note 'To the Den' sent to Bruce; it would seem less redundant if it only appeared one place. NP)* Getting back into watercolor is easier for him, because it seems to be more visual, and he can see what has been done and what remains more easily, so it's more satisfying and less frustrating for him. He is doing some nice landscapes, and some are selling at the local public art center. I guess one up side is he can re-read books after a few weeks and it's all new again, though after a few reads he starts remembering some parts.

Gratitude
is not only
the greatest of virtues,
but the parent of all the others
- Cicero

My sister, Laura, brother-in-law Jim and I are putting together the Thanksgiving Dinner for Mom, Dad, Jim's mom and sister and a couple of others. Eric and his wife Lil will be eating with Andy, Lil's dad (94) and Eric and Lil's son Ely and daughter Georgia and her husband and daughter.

I think this weekend and early next week, before deer season starts here Wednesday, we'll be doing some fence work and locust tree removal at the farm. I'll be heading back to Washington around December 11, and be back to work on the 15th. It is being an interesting trip so far. I've enjoyed keeping up with the eViews, and send my thoughts to Elizabeth, Barbara, Tod and Hollis. I look forward to meeting and supporting the new hot tub at Sahale.

Strength.....is fueled by compassion, love, commitment. It may be for Self, self or other(s). If I am judging, dismissive, or mean, I am living in fear, and need to choose again. I catch myself at it some regularly, and have to re-set.

I liked the Sahale table talk, it caught many of the aspects of strength, yet did seem to not quite articulate some of the motivation that might distinguish strength from other states of being. And perhaps because there is a spiritual aspect of strength, there is also paradox around it. It can be easy to mistake other things for strength. Ghandi gave the lie to the association of strength to acting with force or violence, a mistake made by many nations, often including our own. More often to act violently or with force is a sign of fear than strength, even at the individual level.

There are some companion words: endurance is sustainable strength, especially to remain strong in adversity.

Trust: In my youthful silliness, at one point I thought I should be able to trust people to be who and how I wanted them to be. It was, of course, an ill-usion. Some long time later, I eventually became satisfied with learning whether I could trust each person in at least some areas of life or behavior, and which and how. I think one capacity I need to develop better is that of 'starting afresh'. It is difficult for me to recover from some broken trusts, usually those closest to my heart or core work. For example when my self-doubt is triggered by someone close to me, it is very difficult for me to forgive and 'give it another try' at the heart level. I can engage formal processes civilly, and letting that person 'close' is much more difficult.

Imagining a change I need to make, or that some group of us needs to make, is critical for me in actually contemplating change. If I can't imagine it, I can't hold any hope of getting there. Sometimes the capacity to imagine several options for change is as or more important, as it gives a greater sense of freedom in choosing where to go or how to be different.

Sending wishes for a wonderful True Holidays event,
hugs, Norm



Editor's Corner

We, your editors (Colette, Elizabeth, Kirsten, Joan and John) would appreciate your response to some of the various words/themes presented in the eView over the past few weeks: Strength, Imagination, Resilience, Change, Grace, Acceptance, Laughter. If you have some words/themes that you would like to see dealt with in the Village eView, please let us know. What thoughts, questions, or ideas about community have been provoked in you? How are the words impacting you?

(email hoff@goodenough.org by next Wednesday.

Watchcare News: Community Members & Friends

Supporting one of our Mercer Island Households, Can you help?

Kirsten Rohde

Hollis Ryan has had knee surgery and is returning home soon. Meanwhile, **Tod Ransdell, staying at the same house,** is doing well in his recovery from a quadruple bypass surgery. So it's

a good time to send some good energy to the household and this includes checking in about visits to Tod and later to Hollis as well as some food support. I have agreed to help coordinate this process for our community.

First, Tod: he is happy to take calls or email. Call him to arrange a visit and go for a walk (he is working up to walking 2 miles a day so we can all take our exercise with Tod!): 206 409 9793/todransdell@yahoo.com

We would like to help provide some food for the household and are recommending portions for 2-4 that can be heated or frozen for later. Please contact me if you'd like to offer some meal help and I can let you know about dietary needs.

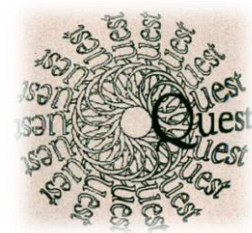
I will keep us all informed each week. Please contact me with offers to help or questions at 206 719-5364 or krohde14@outlook.com

Pathwork - Sunday November 30

This week as we move toward Christmas we will acknowledge the first Sunday in Advent. You are welcome to join in a "Pathwork Process," a process of sharing our own faith journeys and problems with development. The focus is on what is happening in our lives *now* and not on early history. It is a process in which we coach each other and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. *John and Colette would welcome meeting with anyone interested in attending.* Email John or Colette at hoff@goodenough.org to RSVP and/or if you are interested in attending. Pathwork will be meeting in West Seattle at the [home of Joan, Phil, Barbara, and Jim at 7723 13th Avenue SW, Seattle 98106.](#)

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 be more effective in relationships. **Call John (206 963-4738), Colette (206-755 8404).**



Where are you working, you might ask?

Currently, John and Colette are doing home visits and utilizing community homes for individual sessions and group meetings. We are especially appreciative to Pam and Elizabeth Jarrett-Jefferson and the West Seattle household of Joan, Phil, Jim and Barbara.

Quest is currently offering a group focused on relationship

Tuesday, December 2, is our next gathering. 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. This group will be meeting at the home of Pam and Elizabeth.



The deAnguera Blog: Community Weekend



Serious business mixed in with a night of train dominoes. Our community did a lot of soul searching this weekend. Fortunately we also played train dominoes. I think train dominoes is a very good way to back up from the serious business at hand.

Bruce Perler also made sure we started every session with some good stretching exercises. That gets our minds and our bodies ready for the day.

This weekend we went deep. We explored our relationship with John and each other.

A relationship with community leadership can be tricky business. It is like two people in a dance. They have to both know what they are doing otherwise the dance will not go well.

The Goodenough Community has been in a dance with John for around 45 years. That is quite a long time. Most intentional communities only last about 7 years. We are doing something right.

Trying to make our relationship absolutely perfect is an easy trap to fall into. We humans have a dark side that is there by intention so we will create a story together. The dark side can never be eliminated. When the Buddha was seeking enlightenment he was told, "If you string an instrument too tight it will snap. If you string it too loose, it won't play. The middle way is the best".

Weekends like this one are excellent opportunities to tune up our relationships with each other. They also help us get ready for our August Human Relations Lab. Tuning up relationships is important because otherwise they decay. We live in a Universe with entropy is built into everything including relationships.

This weekend we also finished installing the new hot tub. The old hot tub had rotted out.

My car also needed a tune up. Running parts will grind against each other. The oil gets dirty and needs changing. I had to have a new tail pipe and muffler installed. Everything decays and falls apart.

My feeling is that when we give each other feedback, we always should first mention what is going right. That's something I need very much. It helps the feedback come out in just the right way. I will be more receptive to it.

For me feedback is absolutely essential. It is the only way I can be an effective leader. The sun actually came out for brief periods we took advantage of it by walking outside around the main house, Kloshe. Many of us stopped just to take in the fall sunshine. We sent notes to many of the people not in attendance with two questions: Where in your life have you encountered experiences of community? How would you like to see our community change and grow? We got responses back right way from people like Norm Peck and Evelyn Cilley which we read to each other.



Our new hot tub. Isn't she a beauty?
Fresh cedar all around.
New drain valve as well.

Oh no! – the hot tub is at the end of its life cycle (but we have the solution)

Thirteen years ago we installed the first hot tub at Sahale—We all have enjoyed this wonderful hot tub – after a day of hard work, for recreation and healing, for good conversation and more. We are pleased to provide hot tubbing to our guests.

*Jim Tocher and Wesley Boone
installing the first tub in 2001.*

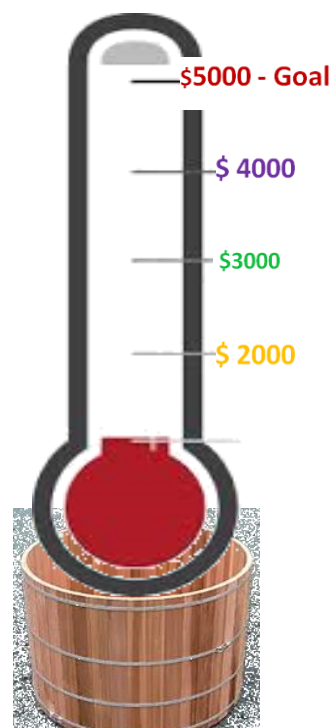
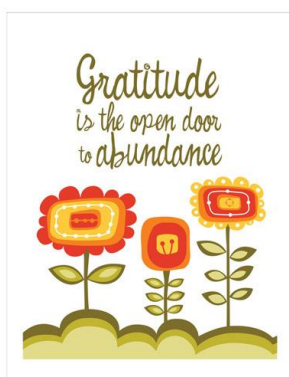


Well that hot tub has worn out and we are going to replace it. We need to raise \$5,000 for the next hot tub. If you have appreciated the hot tub or look forward to the new one, you may be some of the early investors in our new hot tub. Some of us have ordered the new hot tub in the faith that **together** we will find a way to pay for it.

Donations of cash are welcome and checks can be made to The Goodenough Community. Mark your contribution to the New Hot Tub Fund (NHTF).

Donations of any amount are welcome. Please join us in continuing to provide one of the most valued amenities we provide at Sahale!

The Goodenough Community is part of The American Association for the Furtherance of Community, a 501(c)3 nonprofit charitable corporation.



News about True Holidays Celebration, December 6,

One of the favorite parts of the program at the True Holidays has become our children's (and grandchildren's) performance over the past couple of years. The following are the lyrics to the song they will be singing. We Wish You A Merry Christmas will also be sung by the children. All children are welcome to join and practice learning the song. There will be a brief rehearsal prior to performing at the event. Thank you to Irene Perler with Carla Geraci and Rachel Hoff for organizing this delightful feature of the program.

Peace Like a River

I've got peace like a river (hands in peace sign)
I've got peace like a river
I've got peace like a river in my soul
I've got peace like a river
I've got peace like a river
I've got peace like a river in my soul

I've got love like an ocean (arms cross the chest in love sign)
I've got love like an ocean
I've got love like an ocean in my soul
I've got love like an ocean
I've got love like an ocean
I've got love like an ocean in my soul

I've got joy like a fountain (ASL J with hands – shake)
I've got joy like a fountain
I've got joy like a fountain in my soul
I've got joy like a fountain
I've got joy like a fountain
I've got joy like a fountain in my soul

I've got peace, love and joy like a river
I've got peace, love and joy like a river
I've got peace, love and joy like a river in my soul
I've got peace, love and joy like a river
I've got peace, love and joy like a river in my soul

And we invite everyone to join in singing:

Song of Peace (from Finlandia)

1. This is my song, Oh God of all the nations,
A song of Peace for lands a-far and mine.
This is my home, the country where my heart is;
Here are my hopes, my dreams, my holy shrine;
But other hearts in other lands are beating,
With hopes and dreams as true and high as mine.
2. My country's skies are bluer than the ocean,
And sunlight beams on cloverleaf and pine.
But other lands have sunlight too, and clover,
And skies are everywhere as blue as mine:
Oh hear my song, thou God of all the nations,
A song of peace for their land and for mine.
3. May truth and freedom come to every nation
May peace a-bound where strife has raged so long;
That each may seek to love and build together,
A world united, righting every wrong;
A world united in its love for freedom,
Proclaiming peace together in one song.

Enjoy having a **Good Enough*** Holiday!

*Good Enough: *Synonym:* gratifying, satisfying, fulfilling, pleasing

**Join the Goodenough Community
& Friends
Celebrate the mid-winter holidays**

**Silent
Auction!**

LAUGHTER!

**Contra
Dancing
with
Sherry Nevins!**



RAFFLE!

FUN!
**Childcare
provided**

**Sweet & Savory
Treats + Drinks
for Sale**

A short program to reflect on your upcoming holiday experience-
so you can design it the way you want!

**Saturday, December 6, 2014
6:00 - 11:00 p.m.**

**Mercer Island Congregational Church
4545 Island Crest Way, Mercer Island, WA**

7:30 - Contra Dancing ♥ 8:00 - Program ♥ 9:00 - Resume Dancing

For more info, contact Kirsten Rohde: 206-719-5364 or email: office-gec@goodenough.org



Free Admission

Sherry Nevins at the True Holidays Celebration!

*Saturday evening, December 6th
Mercer Island Congregational Church.*

By Marjorie Gray



Swing your ma, swing your pa, swing that gal from Arkansas.....have a whooping good time at the True Holidays Hoedown on December 6th!

We are very pleased that **Sherry Nevins** will once again be bringing her lively contra dancing to our True Holidays celebration this year.

Sherry's had great fun calling traditional square dances since 1977 and contra dances since 1980, also occasionally teaching couple dance workshops (waltz, polka, schottische, and beginning East Coast swing). She began coordinating community dances in Seattle in 1979. She especially enjoys calling at Family Dance events where adults and children of all ages participate together (like the True Holidays event). She has taught at several dance camps, including Camp Wannadance, Pinewoods, Chehalis, Suttle Lake, Bear Hug, Let's Dance, and the BACDS and Lady of the Lake Family Weeks. She is particularly adept at calling for weddings and birthday celebrations; school, church, and club parties; festivals, fairs and all kinds of events where dancers with varied levels of experience and inexperience come together. Her informal style and boundless enthusiasm, combined with clear teaching and a varied, lively repertoire ensure a satisfying dance experience for all!

Sherry is looking forward to being with us for the True Holidays Celebration. She says the Goodenough Community is always warm and welcoming. Come join in the fun, Saturday, Dec. 6th! Contra dancing will be from 7:30 to 8:00pm, and then resume again at 9:00, after a short program. Hope to see you there!



Our True Holidays Silent Auction

Elizabeth Jarrett-Jefferson



*We are pleased to announce that we will again be featuring our **Silent Auction** at our annual True Holidays event this year, **Saturday, December 6, at the Mercer Island Congregational Church** (4545 Island Crest Way, MI 98040), beginning at 6:00PM (mark your calendars & note the time). This event is a wonderful part of the True Holidays*

celebration because the spirit of warmth, generosity and creativity that surrounds the Auction is deliciously palpable—and sometimes even edible!

To which I extend my invitation again to you to donate to this very worthy cause, the work of the Goodenough Community, which supports programs that help real people and real

lives. We need the work of communities like ours now, these days, more than ever. There will be a bid form included each week with the eView, and [I invite your contribution](#).

Are there things/experiences that you would love to bid on but aren't offered by the auction? [Let me know](#).

Here are some ideas---either for donating or your wanting to see them there. **I know this is the fall, but let these spring-board your creativity!**

- A team to rake fall leaves
 - Mosaics class
 - Dog sitting, dog walking
 - House sitting
 - A guided/catered hiking experience for several with your own personal sherpas
 - A catered sailing experience with two experienced, talented sailors
 - Maid-for-the-day
 - Laundry-for-the-day
 - Grocery shopping
 - Running errands, driving your kids to activities, driving your parents to activities
 - Birthday cakes for your family/children for the entire year
 - Gardening/potted plants lessons and nursery trip
 - Perennial plants
 - Holiday linens
 - Movie tickets
 - Certificate for a massage or the Spa
 - Organizing your papers
 - Scrapbooking, organizing photos, sorting
 - Drawing lessons
 -
- 
- Architectural consultations
 - Museum tour with your own personal docent
 - DIY wine tour with your own personal DD
 - Wine and cheese basket
 - Knitting lessons
 - Knitted items
 - Meals and meal deliveries
 - Sourdough starter from a famous local restaurant
 - Guitar lessons De-cluttering your house
 - Handy man services

I look forward to seeing you there. – **Elizabeth**.





Sirens on a Shelf: Claudia Fitch at the Greg Kucera Gallery

Nov. 6 through December 24



The Greg Kucera Gallery has announced its [seventh exhibition of sculptures and drawings by Seattle artist Claudia Fitch](#). The show, titled *Sirens on a Shelf*, presents a stylized representation of the artist's own female form cast in ceramics and bronze. Claudia's show runs Nov 6 through December 24.

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.

True Holidays Celebration - Saturday, December 6

Our annual celebration will be held on Saturday,
December 6, 2014, 6 to 11PM.

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 6:00pm.

Kirsten Rohde will be our host and guide.



Register Now:

Winter Solstice Bus Trip – Saturday, December 20

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!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to bid farewell to 2014 and to greet 2015. You may arrive 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 **7th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten or Elizabeth: krohde14@outlook.com, elizabeth.ann.jarrett@gmail.com

Third Age Gathering

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



We will announce the next meeting in the eView. We meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. We 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

Women's Culture, Upcoming Next Gathering:

Next years's dates will appear soon!





The Conscious Couples Network presents: An Evening for Committed Couples

We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples. This group will meet at the home of Pam and Elizabeth Jarrett-Jefferson on Mercer Island. New dates soon!



Mark your calendars for 2015!

Human Relations Laboratory

August 9 to 15, 2015

The best event to experience the Goodenough Community

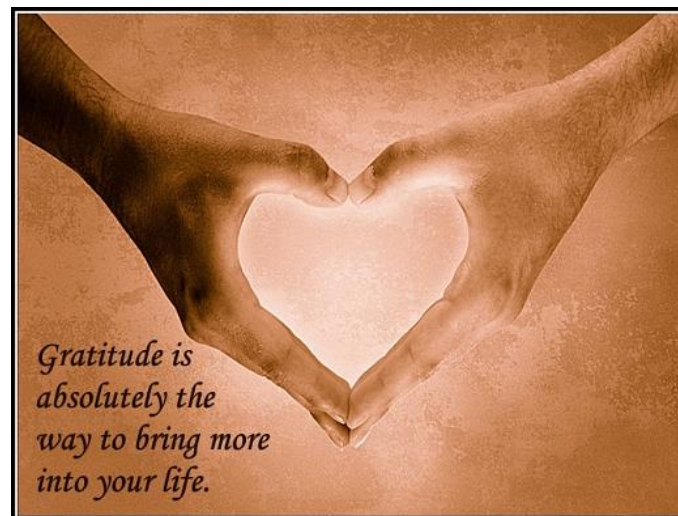
Seven Fun-filled Days of Social Creativity & Experiential
Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on the 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. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.



Bit ' Thanksgiving

By Elizabeth Jarrett-Jefferson

Happy birthdays!

- 🐔 **Marjorie Gray – November 28. Happy birthday, Marjenta!**
- 🐔 **Lisa Lita Leibfried – November 29. Happy birthday, Lisa!**
- 🐔 **Kaitlin Benner-Kenagy- December 2. Happy birthday, Kate!**
- 🐔 **Brittany Smith – December 3. Happy birthday, Britt!**

Thoughts on Thanksgiving . . .

🐔 **Erma Bombeck**

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not a coincidence.

🐔 **Rita Rudner**

My mother is such a lousy cook that Thanksgiving at her house is a time of sorrow.

HOW TO COOK A TURKEY

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!

*Give thanks for another day
of life here on this earth.
It is another day that we may enjoy
the compassionate goodness of our Creator.
Let us all come together as one people.
Let us look to the shortest grasses,
close to the bosom of our Mother Earth,
as we put our minds together as one mind.
We include all plant life, bird life, and Four Winds.
As one mind with respect and thanksgiving
move upward to the Sky World:
honor the Grandmother Moon,
who has a direct relationship
to the females of all species.
As one mind with respect and thanksgiving
honor the Sun and the Stars;
and all Spiritual Beings of the Sky World.
They carry the original instructions
in the great Circle of Life.
With one mind we respect and are grateful
for the sacred Circle of Life.*

*~Audrey Shenandoah
(1929 to 2012, Onondaga Elder)*

