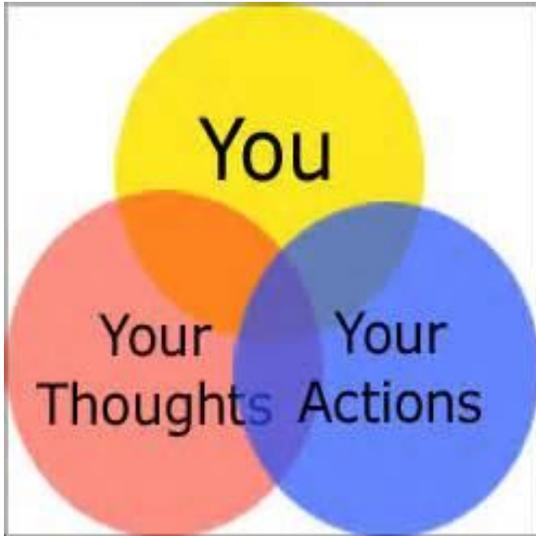


The Village eView

Colette Hoff, editor



Calendar of Events:

Sahale Summer Camp – June 26 to July 2
Celebration for John Hoff -- Sunday July 3
Pathwork – Sunday, July 17
Council – Monday, July 18
HRL 2016 – August 7 to 13

Congruence

A person's **ideal self** may not be consistent with what actually happens in life and experiences of the person. Hence, a difference may exist between a person's ideal self and actual experience. This is called incongruence.

Where a person's ideal self and actual experience are consistent or very similar, a state of **congruence** exists. Rarely, if ever, does a total state of congruence exist; all people experience a certain amount of incongruence. Carl Rogers

Editor's note:

This issue of the eView is about congruence, one of the most important reasons to attend the 2016 Human Relations Laboratory. Do you smile when you are angry? Do you misrepresent yourself? Do you struggle with moods? Are your relationships satisfying? Do you identify areas of immaturity? Consider this Lab as an opportunity to deal with being who you want to be, congruent and integrated.

On-Line News of the Goodenough Community System:

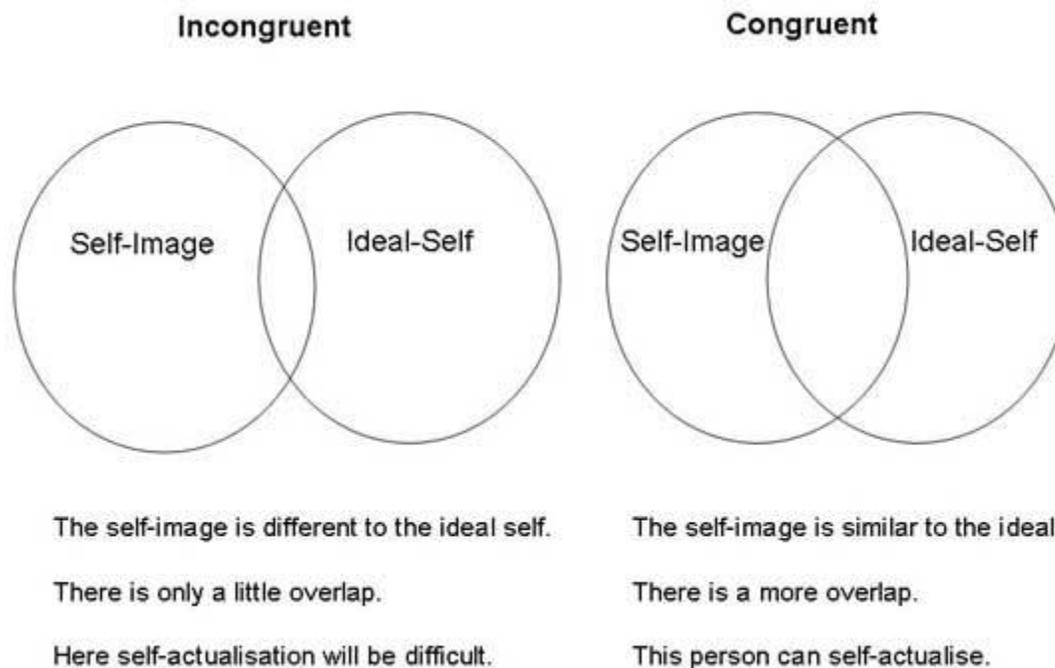
The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resource, Inc.

Sahale Learning Center

The EcoVillage at Sahale



The development of congruence is dependent on unconditional positive regard. **Carl Rogers believed that for a person to achieve self-actualization they must be in a state of congruence.**

According to Rogers, we want to feel, experience and behave in ways which are consistent with our self-image and which reflect what we would like to be like, our ideal-self.

The closer our [self-image](#) and ideal-self are to each other, the more consistent or congruent we are and the higher our sense of self-worth. A person is said to be in a state of incongruence if some of the totality of their experience is unacceptable to them and is denied or distorted in the self-image.

Incongruence is "a discrepancy between the actual experience of the organism and the self-picture of the individual insofar as it represents that experience.

As we prefer to see ourselves in ways that are consistent with our self-image, we may use [defense mechanisms](#) like denial or repression in order to feel less threatened by some of what we consider to be our undesirable feelings. A person whose self-concept is incongruent with her or his real feelings and experiences will defend because the truth hurts.

McLeod, S. A. (2014). Carl Rogers. Retrieved from www.simplypsychology.org/carl-rogers.html

Congruence

by Steve Andreas

<http://www.nlpco.com/nlp-training/nlp-practition>

Congruence is a name for that state in which every fiber of your being is in agreement. Wherever your attention is, it is undivided. Whether you are watching a sunset or changing a flat tire, no part of you is attending to something else. No part is whispering, "But you really have to start cooking dinner," or "I should have checked the air earlier." No part is imagining how the sunset could be improved by a little stronger orange, or thinking about getting new tires. No part is wanting to move because the position of your back is a bit uncomfortable.

If you look back at that description, you will find that congruence is characterized by an absence of "modal operators." There are no "have to's," "shoulds," "choices," "desires," or "possibilities" intruding into what you are doing at the moment. Another way of describing this is that all the modal operators collapse together, focused on the present moment, excluding everything else. If you are really watching a sunset or changing a tire in this way, you can, you want to, you have to, and you have chosen to, do THIS, and nothing else.

Congruence is a delightful state, because there is no conflict between alternate desires or opportunities, no decisions to be made, no alternatives to be considered, nothing else to be done. Many people describe congruent states in mystical terms of being "at one with the universe," and a great deal of time and energy is put into achieving this charmed state of congruence, because it is so comfortable and enjoyable.

However, everyday living continually presents us with alternatives from which to choose. "Which one would I enjoy the most?" Our own manifold needs and desires provide another set of opportunities for incongruence. "Should I eat now, make that phone call, or continue reading this article?"



Congruence is particularly desired by people who are in fierce internal struggles with themselves, with disparate parts repeatedly warring over alternatives that are perceived to be important to their living. One part of a person wants to indulge in chocolates, drugs, purchases, or conversation, while another part recognizes that the future consequences are undesirable, or that other choices might be much more satisfying. People seek congruence when an incongruence is important, pervasive, and long-lasting. In situations like these, the value of achieving congruence is obvious, and NLP has a number of very effective ways of helping people reach satisfying resolutions to conflicts.

However, sometimes the search for congruence is carried too far and becomes something of a "holy grail," not only unattainable, but both entirely undesirable, and something that occupies much too much of one's attention. What would the consequences be if a person were always completely congruent?

Whenever we shift attention from one activity to another, there is that inevitable moment when we are attending to both the present experience and the one we contemplate shifting to. With complete congruence, this would be impossible. In the example of the sunset above, the totally congruent person would be completely at the mercy of external environmental changes, and have to sit there until the sunset changed to darkness.

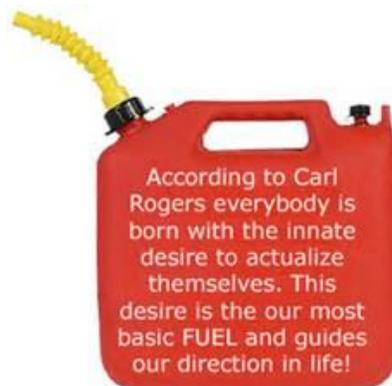
Choosing between alternatives—whether between internal desires, or external opportunities—also always involves comparing two experiences to determine which is likely to be more satisfying, and this requires that the person be incongruent for at least a moment or two. With total congruence, we would never be able to choose a new alternative, move on to learn something new, look into the future or refer back to the past, have a new thought, or be able to enter someone else’s world of experience. In a real world, total congruence would result in stasis, unhappiness, and total dependence on our surroundings.

And in fact the comfort and simplicity of congruence is often so important to us that we are quite willing to delete alternatives, avoid decisions, refuse to consider new ideas ,ignore disparate internal needs etc. in order to achieve it. This can only be a temporary solution, because the changing world of experience eventually intrudes and disrupts it. We may view these intrusions as foreign and dangerous, and spend a good deal of our time and effort struggling to avoid or eliminate any experience that does not already fit our small and rigidly congruent world.

What is really satisfying is to have a dynamic balance between congruence and incongruence, and a full appreciation for the importance and value of both. Congruence allows us to concentrate fully on one experience temporarily, either to appreciate it fully and learn from it, or to get something done. Incongruence allows us to consider the infinite possibilities and consequences that living continually offers us. In order to maintain this balance, we need to understand and appreciate both sides of the balance well, have ways of detecting different kinds of imbalance, and have ways of restoring our balance when imbalance is detected.

Originally published in Changes newsletter, May 2000.

Read more: <http://www.nlpco.com/library/personal-growth/congruence/#ixzz4CMSU6Kie>



Life Coaching Tips - How to Achieve Congruence

By Dieter Pauwels | Submitted On December 04, 2009

Consistency implies similar patterns of behavior. The behavior, and thus the outcome, may be right or wrong, good or bad, helpful or destructive; with consistent behavior there is no requirement for introspection or consideration.

Congruence on the other hand demands personal reflection and thoughtful deliberation. Derived from the Latin verb 'congruere' which means 'to meet' or 'to agree', congruence is the point at which your **values and beliefs align with your thoughts and actions.**

Our work environments are great examples of consistent, yet not necessarily congruent, behavior. We do what we are told and we continue to do the same things over and again without thinking about why. In essence we put ourselves on autopilot. To be truly satisfied however, we should operate from a place of congruency; knowing we are being true to ourselves.

To be congruent, who you are, what you say, and what you do are harmonious and unified.

At a deeper level, personal congruency exists when your true desires (intention), thoughts (attention), feelings, and actions are aligned with your core values. Only then can you move toward balance in your life and experience more joy, fulfillment, and peace. Congruence is about honoring the deeper truth within you.

When you find your heart and mind pulled in different directions, or when your actions belie your thoughts, your body starts to suffer the effects of incongruence. Stress, inner turmoil and disease thrive when congruence is threatened.

To achieve your goals, to move your life in a positive direction, and to reach personal satisfaction, your thoughts, feelings, values, and actions should be unified. Your thoughts are extremely powerful as they hold the key to realizing your desires. If you let disparity enter your mind, your thoughts lose their collective power leaving you disquieted, conflicted, and anxious.



Clearly congruence is essential. Achieving it starts with deep reflection in the following ways:

Become Mindful Of Your Intentions.

Your energy in life is directed by your intentions, which in turn create the reality you experience. When you have conflicting intentions, you experience conflicting thoughts; the result is stress and anxiety.

Make A Conscious Intention To Change.

Every desire to change starts with the intention to do so. Setting your intent is very different than just wishing or wanting something. Notice the profound difference between, "I wish I could change this", and "I intend to change this."

Pay Attention To Your Most Dominant Thoughts.

The structure of your thoughts is revealed through your internal dialogue. You can dramatically change the quality of your life when you develop inner voices that serve, support, and are congruent with your true intentions. To determine whether your inner thoughts are supporting you or limiting you, ask yourself: "Would I say the same words to a friend, family member or a colleague who needs my support?" If not, then stop saying them to yourself.

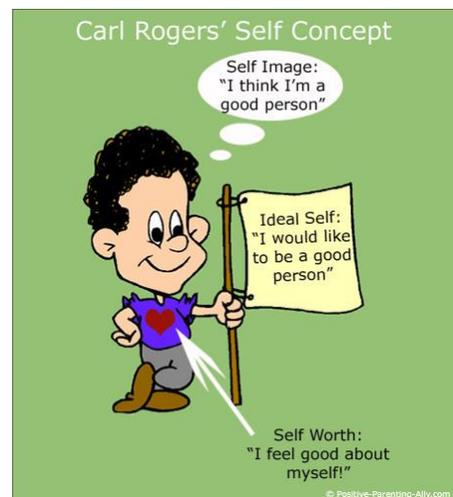
Get In Touch With Your Body

The truth is often found in how you feel physically. Those knots and butterflies in your stomach, your feelings of discomfort or unease, your gut feelings; these are all signs of incongruence. When you are unsure of the best path, pay attention to how you feel and what your heart is telling you to do. The answers you find inside yourself will be insightful, truthful, and liberating.

To start yourself on the road to congruence today, begin by asking yourself the following life coaching questions:

- In what areas of my life am I not being congruent?
- Where do I experience stress or inner conflict?
- When am I not being true to myself?
- What is missing in my life?
- What values am I violating?
- What would I like to have more of in my life?
- What do I need to let go of to get them?

Your answers will set your self-discovery in the right direction. It's up to you to make the choice between consistency and congruence. When you are ready to choose congruence, the disparate pieces of your life will come together in harmony, creating the perfect foundation for you to develop and flourish.



Dieter Pauwels is a personal life coach and career coach. He assists people in creating positive change in their personal and professional lives. As a professional personal life coach, he provides the structure, skills, support, feedback, learning and accountability to help people navigate change, overcome self limiting beliefs and create the results they want. All personal [life coaching](#) services are offered in person, over the phone or via Skype.

Article Source: [http://EzineArticles.com/expert/Dieter Pauwels/32289](http://EzineArticles.com/expert/Dieter_Pauwels/32289)

Article Source: <http://EzineArticles.com/3375910>

Moving Ahead As a Council and Community

By Elizabeth Jarrett-Jefferson

I am happy to report, on behalf of the Council of the Goodenough Community System, that we are close to finalizing an agreement and Job Description with Colette Hoff for the three-year period ending August 31, 2019.

These past several years have been significant in our community, as we have transitioned community leadership with the advent of the retirement of John Hoff. With that, Council responsibilities are even more comprehensive as we negotiate with Colette to continue on in the role of Executive Director. Our discussions have been rich and meaningful, particularly as we have looked---line by line---at the different tasks and perspectives that we value not only about the work we do in this community, but the many areas in which we value Colette's philosophy, training, leadership, and expertise. They are legion, yet suffice it to say that the one underlying principle of all the work she does--and the basis of our community's work and philosophy-- is relationship: Offering, modeling, extending; being proactive, sane and creative. We don't take relationship for granted.

We will be continuing our discussions throughout the summer and expect to have a finalized understanding with Colette by the time of the Human Relations Laboratory.

Please feel free to check in with any of the current council members – Kirsten Rohde, Irene Perler, Bruce Perler, Jim Tocher, Barbara Brucker, Hollis Ryan, Nan Krecker-Scott, Colette or me---about any of the work or business happening in community.. Our next meeting is in mid-July, and our regular meeting locale is at our community center in Seattle.



Celebrate

John Hoff's 81st Birthday

While John's birthday is July 7, we are celebrating casually Saturday July 2 at 4:00 or after (following the campers departure from Summer Camp) through July 5th at Sahale. The actual birthday dinner will be Sunday July 3 and you are welcome to come any time during these days. Please RSVP by emailing Colette hoff@goodenough.org. Everyone is welcome!



Third Age Gathering: July 15th, 2016

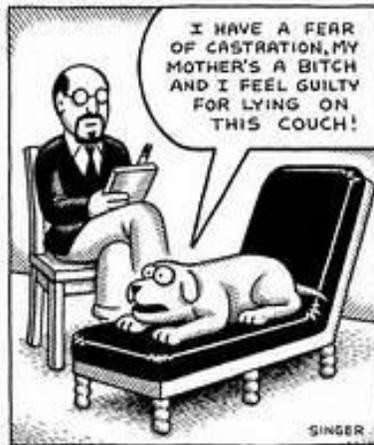
Kirsten Rohde

The next Third Age gathering will be on **Friday, July 15th at the Community Center in West Seattle (3610 SW Barton St.)**. At our last meeting we enjoyed our conversation as each of us checked in with news and thoughts about our lives. Some topics that came up were: leaving a legacy through our families, how we can proactively choose to spend our time, plans for travel and other activities, retirement, and what are our responsibilities to each other as we change with age. We also acknowledged that loss of loved ones and friends is increasingly a part of life.



As a younger member of the group I am appreciating the chance to be with people who are one or two decades ahead of me. The fact is that in these later decades of life, we are living with a shorter future and a longer past. I am more fascinated with stories of people who grew up in times before I was born. The life of a human being is full of so many stories and perspectives. When I am out and about, I watch older people more and wonder what life has been like in all their years of living. As I get older I find I have more desire to reflect, slow down, think about things before taking action. Others in the group agreed that we do approach life differently than when we were younger. For example, we noticed our sense of humor and less attraction to life's dramas.

The Third Age group is for people about 60 and older and newcomers are welcome. We begin with a potluck dinner at 6 p.m. An RSVP to Joan (joanvalles70@yahoo.com) or phone at 206 819 1089 would be helpful.



What is a Human Relations Laboratory?

This summer event is our 47th annual human relations laboratory--a setting in which you can focus on your personal development and work on improving your relationships with spouse, family, and the friends you bring or meet here for the first time.

Each human relations laboratory creates a unique world of circumstances and shared understandings in which to learn. Some who attend liken it to experiencing a "non-ordinary reality" similar to a native or tribal experience. Experiential learning is both practical (skills building) and exciting (the liveliness of authentic intimacy). A "lab" is a safe *place* to experiment with living from your true nature or conscience. A lab is a *process* that encourages you to become the best version of your self. relationships and the importance of a good attitude. The experiments and experiences we build collectively will lead us to a place no one of us could reach alone, a week of feeling more and more at home and empowered.

It is rare these days that people have the chance to experience a community with decades of history and a highly developed culture. People tell us that sharing this laboratory week is a very special way to test one's own interest in community life.

Our Human Relations Laboratory uses experiential learning that is a lively and engaging method of self-development. You can expect:

- To experiment with joining other people searching for deeper, finer ways of living
- To have opportunities for artistic expression including sculpture and visual art, singing, dancing, writing, and celebration of your creativity
- Daily dialogue that combines ancient wisdom with the behavioral sciences
- To explore the Living Arts: communication, collaboration, and self-realization

The **purpose of the Goodenough Community** is to demonstrate how living in community can both transform individual lives and bring about social change. We welcome you to join us in a week that has been transforming lives for over forty years.

I see lots of people who don't know how to create for themselves happy, fulfilling environments in which to live and work. Hence, when a person first discovers the nourishment and support of intentional relationships, in community, they become critical of their other existing relationships. And because of this, our community works hard preparing people to export and demonstrate what we value here—wisdom, love, forgiveness, and laughter—back into their families, friendships, and work life.

Hoff

~John Lawrence Hoff

Human Relations Laboratory

August 7 to 13, 2016



*Transformation Happens
Here*

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

Transformation: *Change in form, appearance, nature, or character*

Transformation involves a complete change. The Human Relations Laboratory has been promoting change and transformation for 47 years! This year the leadership is choosing to highlight:

- Increasing one's maturity
- The conscious intention for dealing with mental health
- Becoming an active force in your own life
- Applying creativity to all areas of life including relationships and work life.

*Maturity + Sanity +
Proactivity + Creativity =
Transformation*



**Sahale Summer Camp for
9 to 12 Year Olds, beginning this Sunday!
June 26 to July 2, 2016**

<http://www.goodenough.org/camp.htm>

Sahale Summer Camp is entering its 11th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.



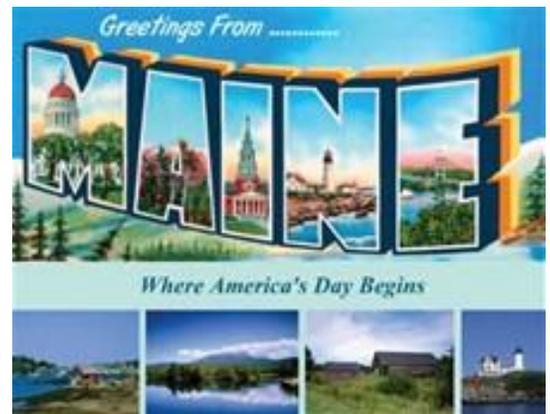
Next week: Watch for Post Card from Summer Camp!



News from the Road, June 22

Jim & Barbara

We have returned to the US! We crossed the border yesterday from New Brunswick to Maine. Then we decided to go see Campobello, President Roosevelt's summer home. Turns out it's an international site – the only one of its kind in the world – and we crossed the border back and forth again. Most of the last week we were in the Maritime Provinces of New Brunswick and Nova Scotia. Last night and today we've been at Acadia National Park, and we'll head for Freeport for a visit with Katie Sullivan (Kirsten's sister) tomorrow.



Some highlights of the last week include lobster rolls for lunch just after we entered New Brunswick (picture below) and exploring the tidal changes at the Bay of Fundy. We went to Hopewell rocks where we walked on the ocean floor (picture below) – when the tide is in the entire areas is under as much as 40 feet of water. We got up the next morning and saw the tidal bore (when the tide overwhelms the river) in the town of Moncton, NB. Quite a phenomenon. The Bay of Fundy has the highest tides in the world.

From there we proceeded to Nova Scotia where we spent a lovely afternoon on

the boardwalk in Halifax. Getting there we drove down Hollis Street. We camped in the Peggy's Cove area and while in the area saw the memorial for Swiss Air flight 111. The scenery in the Peggy's Cove area is spectacular – it is like our subalpine terrain but with an ocean. (Picture below). We crossed the Bay of Fundy on the Rose of Fundy – a ferry very different in style from our Puget Sound ferries. The crossing was a delightful three hours at sea.



We've spent today exploring Acadia National Park. It is beautiful, parts of it feel quite familiar and parts quite different. The final picture is taken today and you can tell that we are finally enjoying some warm summer weather.



→|→|→|→|→|→|→|→|→|→|→|→|→|→|→|→|

That's Life: By Mike Twohy



"Here's my doctor's note, sir. It turns out I have 'long-lunch syndrome.'"



The deAnguera Blog: Congruence



My church, Welcome Table moved into its new home on Beacon Hill a couple of weeks ago. It really is something. The architect is a member of our congregation. We have been in rented quarters for about the last nine years at Mt. Baker Presbyterian Church.

Why did we sell our old sanctuary? It was not in good condition. The basement was not usable and only one front door worked. Could we have fixed it up? The congregation that bought it did fix it up and replace all the front doors. So maybe we could have fixed it up. But did we like the location?

We built a whole new church building with three apartments upstairs.

Sometimes the best thing to do is just sell the problematical building and leave. I guess the old building could get us down.

Is it possible our real issue was with our mission rather than the building?

I could complain about things except I notice I have the same issues with my own life. I honestly believe everybody around me is reflecting me. My behavior does not always reflect my intentions. Is it possible other people besides me have problems with their intentions?

My behavior should reflect my intentions. Our topic choice has forced me to take a look at how I do things. Maybe this article is a response to some of my most heartfelt prayers.

Any community will have to deal with congruence between actions and intentions. It can often be a struggle.

I think St. Paul said it best when he observed, "My own behavior baffles me for I find myself doing that which I know I should not do and not doing what I know I should do. What a wretched man I am." Paul definitely was dealing with the congruence of his intentions vs. actions.

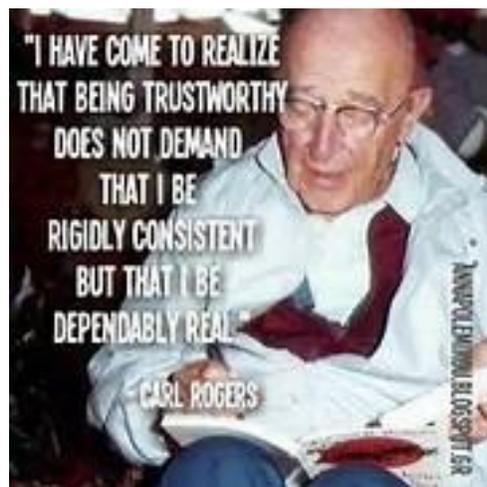
Why is there a gap between actions and intentions? I believe this gap is one of the places where the stories of our lives get created. We need something to challenge us and this is one of the ways we get challenged within. The harder I work on congruence the more resistance rises up. Resistance helps create my story. I will never totally arrive at full congruence. The question is how close can I get?

A mortal lifetime challenges each of us because we are all here to create stories of our lives. There is no other reason for us to be here. We are all challenged throughout our lifetimes from birth to death. What do I listen to: love or fear? These are the only two choices any of us have while here.

Even from conception to birth is an ordeal for mother and child. This shared ordeal bonds them together.



Can you believe it? My church, Welcome Table now has a new home of its own design!



Community News

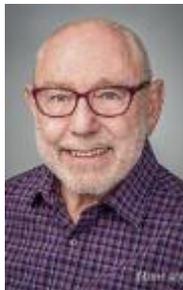
By Elizabeth Jarrett-Jefferson



Birthdays and Anniversaries!

- **Happy 22nd birthday, Chris Benner-Kenagy! June 26**
- **Pam & Elizabeth Jarrett-Jefferson, 18th anniversary of wedding # 1! June 27**
- **Nan & Bill, Happy Anniversary June 28**

In Memoriam



David Pease, a long time friend of the Goodenough Community since the late 1970s, passed away on May 9 in Santa Fe, New Mexico. David attended the Human Relations Laboratory numerous times in the late seventies and early eighties. He was an Englishman; emigrated to Canada, then to the USA; first to Seattle, then to Denver, then to Santa Fe. His Memorial Services will be held at the Unitarian Universalist on Barcelona in Santa Fe on June 26 at 1PM, followed by an English Tea. In lieu of flowers, send donations to: youngfathersofsantafe.org/donate thehorseshelter.org

kindredspiritsnm@earthlink.net.

Roger and Lisa Hawkes, also long time friends of Community, have maintained contact with David over the years and will be delivering his eulogy on June 26. If you know of anyone who has memories of David or stories to share, please send them along to:

Roger Hawkes, WSBA # 5173
19909 Ballinger Way NE
Shoreline, WA 98155
www.hawkeslawfirm.com
206 367 5000
Fax is 206 367 4005

Cultural Programs & Events in 2016

All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.

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.

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

Programs & Events:

Third Age Gatherings	Women’s Culture
The Men’s Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

Third Age Gathering: Next Meeting Friday, July 15th, 2016

The next Third Age gathering will be on Friday, July 15th at the Community Center in West Seattle (3610 SW Barton St.). The Third Age group is for people about 60 and older and newcomers are welcome.

As has become customary, our gathering will start with potluck dinner at 6 p.m. A main dish will be provided; please bring a side dish or dessert and beverages of your choice to share. An RSVP to Joan (joanvalles70@yahoo.com) or phone at 206 819 1089 would be helpful.



47th Human Relations Laboratory

August 7 to 13, 2016



Transformation Happens Here
**Seven days of rich experiential learning and
social creativity within a community**

Sahale Learning Center on the Kitsap Peninsula

Register now at www.goodenough.org – space is limited

An event designed to encourage human development

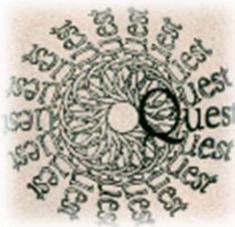
- Inspire your desire to be a better person.
- Facilitate your personal mastery and relational development.
- Practice interpersonal skills and experience community formation.

“Transformative and rejuvenating!” Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

To register: www.goodenough.org

To learn more: (360) 275-3957



Quest: A Counseling and Healing Center

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

Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Goodenough Women’s Weekend ~ May 2016

Poetry Collection, cont’d

Compiled by Irene Perler

After a Destructive Encounter

Now that you have entered with an open heart
Into a complex and fragile situation,
Hoping with patience and respect
To tread softly over sore ground in order
That somewhere beneath the raw estrangement

Some fresh spring of healing might be coaxed
To release the grace for a new journey
Beyond repetition and judgment,
And have achieved nothing of that,
But emerged helpless, and with added hurt...

Withdraw for a while into your own tranquility,
Loosen from your heart the new fester.
Free yourself of the wounded gaze
That is not yet able to see you.
Recognize your responsibility for the past.
Don't allow your sense of yourself to wilt.
Draw deep from your own dignity.
Temper your expectation to the other's limits,
And take your time carefully,
Learning that there is a time for everything
And for healing too,
But that now is not that time...yet.

For Celebration

Now is the time to free the heart,
Let all intentions and worries stop,
Free the joy inside the self,
Awaken to the wonder of your life.

Open your eyes and see the friends
Whose hearts recognize your face as kin,
Those whose kindness watchful and near,
Encourages you to live everything here.

See the gifts the years have given,
Things your effort could never earn,
The health to enjoy who you want to be
And the mind to mirror mystery.

from *To Bless the Space Between Us: A book of Blessings*
John O'Donohue

Just as the Winged Energy of Delight

Just as the winged energy of delight
carried you over many chasms early on,
now raise the daringly imagined arch
holding up the astounding bridges.

Miracle doesn't lie only in the amazing
living through and defeat of danger:
Miracles become miracles in the clear
achievement that is earned.

To work with things is not hubris
when building the association beyond words;
denser and denser the pattern becomes –
being carried along is not enough.

Take your well-disciplined strengths
and stretch them between two
opposing poles. Because inside human beings
is where God (Goddess) learns.

Rainer Maria Rilke