

COMING UP

True Holidays Celebration, Dec 7

Third Age, Dec 13

Pathwork, Dec 15

General Circle, Dec 16

Christmas and New Years at
Sahale

Village eView

December 4, 2019

Colette Hoff, Editor



Can you feel anticipation in the air? We are in the season known as Advent in many Christian traditions. Something is coming, changing, moving us to pay attention and pause. While December is dark and cold, in contrast light is celebrated around the world in many ways. The message of the four weeks of Advent is universal: slow down, prepare, share, appreciate family and friends, celebrate the life we have been given. While the strictly religious understanding of Advent can be off-putting to some, the values and messages of Advent are easy to embrace:

Week I (Dec 1 to 7) explores **hope** or promise of better times ahead – more light, more joy, more relationship; an optimistic view that all will be well. Light and warmth will return.

Week II (Dec 8 to 14) focuses on **peace**, which our world always needs. Peace in our inner life is a possible outcome of this period of time if we do the work of forgiving, letting go of guilt, judgement, negativity and move toward mental tranquility.

Week III (Dec 16 to 21) is about sharing **joy**. Joy is a practice that needs to be cultivated not

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The EcoVillage at Sahale

just a merry feeling that is elusive. The November 20 issue of the eView highlighted sympathetic joy, the ability to be happy for someone else's good fortune. Being present to people we encounter is another way to share joy. Offer a smile, ask a question to show interest, listen attentively, make an interaction more about the other than about you. Week IV (December 22 to 25) **love** is featured as the theme. A focus on compassion, giving, generously, being of service, and extending good energy are behaviors to highlight.

Consider using these themes for reflection and contemplation over these next few weeks. Slow down, avoid rushing, practice patience, be intentional in your meditation practice. Enjoy what you are doing and have fun! I appreciate the following quotes that highlight the four themes of Advent.

Hope *"We must accept finite disappointment,
but never lose infinite hope"*
~ Martin Luther King Jr.

Peace *"Peace begins with a smile"*
~ Mother Teresa

Joy *"When the mind is pure, joy
follows like a shadow that
never leaves"* ~ Buddha

Love *"Love yourself. Then forget it.
Then, love the world"*
~ Mary Oliver



Spirited - Thinking



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Announcing the next Third Age Gathering

Friday evening, December 13, this group for those over 60 will again have a pot luck at the home of Barbara, Joan and Jim in Tukwila. We're envisioning a lighthearted evening of conversation with good friends, a tasty dinner, holiday treats, and maybe a seasonal holiday movie: How does that sound to you? We'll start as usual about 6 p.m. We'll provide a main dish and salad. For the potluck part, we suggest you bring the holiday treats and a favorite beverage to share. An **RSVP** would be helpful (and if you need directions, let Joan know -- 206 819 1089, joanvalles70@yahoo.com)



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. **Happy hour is at 4pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

We will host a fun gift exchange full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!

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IT'S A WONDERFUL LIFE | Dec 06-21, 2019

Whidbey Island Center for the Arts

<https://www.wicaonline.org/events-calendar-view/2019/10/11/its-a-wonderful-life>

Our friend, Gabe Harshman is the lead for this classic!



New Year's Eve at Sahale, 2019 – 2020. Tuesday will be New Year's Eve and Wednesday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. Consider coming as early as Monday, Dec 30 and stay

through Dec 2. **Make your plans now especially if you would like specific sleeping accommodations.** Email **Kirsten** (Kirsten Rohde (krohde14@outlook.com)) to RSVP. A suggested donation of \$35.00 per night will cover expenses.





Our beloved True Holidays event on December 7—this year is our 32nd year—is both a way to get to joy by having the opportunity to connect with family and friends—and to practically express our joy through dancing, enjoying treats and libations, participating in a raffle of home-crafted goods, participating in a silent auction where fun experiences are offered up to the highest bidder... it's all there for us. There is our traditional program where we are able to intentionally plan for a less stressful and more joyful holiday season. Sherri Nevins, our contra-dancing caller, has been with us for over 20 years. Hope to see you there!



SAT
DEC
7TH
2019

6-11pm

JOYOUS

OUR 32nd Annual TRUE **HOLIDAYS** CELEBRATION!

TRUE **HOLIDAYS** helps prepare us for the winter holidays, honoring many faith traditions and improving the spirit of this sacred season. We remember our true natures, what we need and value in this time of year and what we wish to share with family and friends. Let the light, laughter and music fill our hearts. May rememberings of who we are simmer warmly inside each of us!

Mercer Island Congregational | 4545 Island Crest Way, Mercer Island

Free Admission. Holiday Goodies. Silent Auction. Special Raffles. Hand-crafted Gifts. Childcare Provided.

6:00 Doors Open, Joy Starts

7:30 Contra Dancing with Sherry Nevins

8:00 Our Evening Program

9:00 More Joyous Dancing

For more information please contact: elizabeth.ann.jarrett@gmail.com [206] 313.9803

Sponsored by the Goodenough Community [goodenough.org]

A **raffle** is being prepared with three opportunities to win:

1. A basket with a chocolate theme
2. A gingerbread house
3. A basket featuring homemade goodies and local wine.

Raffle tickets are just \$5.00 a ticket and maybe you will win. Need not be present to win!



Gingerbread House in process

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Issaquah KIDSTAGE Presents: A Christmas Story with our friend, Reidar Geraci

First Stage Theatre, 120 Front St N, Issaquah, WA 98027

For schedule, go to <https://villagetheatre.org/issaquah/calendar.php#/?i=1>

"You'll shoot your eye out!" It's all 9-year-old Ralphie Parker hears anytime he mentions the holiday gift of his dreams – an official Red Ryder Carbine-Action 200-Shot Range Model Air Rifle. Tired of hearing the same thing over and over, Ralphie devises a plot to win the coveted holy grail of Christmas gifts. With music from Pasek and Paul, the masterminds behind hit shows like Dear Evan Hansen and The Greatest Showman, A Christmas Story: The Musical brings an exciting new dimension to this beloved classic tale. Bring your friends and family and celebrate the season with KIDSTAGE's delightful holiday hit.

A Beautiful Gift

Several weeks ago, we showed a new banner made by Nan Kreckler Scott in honor of John Hoff. Several people asked for a more definitive picture. Thank you Nan!



Winter Bus Trip to Leavenworth Saturday, January 11, 2019

*Dashing through the snow, fun for all ages...
Join friends and family for a day-long journey into the mountains!*



Our Itinerary

- **9:00 AM** - At the Eastgate Park & Ride in Bellevue, we board a toasty bus and travel through snow-laden trees, craggy mountains, and icicled streams over Snoqualmie and Blewett Passes.
- **10:30 AM** - we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- **12:00 PM** - We will then re-board the bus and go to the Bavarian village of Leavenworth to enjoy the lights, shops, and treats.
- **2:45 PM** - Boarding the bus in Leavenworth, a horse-drawn sleigh ride awaits us at Eagle Creek Ranch [<https://www.eaglecreek.ws/>] followed by a country banquet in the lodge.
- **7:00 PM** - Board bus, drive through Leavenworth to see the lights at night, and return to the Park and Ride lot around 9:30 to 10:00 PM

Colette Hoff will be our guide. Be sure to wear warm clothing (and bring extra), a packed lunch, bottled water, and snacks to enjoy and share on the bus. Feel free to bring sleds, skis, inner tubes, or other equipment for snow play.

Our cost includes transportation, sleigh ride, and a hearty dinner:

\$95 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

For more information or to register by phone, please contact Elizabeth Jarrett-Jefferson at 206-313-9803 or elizabeth.ann.jarrett@gmail.com. Family rates are negotiable.



SOUL FOOD

From the hearth of LongDancer Mariah



Cranberry Salsa WOW!

- 1 Bag fresh, whole cranberries
- 1 Onion, red or white, whatever strength you prefer
- 1 Jalapeno, seeded
- 1 Bunch cilantro
- 1/4 t Salt

-
- 1 C Sugar
 - 1 Lime

- ❶ Pulse all the top level ingredients in the food processor until it has the consistency of salsa/picante
- ❷ Place in your large serving bowl
- ❸ Add sugar and lime, stir well
- ❹ Refrigerate overnight
- ❺ Serve with tortilla chips, or chips of your choice. Nice alone or with cream cheese.
- ❻ Enjoy eating this during the holidays with your family and friends. It's a sweet, festive and popular surprise!

SOUL FOOD is a new addition to eView. It will have favorite Sahale recipes, per your request, our special gluten-free 'test kitchen' successes as well as tried n' true, yummy recipes we enjoy. To submit a recipe, please email goddessdrai@earthlink.net!

Taitneamh a bhaint as díbh féin!
 "Enjoy Yourself!" — Draí





Mindful Mike's Blog: Advent

Mike deAnguera



Well, I am on my way to Advent which for me started with Thanksgiving. I shared Thanksgiving with my brother Paul and his wife Pat at the Ananda Fellowship Hall. It is located at the Ananda Temple in Bothell.

During our Thanksgiving dinner we were entertained by the good Ananda folks of all ages. Great classical music!

The dinner was a vegetarian potluck. We each brought a dish. Patricia made a

lentil loaf. I made cranberry sauce. Paul made the mushroom gravy. Yum!

Then I got to enjoy another heavenly Thanksgiving dinner upon my return to Sahale. Leftovers can be as good as the original. Dinner was eaten while things were being prepared for Christmas. You can see Draí Shindler with two of her friends decorating Christmas cookies for True Holidays.

What mattered most was we were all working and having fun together.

Our journey to Heaven or the Christ Child began with the Human Relations Lab. That was the foundation for all else.

Ah yes! As the picture below shows winter is truly on its way. Notice the beautiful water sculpture created by a hose bib near the Kloshe hot tub. Time for coats, sweaters, blankets, a fire in the Kloshe living room and carols.



Who is the Christ Child? For Christians that would be Jesus. I believe the Christ Child is our true identity with God. God is Love. Love is all there is. At least that what A Course in Miracles seems to indicate.

What a wonderful message for an anxious person like me.

My anxiety is my ego at work because it knows how to be anxious in all sorts of ways. That's why the Course is such a balm for me.

Advent comes at the Solstice, the darkest time of the year when things seem to be hopeless. The Christ Child is the Sun. The Sun will come back. Light will come into each of us once again. The seasonal cycle will once again go into Spring.

Likewise the Christ Child is each one of us and all of us together. Born into a manger is to be born into the meanest circumstances. A manger is a cattle trough.

Who do we have to help guide us through this time? A Master like Quinault elder Harvest Moon who taught us all the basics of weaving a basket at a recent workshop.



We're almost on top!

The roof on our Sahale-based gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

A generous donor has pledged \$1000 in addition to an original donation when we reach \$5000. We are close to that mark. You can help compete this fund drive and ensure a new roof for the tent.

Here are some details about the tent and new roof:



- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!



Donate now at www.goodenough.org
 Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.



Pictures of work at Sahale!





Programs and Events of the Goodenough Community

Please Note: New dates for 2020 are highlighted.

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 Monday evening for light dinner & business at hand. The schedule is as follows: November 18; December 2, 16.

In 2020, our meeting schedule will be: January 6, 27; February 10, 24; March 9, 23; April 6, 20; May 4, 18; June 1, 15. Our Annual weekend will be March 13 to 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 meet Saturday mornings from 10:00 to 2:00 with lunch included. In 2020, our first gathering will be January 25 at Hollis’ home. In February, our meeting will be February 29.

The annual women’s weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 7, 2019 (In 2020, December 5)

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 Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. December 13 will be the next gathering. In 2020, February 14 will be 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. The semi-annual men's weekend will be June 5 to 7. For more information, contact: 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 goals, 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. On December 15, we will meet in Seattle with holiday theme. In 2020, Pathwork will meet January 5, 26; February 9, 23; March 8, 22; April 5, 19; May 3, 17, 31; June 3, 14. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28. Summer Camp is 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 2 to 8, 2020

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

Work and Play Parties throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 22 to 25, 2020) 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 an appointment.

Hope you have a joy-filled Holiday Season!

