



# The Village eView

August 6, 2014

Elizabeth Jarrett-Jefferson, 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

August 10 to 16, Human Relations Laboratory  
August 23, XV Canceversary, Mercer Island  
August 29-September 1, Labor Day weekend at Sahale  
September 12 to 14, Couples Weekend, Sahale

## hu·mil·i·ty

*noun* \ hyü-'mi-lə-tē, yü-\ : the quality or state of not thinking you are better than other people: the quality or state of being humble

## Lab Next Week Is about Humility and Equality

John and Colette Hoff

**A**t the Human relations Laboratory--which begins this Sunday at Sahale--our focus is on human development, and we are learning how to relationally support each other as life-long learners. As we begin to study the first phase of relational development, we are reminded that our attitude makes a difference. An important starting place for relationship is for partners to engage each other **humbly** and with deep respect for the equality of partners. The opposite of humility is to think of yourself as superior to your partner. Bing defines humility as *the refusal to be in a position of superiority to another person or group*. The interesting thing about being humble is that it hardly works to declare yourself a humble being; instead, it remains to others who know you to say such a thing about you. There is no room for being proud of being humble. If you are humble, you will begin to see that to be helpful to others, there can be little or no judgment on the one you are trying to help. By the way, descriptions of forgiveness start by requiring that the one forgiving extend themselves in humility as a **first** step. On Sunday afternoon (8/10/14) we will begin our work to understand how to develop relationship--by suggesting that our hearts must be open and our minds must be willing to learn from and with each other. Relationship begins when we humbly allow ourselves to need and rely on each other.

Relationship begins when we humbly allow ourselves to need and rely on each other.

**On Sunday evening**, we will move to a next phase of development that has to do with satisfying each other's needs for information. The process of *getting acquainted* has to do with sharing helpful and relevant information with

each other. This enables us to connect at certain specific points of experience and understanding.

**On Monday**, we engage the third process which is called *joining* which has been enabled by our humility and the information we have entrusted to each other. Joining, however, is more like a ceremony that utilizes heart, mind, and soul to enter into a common cause. Our common cause in joining each other on Monday is to create a learning community that fully supports the work of each member as they join a community for the purpose of personal learning. You can see that humility is basic to the whole process of joining and involves seeing others as equals. It is this simple: *humility is the willingness to allow someone else to care for you and improve your life.*

Humility involves the willingness to forgive others because you are aware of your need for forgiveness. There is no healthy relationship that is not made possible by each partner humbly relying on the others for mutual satisfaction and success. If you are not humble and forgiving you are a difficult person to relate and almost impossible to trust and love. As we enter our learning community next Monday, we will be thinking these thoughts and striving for a shared experience of humility and mutual forgiveness.

Even if you are not coming to the Human Relations Laboratory 2014 (“HRL 2014”), you could benefit from the exercise we will be engaged in there. Work at joining the people you are with joining them as equals and supporting their growth to something more. It will be worth the effort!

There is still time to register for HRL 2014. Please contact [Elizabeth Jarrett-Jefferson, Registrar](#), by completing the registration form that is attached to the eView email.

*It is well to remember that the entire population of the universe, with one trifling exception, is composed of others.* --Andrew J. Holmes, *Wisdom in Small Doses*

*It is far more impressive when others discover your good qualities without your help.* --Author Unknown

*Wear your learning like your watch, in a private pocket; and do not pull it out, and strike it, merely to show that you have one.*--Lord Chesterfield

**These next two pieces appeared in last week's eView and were written by John & Colette Hoff. In honor of John & Colette & this work--and in preparation for HRL 2014--I am repeating the articles in this issue. – EJJ, Editor**

*People that put themselves above others will fall longer and harder.*  
--Gina Lindley

## **Inner Work**

*John L. Hoff*

**Inner work**, as we are using it here, refers to *intentionally working with one's self in moving toward self-development*. This term could very well be the oldest description of a process for understanding our self and our motivations. Carl Jung popularized the term **inner work** in the mid-twentieth century. Also, a man named Assiglioli developed a process called *Psychosynthesis* that was another system for doing inner work. Also, I think Augustine encouraged

inner work and that the authors of the biblical psalms suggested inner work by finding metaphors from the external world that bring insight to our inner world—for instance, “The Lord is my Shepherd even

when I walk through the valley of the shadow of death.” I believe there is a sense in which human beings become human by doing inner work and becoming aware of their emotions, noticing the impact of their thoughts on their bodies, etc.

***We are focused on inner work*** because as a community we are sponsoring our 45<sup>th</sup> annual Human Relations Laboratory. We create this event for others as well as for ourselves and remind everyone of our commitment to human development. Physical health and psychological development are the individual’s responsibility. While our development remains an individual responsibility, it is a society of family and friends that give us the motivation to stay with the process. Socially we recognize that not much positively happens unless our friendships, families and communities expect us to become more mature and responsible as we grow older.

**HRL 2014** is shaping up to be an exciting experience as a week-long learning laboratory that cleverly guides individuals to utilize their relationships in order to improve themselves. Each of the days of the week will help us move through a process of opening our hearts, joining others, asking for help, and being empowered to the change that needs to happen. Also each of the days helps us to deal with the resistance inside of us that emerges as a defense against change. Couples, families, work groups and communities can utilize this laboratory to move their group along. If you find yourself concerned about a relationship you are in, consider joining us for a transforming adventure accompanied by others taking a different version of the same trip.



We remind you of the many facets of self-development and the essential spiritual nature of most inner work. I look for us to have an exciting time in helping each other to learn and grow. By the way, if all of this talk about inner work seems overly serious—we have a good time doing this work. For instance, if you have an instrument, bring it with you to join others in creating music and dance for the week-- inspiration, meditation, and recreation.

**You can prepare for this Lab with the following exercise:**

1. On a single page, write out the story of your life: Brief and simple.
2. Next, list the crises in your life and what you learned from each of them.
3. Identify what is happening in your life now:
  - (a) What is the purpose of this developmental phase in your life?
  - (b) What are you learning from your experiences now?
  - (c) Is there any way in which you are “stuck” and not seeing the progress you would like?
  - (d) What should this human relations laboratory do for you and your development?
4. Be prepared to use this preparatory work in HRL 2014. There will be a time, early in the event, to share it with others. Come prepared.

Assume that this will take courage for you to claim a focus for your learning and to work proactively with your resistance (we all resist, you know). The variety of relationships that are present in a lab

function as mirrors for looking at how you act and the consequences of your actions. Then, you can improve yourself and your relationships.



## Jung's Inner Work: Getting in Touch with Ourselves

By Dr. George Simon, PhD | 19 February 2014

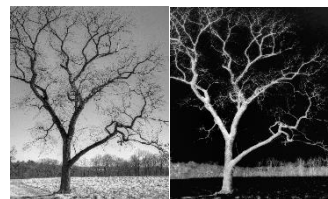
From dream interpretation to active imagination, the inner work of Jungian psychology can help tap into the world of the unconscious.

Statistics show that we spend almost a third of our lives asleep. But what of our “waking” hours? Some would argue that even when we’re not sleeping, we operate through so much of the day on virtual “autopilot” that we’re not really all that aware. We’re conscious, to be sure. Just how conscious are we? We might be aware of our environment — at least aware enough to respond to others, take action in the face of danger, and engage with our surroundings. But how aware are we of our “inner environment” — that vast universe of feelings, urges, inclinations, yearnings, and needs that generally lies below the surface of normal consciousness?

For years, analytically-oriented psychologists and other therapists have sought to help folks become better connected with the world of the unconscious. Devotees of Jungian psychology call the systematic effort to access this virtually unlimited but generally untapped resource as “inner work.” Inner work is often carried out through the interpretation of dreams and a variety of other spiritually-oriented exercises. It’s through this inner work that we can get in deeper touch with our single greatest asset: ourselves.

Carl Jung believed that our dreams have a unique ability to inform us about hidden aspects of ourselves and acquaint us with our full nature. He went a step further than his mentor Sigmund Freud in his speculations about the roles various symbols in our dreams play. Both Freud and Jung viewed these symbols as the “language” our dreams use to connect us to those parts of ourselves we have either grown to ignore or for some reason have cast out of our conscious awareness through repression. Jung believed the characters, objects, and circumstances in our dreams provide us more than mere clues to our individual unconscious thoughts and yearnings. He viewed these things as the symbolic representation of the deeper realities inherent in all the various manifestations of creation. The symbols in our dreams therefore have the power to connect us not only to aspects of ourselves of which we’re generally unaware, but also to the even more vast or “collective” unconscious shared by all living entities.

To fully understand the meaning of various symbols and, consequently, the deeper meaning of our dreams, most of us need a disciplined regimen of reflection and introspection. It is within such a discipline that the real art of dream interpretation lies. Through the regular practice of various exercises that have proven their value over time, we can get in touch with ourselves at a level we might never have imagined possible.



Most folks well-versed in the art of inner work find it essential to keep a dream journal and to have the journal readily available to them, and not just at bedside. You don’t want to forget potentially important details of a dream, and keeping the journal handy will allow you to capture as much of the content of your dreams as you can and as soon as possible. While you want to get most of your journal entries made soon after you wake and your dreams are still fresh in memory, you might also find

yourself remembering certain key things and having certain insights throughout the day, so having your journal with you and at the ready will allow you to add these things for later reflection. It's a good idea to take special care to journal the parts of your dreams that stood out to you in some way, and to reflect a bit on the various "associations" you have with those key symbols. It's also helpful to record the dominant feelings, emotions, and overall mood you remember were associated with the various characters and events in your dreams. While there's no single "correct" way to journal, many find it helpful to leave some spaces between the thoughts and reflections being recorded so that insights that come with subsequent reflection can be easily inserted. Once you get into the practice, it's easy to see why a dream and reflection journal is such an indispensable tool in one's inner work.

## 謙虛

*How do we renounce?  
How do we work with this tendency  
to block and to freeze and to refuse  
to take another step toward the unknown?  
If our edge is like a huge stone wall  
with a door in it,  
how do we learn to open the door  
and step through it again and again,  
so that life becomes a process of growing up,  
becoming more and more fearless and flexible,  
more and more able to play  
like a raven in the wind?*

*~Pema Chödrön  
(1936 to pres., Buddhist Teacher)*





## Congratulations to Sharon Grant

*Submitted by Steve Ghan*

**T**hursday evening, July 31, Sharon Grant was named the recipient of the 2014 Sam Volpentest Leadership Award by Leadership Tri-Cities. This award recognizes individuals who have demonstrated...

- A history of making a positive difference in the community
- Exemplary leadership capabilities
- A commitment to the Tri-City region



In her citation, she was called a "Force Majeure" in her effort to inspire the vision for a ridges to rivers trail system around the Tri-Cities, "rallying people around her inspiring, shared vision and working to see it come to fruition, while enjoying the journey (with a few hike-wine-dine events) along the way. Sharon worked with the community leaders, led the fundraising, got Trust for Public Lands to negotiate the sale of the land to the county, and led the communications campaign, to buy Badger Mountain for the community." Last year 200,000 people climbed Badger Mountain.

Sharon has now turned her sights on two other mountains in the chain of ridges lining the Tri-Cities - Candy and Red. "The extended trail system into the wine country will be a tremendous benefit to our community and a draw to visitors as well. While you may think that is an uphill climb, I have no doubt they will make it to the top." Congratulations, Sharon!

## Could Your Relationship Use a Tune-Up?

### Announcing a Workshop for Couples, September 12 to 14, 2014

*John and Colette Hoff*



***There have been several studies*** of relationship that were done in the last 10 years and they draw a similar conclusion:

- Long-lived relationships value most the friendship that has grown.
- Friendship is defined partly by the ease with which partners live with each other, and partly by the thoughtfulness with which partners tend to each other's needs.

We are developing a weekend for couples with help from the Perlors and some other couples that will be attending. We have decided to encourage couples **to focus on strengthening their friendship and learning how to work together as partners who bring important but different gifts to the relationship.**

In our 34 years of marriage we have also worked together coaching people to be friends and married people to be more effective partners. The couples who have been rearing children tell us they receive complements from their children on the way they work well with each other. These children

parents acknowledge they are learning how to be friends with each other. So we are focusing on the specific intentions and the practical agreements that make marriage and family and friendships work.

There is always a lot of value in practicing together and noticing how the same skills are practiced by different personalities and in a variety of situations. We are convinced that trying harder doesn't help as much as consciously developing skills. Could **your** relationship use a tune-up and some support from others?

### Preparing for This Workshop

Couples have always indicated to us that they have a certain amount of apprehension in coming to a couples workshop. We suggest that you use this energy wisely preparing together to get some of the work you need to do – **done!** Here are suggestions.

#### To help this workshop meet your specific needs:

1. **Together**, set aside an hour (not more) to **identify the trouble spots in your relationship**.
2. **Individually**, reflect on what you could **do** to improve your effectiveness and enjoyment your relationship. That is, **state your intentions to individually improve your relationship**.
3. Individually, write a brief note to each other that **promises to do your part** to make this relationship workshop effective for you both.
4. Discuss **together** some of the **songs that you have been mutually enjoyed** and be prepared to share them.

### What You Can Expect at This Workshop

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. You will also be paired with another couple or two where you can practice and be observed and receive feedback. You will also have several **sessions together as a couple** when you practice skills and explore ideas alone and together. We will be sharing bountiful meals and will have opportunities to socialize as a group.

Cost: The cost of the weekend is \$350 per couple which includes room and board as well as learning materials.

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### **Community Watchcare:**

### **News from Barb (Barbara Brucker)**

*CaringBridge*



**As advertised**, I'm back in the hospital for the next round of chemo. I am in room 1262 (12 East). There's an added adventure this time. For the past few days I have had a numb place on my left hip - on the side. No pain, just felt numb. Well, it turns out there are some cute little bumps closer to my spine and odds are it is herpes zoster (shingles). What this means for me is I get to be in isolation - staff has to wear gowns and gloves to come in, food gets left at my door, etc. I can go out and walk around as long as the area is covered (believe me, I'll not be exposing that part of my anatomy to anyone without a medical reason to look) which helps. What it means for you... nothing really unless you're planning to visit in which case please come UNLESS you haven't had chickenpox. If you haven't, stay away and send me your good wishes with a comment to this posting. I had a shingles shot a while back, so hopefully it will minimize the impact of the infestation. Anyhow, it is certainly one adventure after another this summer.

The only other comment I have at the moment relates to what a strange head trip this whole journey is. One day I'm out riding my bicycle, the next day I'm in the hospital getting chemo. In both cases, I feel strong and good. A few days from now I'll be back in the world again, a little tired from the chemo for a couple of days but engaging in a "normal" life. Actually, next week I'm off to the Human Relations Lab which is sponsored by our community and held at Sahale, our retreat center. Not sure that it qualifies as "normal" life but it's a wonderful week of challenge, learning and growing with lots of fun along the way. An annual event that is part of my life. Before that, on with the chemo...

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### The deAnguera Blog: Global Warming – What To Do About It

**On a really hot sunny Saturday evening**, Paul and I noticed very unusual cloud shapes like those in the picture on the left. Note the cloud puff that formed into a ring as we watched it. We figured the forest fires had something to do with it.



The next day was hot and absolutely clear except for a huge cloud bank hovering over the Cascades. The cloud bank looked unnatural like it was made mostly of smoke from the fires. My, those fires must be huge!



You should see Josh DeMers's *Hugelkultur* in the photo to the left. It is really blooming and you can see some yellow fruit as well.

All of our apple trees have ripe apples way too early. What are we going to do?

Tuesday Irene put Neddie in the car into Seattle. It was simply too hot to work was around 96 degrees. Neddie looked like don't think I ever saw him quite so

This summer is proving to be another roaster with temperatures hovering in the upper 80s to low 90s. Hot summer weather is something the Pacific Northwest is not known for. In fact our part of the country gets less sunshine than anywhere else.

**Global warming?** To me the trend seems to be in that direction. I've written about this before but the heat seems to make it more urgent than ever. What to do? Do I have to give up everything? How shall I live? Especially without my car. Most of the stuff going into global warming is from car exhaust.

My car now gets driven only twice a week. If I don't go into Seattle, my car just sits there. I'm pretty sure I used to drive a lot more when I lived in Bellevue. Some weekends I stay out here at Sahale. I don't regularly shop for groceries. When I am on my own, I eat leftovers.

Yes, we do have to change but that does not necessarily mean giving up things. It could be a change for the better like in my case. As far as giving up stuff goes, well once I made the resolution that I was coming out to Sahale I couldn't throw things away fast enough. Towards the end I was tossing a lot of stuff into the dumpster. So you see it's really a question of what do I want to do? What means the most to me now?

When making changes, it's great to team up with other folks. That makes it doable as well as more fun. There's nothing like having your friends help you with unstuffing.

How does one find such folks? Well, that's what Lab is all about. The Human Relations Laboratory is about to begin next week. The Lab is a process by which we intentionally build friendships with each other. Normally, it can take a long time to make some good friends but we short cut that down to one week. One week to give us a start at some new relationships.

To me relationships represent the first step towards a new life. The trick is to do it together. All of us have lives in transition. In fact, I'm convinced transition is the normal way to be. Transition means evolution. That's what we are all doing. Transition can only happen in a state of impermanence. Dealing with impermanence results in evolution. As things change we change right along with them.

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### **Community Watchcare:**

### **Cancerversary Fifteen, August 23!**

*From Hollis Ryan*

I am so happy to forward to you Sam's (Staatz) "save the date" invitation (**August 23**) to **Cancerversary XV**. Yes, that is Cancerversary Fifteen!



and told me she was going in the yurt. The temperature he was melting in the heat. I miserable.

**Here's Josh DeMers splitting logs with the latest technology.**

When I look back 15 years to the summer of 1999, so many memories and so many feelings wash over me. Chief among them is deep gratitude for our good fortune. After all, Sam's prognosis was grim. At Cancerversary I, we were not expecting to be able to celebrate Cancerversary II.

I am grateful, too, for the many new friendships formed because of Sam's cancer. We joined the University of Washington Medical Center's Brain Tumor Support Group, and entered an entirely new set of relationships. Sadly, some of those friendships have ended with the passing of our friends, and I pause to remember them and to send warm thoughts to their families. And quite a number of these friendships have survived and endured for many years, and I celebrate them!

Many, many good things have grown from what at first seemed like a horrible experience with no possible good outcome. We have, as I say, new friends. I have found a satisfying career based on my experience as Sam's caregiver. Each of us has experienced personal growth and deepening. Our own relationships within our extended family have been renewed and refreshed and strengthened. The list goes on.

And so, as Cancerversary XV approaches, I feel reflective. And ... I feel like celebrating! I hope that you will join the festivities. Even if you cannot join us in person, I hope that from a distance you will celebrate with us. It is indeed a joyous and grand occasion.

*With love, Hollis*

**And a message from Sam:**

My brain tumor turns 15. I need all the wiggly bits on both hands and one foot to count that high, so that's worth a party. And not just any old party. Cancerversary XV. That's what. What's that mean, you ask? Well, for now all you need do is mark **Saturday, August 23** on your calendar. And plan to be here on that day. Stay tuned; more details will follow on a more appropriate date.

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## EVENTS OF INTEREST

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**Take a simple survey and help with an Oxford University study!**  
**A research project from masters student, Sarah Boone**

***Please spread the invitation to anyone you can...Sarah is trying to get over 200 responses to the survey in the next month.***

*Dear Community Member,*

For those of you who may not know me, my name is Sarah Boone and I am an alumna from the University of Washington and a current graduate student at the University of Oxford. (I am also Bruce and Irene Perler's daughter.) I am writing now because I am conducting some exciting new research on water conservation in your area, and would like to invite residents in your neighborhood to participate. This research involves a short online survey (less than 10 min!) that looks at how a number of different factors influence our use and conservation of water. Research like this is important as it gives academics and policy-makers insight into how to manage our resources more sustainably and how to improve services in your community. This study meets the highest standards of ethics for participatory research as set by the University of Oxford. Also, all answers to the survey questions are completely anonymous. I have attached more information about myself and the study to this email if you would like to know more.

***To participate in this study, you and your friends/neighbors can simply follow this public link:***  
**<https://research.socialsci.com/s/seattlewaterconservation>**

(Note: If you are like me and never click on links in emails, then just type this URL into your browser.)

After participating in this study would you be willing to forward this email to people in your community? Thank you very much for supporting this important work! As a fellow Seattleite, I hope that through this research we can help improve decision-making about water and our stewardship of this precious resource.

Please feel free to email me with any questions or comments!

Kind regards,

***Sarah Boone***

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[view email in browser](#)



**The NW Permaculture Convergence Board is happy to announce a new partnership (umbrellad-er-ship) for the 2014 season.** We encourage all our members to attend the [Whatcom Skillshare Faire](#) happening August 23-24 outside of Bellingham. We will have a 'Permaculture' area of the fair and on Sunday morning will hold our annual meeting there.

The Skillshare is a project of Transition Whatcom, and the worldwide Transition movement began with a Permaculture course!

Registration happens through the Faire and we are able to offer a discounted meal plan for members (see below).

Or, if you're a woman, see you at the West Coast Women's Permaculture Gathering happening **September 18 to 21** in Washington.

Camp Hamilton is located near Monroe, Washington and provides groups the perfect opportunity to retreat into the woods. Camp Hamilton's natural beauty contains 570 acres of forest, 80 acre Lake Hannon and trails throughout the extensive property. Bunk/dormitory style facilities are heated and have restrooms and showers nearby. They serve home cooked, family-style meals in a cozy dining hall.

Or, if you'd like to converge with the whole western hemisphere, see you at the North American Convergence ([link](#))



**Harmony Park is a beautiful 40-acre outdoor events venue and budding permaculture demonstration site with a gorgeous lake.**

This is a historic event you won't want to miss! The NAPC includes workshops for all levels and ages, open panels, as well as super-fun, hands-on activities and a design implementation that will leave the site better than when we arrived (sometimes you just need to put your hands in soil). And there's more! Before and after the NAPC, there will be urban and rural site tours plus multiple-day workshop intensives led by some of North America's most respected permaculturists like Toby Hemenway, Jude Hobbs and Mark Shepard. Practitioners and designers from rich, diverse backgrounds—urban and rural, young and old, men and women—will impart their wisdom and expertise. There's so much to learn and share! **The North American Permaculture Convergence will help to connect and advance North American networks of permaculture practitioners. The NAPC will also create opportunities for in-person and virtual connections, sharing resources and defining the structure, function and organization of our collective groups moving forward.**

This very first North American Permaculture Convergence offers a special opportunity to meet up to 1,000 permaculture movers and shakers from across North America to share our successes and strategize how to create a permaculture future. Permaculture pioneers, authors, teachers, organizers, consultants, visionaries and farmers getting together to talk story and build symbiotic relationships.

**EVERY PERMACULTURIST IN NORTH AMERICA IS INVITED!** Old and young, Experienced and novice. The NAPC is a historic moment. It marks the cusp of a new era, the turning of the wheel, the passing of the guard. Be a part of this historic event.

This is a meeting of the minds. This is a gathering of the experts.

(Remember Sahale hosted the first NW Permaculture convergence, Editor)

**We are very pleased to announce**

## **The Inland Northwest Permaculture Guild's 2014 Convergence:** **"Back to the Roots"**

**at the beautiful Heartsong Retreat Center**

**7034 Hwy 291, Tumtum, WA**

(between mile markers 24 and 25)

**Four days! Thursday through Sunday, Sept. 11, 12, 13, and 14.**

Contact us: [zone1@inlandnorthwestpermaculture.com](mailto:zone1@inlandnorthwestpermaculture.com)

509-725-0712



**Why are we doing this?** For *fun*; for the *value* of coming together as a group; to *deepen* our understanding of permaculture principals and practice; to facilitate a *sacred* honoring of the land and it's marvelous multiple inhabitants with its glorious varied species; to maintain and reinforce our regional *interconnectedness*; to develop a *core* of

individuals that the community can depend on as the necessity of implementing permaculture *solutions* becomes more dire; to *nurture* a lasting relationship with the Heartsong Center as an on-going venue for permaculture-related activities; so that we can express our *love for Earth* and the global picture by accomplishing as much as possible in our short time together and laying the groundwork for productive work *for many years to come*.

[>>> Register Now! <<<](#)

*(Please pre-register as we need to know the number of people attending)*

[>>> Apply as a Presenter and/or Trading Circle Booth <<<](#)

This year, we are trying a more "Do-It-Yourself" approach to organizing our annual gathering. The richness of our collective experience will be enhanced by the active participation of attendees who share their talents and gifts with the group.

[>>> Become a Convergence Sponsor <<<](#)

**The Heartsong Center is in a beautiful setting just 20 miles northwest of Spokane.** Heartsong abuts a large, wooded park with nature trails and a lake. The center itself has ample meadows for car camping and RVs, wooded hideaways and grassy grottoes for tent camping, space for a Daily Trade Circle (which will be something along the lines of a barter fair/farmers' market/trade show), outdoor demonstration areas, some indoor lodging options, a sauna, showers and ample parking. [Have a look at pictures of Heartsong.](#)

There is a large main building that houses a good sized, commercial-style kitchen, a large upstairs meeting room (can seat 60 people and shared floor space for sleeping-- bedding and personal

belongings put away or set aside during the day), a downstairs meeting space that can be used as a breakout area or small workshop space, a large, shaded outdoor porch useful as a meeting/workshop space and a shower (there's another shower available in an outbuilding).

There will be a large, "big top" tent we'll use for multiple purposes. There is a house on the property that is known as the Women's Lodge that can house 8 to 11 women. There is a yurt available for lodging. It is a shared floor space indoor sleeping area. There is a small cabin that can house up to six in a shared sleeping space that is reserved for seniors or special needs attendees.

There is a small, wood-fired sauna with a pond adjacent to it that is available for use. All attendees are encouraged to bring firewood for a community fire circle as well as for the sauna.

A short walk up the driveway takes you to a scenic lake called Red Lake that has good swimming or canoeing/kayaking (bring your own boat). Children must be closely supervised and must wear life-vest when in a boat.

Admission will be by donation with a suggested donation of \$40 (except for work traders). No one will be turned away for lack of funds. Everyone will be expected to sign up for a minimum of one hour of volunteer work during the event.

**Pre-registration is strongly encouraged! [Register now!](#)**

**If you would like to sign up for work trade**, please sign up [HERE](#). Please sign up by Aug. 20.

**We invite you to [share what you know](#) at the Convergence**, whether as a workshop presenter, hands-on project coordinator/teacher, demonstration presenter, artist and/or a trader/artist/artisan/producer/grower/abler at the Daily Trading Circle. Please describe what you would like to offer on our website before August 31 so that we can review your presenter applications and add you to the Convergence schedule. All presenters are encouraged to bring their own canopies. Apply to present [HERE](#). Apply for a booth in the Trading Circle [HERE](#).

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**Bit O'Lab**

Elizabeth Jarrett-Jefferson

## **Birthdays and Anniversaries**

- **Happy # 22 birthday,  
Wesley Boone – August 8**



## **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.*

### **Third Age Gatherings**

Joan Valles

"Old age is ready to undertake tasks that youth shirked because they would take too long." W. Somerset Maugham



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

"The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job."  
--Thomas Hardy

### **Women's Culture**



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Hollis Guill Ryan

**In September** we began a new year in the women's culture, a year of exploring our journeys as women along "the road less traveled."

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

## Human Relations Laboratory August 10 to 16, 2014

***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 Kitsap Peninsula

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## 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](mailto: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.

## A Fall Harvest Weekend – November 7, 8, 9



Join the men and women of the Goodenough Community for a weekend in processing apples at Sahale. We'll make cider and applesauce and all participants will come away with some products! **November 7, 8, 9, 2014**, at Sahale Learning Center. A donation for food will be appreciated.

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## True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. 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 7:00pm

## 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 join in saying goodbye to 2014 and hello to 2015. You are welcome to come 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 **6<sup>th</sup> annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: [krohde14@outlook.com](mailto:krohde14@outlook.com), [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)

### 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 more effective. Call John (206 963-4738), Colette (206 -755 8404). We're continuing to use the office at 2007 33<sup>rd</sup> So in Seattle.

See you at the Lab?

