



FREEDOM

Village eView

June 20, 2018

Colette Hoff,
Editor

Coming Up

Sahale Summer Camp, June 24 to 30

Creativity Weekend, July 6 to 8

Pathwork, July 8

Lab staff Training, July 9

Human Relations Laboratory, Aug 5 to

11

From Old English, the word Freedom means:

The power or right to act, speak, or think as one wants without hindrance or restraint.

- the state of not being imprisoned or enslaved.
- the state of being physically unrestricted and able to move easily.
- the power of self-determination attributed to the will; the quality of being independent of fate or necessity.
- unrestricted use of something.

I ran away today, only for an hour, but it is unlike me to leave without carefully telling folks where I am going and when I will return. I was testing the concept of freedom and felt especially light and open. Actually, Irene and I joined a few local women at the Allen ranch down the valley from Sahale for a glass of wine and time out from the busyness of the day.

Journey in Freedom is the key title of our Human Relations Laboratory this year, chosen by the Lab Leader-

On-Line News of the Goodenough Community System

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

ship. The purpose of growth is to expand energetically, live in peace and happiness without blocks and barriers, and choose to be ourselves without adaptation to the expectations of others. The Lab provides a culture that encourages freedom with respect for each individual while strengthening self-responsibility.

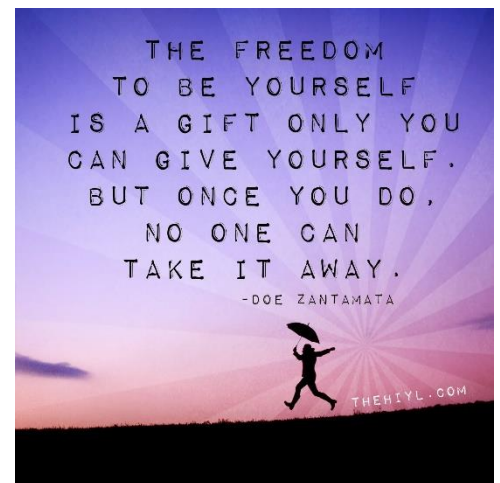
Sommer Harris, a young woman who is individuating age-appropriately, wrote an essay on how she is understanding new glimpses of freedom. Mike also writes about freedom from too muchness. An article by Brene' Brown titled Own our history. Change the story. Is included. An old, repetitive story line limit freedom. And as we prepare for the 4th of July, pay more attention to all the freedoms in your life.



Freedom (and a Wizard of Oz spoiler alert!)

Sommer Harris

I want to explore the word *freedom*. While I am going to explore *personal freedom*, I want to first give gratitude for some of the freedoms that I have grown up in. Many of these freedoms, while I feel I have not had to personally pursue, I have benefitted from. They were the struggles of my ancestors, and are still the struggles of many people today. I grew up in the United States, a country whose constitution defends the freedom of speech, religion, and assembly. I am free to vote. I am free to drive a car. I am free to travel to a myriad of countries with few obstacles. I am free to make it to a hospital or grocery store with little cost to my well-being and family. I have musical and philosophical and expressive freedoms that I have never had to question. While these freedoms impact my daily life, and I believe are intertwined with personal freedom, for now I wish to just give gratitude for them, and perhaps revisit what they mean after exploring *personal freedom*.



The word *freedom* comes from old English. This word can be defined as *acting of one's own will, or noble; joyful*. It comes from the root *pri-*, a Proto-Indo-European root that means *to love* (Online Etymology Dictionary).

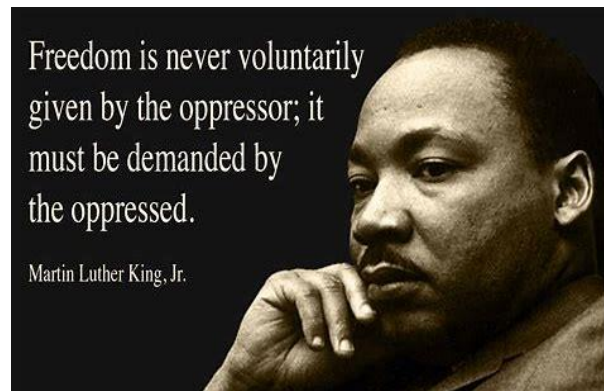
My first thought about this definition is: hmm.. *acting out of one's own will* sounds a lot like being centered in one's own locus of control. I wonder how they are related. My second thought about this definition is that *noble* and *joyful* stand out to me as ways of being rather than destinations. I have often thought about freedom as a destination. "Once I do this... or that, or prove myself, return with the holy grail or the magic wand... then I will be free." Is it

possible that this freedom—this nobility and joy—have been accessible to me this whole time?

I begin to feel like Dorothy, from the Wizard of Oz, who has indeed been wearing the magical ruby slippers that ultimately bring her home. Do I hold the power to make myself free? Is it within my own will to be free?

Dorothy is looking for home, and I am looking for freedom. In both of our stories there is one striking commonality: love.

My favorite scene from the Wizard of Oz is after Dorothy comes home. She professes her love for her family on the farm, and tells them that they were all there, in Oz, with her! “..it wasn’t a dream. It was a place, and you and you and you were there. *Everyone laughs*. But you couldn’t have been, could you?.... I’m not going to leave her ever, ever again because I love you all!” I always love that Dorothy doesn’t have to say goodbye to her friends from Oz, after all, because they were actually her family dressed up in costume. I love that Dorothy has people to come



home to. Perhaps Dorothy does always have the power to bring herself home... but it is the love of her family that makes home so special.

Similarly, perhaps I do have the power to make myself free... But, this freedom is worthwhile to me because of love. Sharing freedom makes me happy. I like to be noble and joyful with other people. I like to share a glance of joy with a loved one, and exchange silent rejoice and

gratitude. I want to play in freedom with other humans. Just as Dorothy comes home to the love of her family, each time I feel myself become more free, I feel like I am coming home to a grand party of freinds waiting to love and play in our newfound freedom.

I am still curious about this delicate balance in the question of who makes us free. In freedom, it seems to me that there is a role for the individual alone, as well as for give and recieve with the community. Humans are social creatures, and I believe we need each other and are stronger together... YET I have also found that I am responsible for my own limitations and restrictions. My questions remain: Who makes us free? How to the individual and community roles play out in this dance of freedom? How can we hold space for others’ freedom? In grappling with questions like this, I often return to the Shona word, *Ubuntu*. Ubuntu translates to *I am because we are*. I take this to mean that the individual exists in the community and the community exists in the individual. There are not hard, defined walls that separate the two. The

word *Ubuntu* reminds me that I may not be able to pin down a water tight explanation for the role of the individual in community—and this is perhaps for the better.

Well, I didn't really give you a definition of freedom. BUT, I think we have here some important questions that will be fun to play with: Who makes us free? What role(s) do we play in others' freedoms? How does freedom relate to time?(is freedom an end destination? Something always present that we can tap into? A combination of the two? Something else entirely?) How does the locus of control play into freedom? Is having and listening to an internal locus the same as being free? What role do nobility and joy play? How do I meet and relate to those freedoms I have never had to fight for or question? How can we explore and understand freedom in a way that is not confined by sentences and paragraphs?



Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry is own weight, this is a frightening prospect. ~Eleanor Roosevelt

Announcing . . .

Freedom from Dishes!

As a result of the Capital Campaign, Sahale has a new dish washer! Thank you to all who donated to this campaign. Last year, our new stove came the day Summer Camp began. This year, our new dishwasher will revolutionize the amount of time it could take to wash dishes for the 50 people who will be attending camp. Each cycle is 2 minutes and the machine has an automatic fill for detergent.

Every human has four endowments - self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change. Stephen Covey



Own our history. Change the story.

By Brené Brown

When we deny our stories, they define us.

When we own our stories, we get to write a brave new ending.

I know this is true. I may have learned it as a researcher but I live this truth as a daughter, a partner, a leader, a sister, a mother, and a friend.

When we push down hurt or pretend that struggle doesn't exist, the hurt and struggle own us.

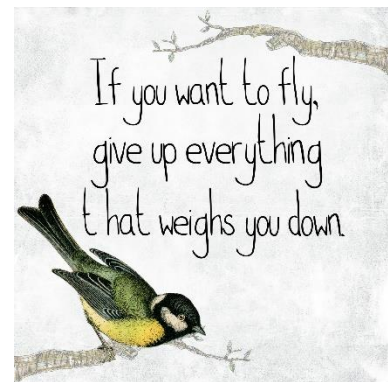
I've learned that writing a brave new ending in our personal lives means:

1. We can't smooth over hurt feelings in our families. It's too easy for stockpiled hurt to turn into rage, resentment, and isolation. We must talk about it. Even when we don't want to. Even when we're tired.
2. We can't pretend our family histories of addiction and mental health issues don't exist if our hope is to write a new story and pass that legacy of emotional honesty and health down to our children.
3. We must own our failures and mistakes so that we can learn and grow. It's hard but I've seen how it becomes part of a family and organizational cultures and unleashes innovation and creativity. It doesn't feel comfortable, but courage rarely does.

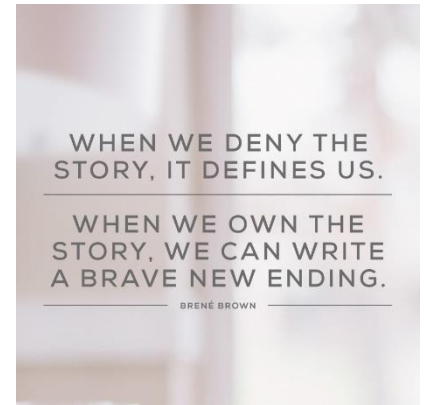
Owning our stories is standing in our truth. It's transformative in our personal and professional lives AND it's also critical in our community lives. But we don't think about history as our collective story.

Until we find a way to own our collective stories around racism in this country, our history and the stories of pain will own us.

We will not get away from the violence and heartbreak. Fear and scarcity will continue to run roughshod over our country. Yes, the violence in Charleston is also about access to guns and, more than likely, mental illness. But it's also about race. Our collective stories of race in the US are not easy to own. They are stories of slavery, violence, and systemic dehumanization. We will have to choose courage over comfort. We will have to feel our way through the shame and sorrow. We will have to listen. We will have challenge our resistance and our defensiveness.



We have to keep listening even when we want to scream, "I'm not that way. This isn't my fault!"



We have to examine and own stereotypes and prejudices. Every single one of us has them. It will be tough.

We will need to sit down with our children and talk about privilege. This means honest conversations about how we were raised and what we need to work on. No blaming or shaming, but truth. It's not productive to deny how hard we all work for what we have, but it's not honest to deny that many of us are afforded privileges based on who we are and what we look like.

Will these conversations stop violent hate crimes? No one knows for sure, but we shouldn't underestimate the power of love and truth-telling.

This is not bigger than us. This *is* us.

Yes, we need to own a million heartbreaking stories of discrimination and prejudice, and make millions of changes, and hold space for a million tough conversations. But, if each one of us owns one story and makes one change and has one honest conversation where we listen more than defend or offer false comfort – we can do this. There is a way to write a brave new ending to one of the most painful stories in our history. What remains to be seen is if we have the will and courage.

I believe we do.



Our Mother Drum is about to be birthed!

I (Lori Boess) am very honored to be invited to teach drum making at Sahale during Summer Camp. We also plan to build a “Mother” drum for the Goodenough Community which resides at Sahale. Thank you and many blessings, Lori Boess Medicine Dog Arts, Inc.

And as an artist, Lori will have some art available for sale during camp.

And a word from Hollis:

Doesn't this dream of a mother drum for our community touch a chord deep inside you?
Wouldn't you be proud to help bring to life this dream?

You *can* help!

We want to raise \$1,000 to share the cost of building our mother drum! Any amount you can contribute -- \$5, \$25, \$50, even \$150! – will help

You may donate online here: <https://www.goodenough.org/donate>

Or mail a check (made out to the Goodenough Community) and mailed to

Post Office Box 312, Tahuya, WA 98588

As an elder in the Goodenough Community, I thank you deeply for helping to bring this long-held dream into reality. **Your support, *in any form*, helps enable healing and empowerment through the power of the drum.**

Thank you to the Men's gathering for raising \$500!

AUG 5 to 12, 2018 49th Annual
HUMAN RELATIONS
LABORATORY

JOURNEY IN FREEDOM

The Radical Practice of Living a Good Enough Life

Sponsored by the Goodenough Community



Take a seven-day journey of experiential learning that encourages the freedom and human development fundamental to a good life.

- Experiment with living from your true nature.
- Draw on large- and small-group processes to open your heart, mind, and body.

Open your heart, mind, and body in expertly designed large- and small-group processes.

- Deepen human connections and practice interpersonal skills in a supportive environment.

- Enjoy freeing experiences: Laughter Yoga, dance, singing, artistic expression, and social creativity.

Transformative . . . Rejuvenating. . . Healing. . .

Held within the magical 68 acres of Sahale Learning Center, on the Kitsap Peninsula

Announcing . . .

Saturday, July 7 to 8, 2018

Creativity weekend at Sahale



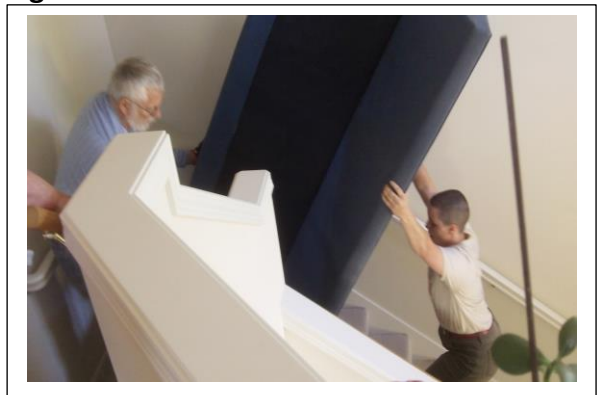
Bring something to work on or ask for help setting up a project! Or come to hang out in the river.

This is also John Hoff's birthday and he will be celebrated and missed!

You are welcome to arrive on Friday, Please email your plans to hoff@goodenough.org



The deAnguera Blog: Freedom Is Letting Go



As Colette Hoff and Grace are showing we produce the best strawberry jam on the planet! How do I know? I have eaten some of it. Way ahead of any store brands and made with love. This is only a small sample of the many talents at our disposal.

I mention our creative talents because all such talents have to be put to work on the great task of letting go of our Seattle Community Center.

You should have seen Hal Smith and Grace moving that huge couch down two flights of stairs! Nail biting action to be sure. Two such couches had to be moved down those stairs from the living room.

I had to help move a couch from a downstairs office. It was so awkward we were lucky we didn't have to take the door off.

As a community we have participated in many, many moves. We know how to do it. So we have mastered a major skill in helping people become free.

None of us is born into a truly free life. I have to work up to it from a very young age until now. Unfortunately most of us go in the opposite direction without realizing it. I used to think of how nice it was to have all my stuff. But my stuff takes up space.

For years I lived with increasing clutter. Now Colette is helping me organize my room. Would you believe I let go of my stereo, a computer, and two boxes of books? I felt so good afterwards.

Last Saturday we loaded up beds, tables, mattresses, and chairs into a Penske Van to take out to Sahale from our in-city center. The Divine is letting us all know Sahale is the place for us. Pam Jarrett-Jefferson drove the van and provided skillful leadership.

Stuff can load me down like old stories I keep telling over and over again. Telling a story from the past allows me to relive the past. That prevents me from working to develop my creative talents in the present. Better to get rid of the old stories right along with all the other stuff I don't need.

I am convinced that for me freedom means travelling through life lightly. This is what has enabled me to move out to Sahale in the first place.

When I let go of a load, I become freer to be just me. I don't have to do anything terrific, just pay attention to what Sahale needs day by day.

In order for me to move to freedom by letting go of stuff, I needed help. I could not have done it on my own. Maybe I didn't even want to do it. But we did a little bit each week.

Thanks, Colette!

Likewise it took a lot of courage to move out of our Community Center. Sahale is our real home.



We got rewarded for our part in the creative letting go exercise we just engaged in. Ice cream cones can sure put happy faces on Pedge Hopkins, Grace, and Colette!



Pathwork

Our Pathwork Circle will meet on **Sunday, July 8**. We will continue to work with the book *Resilience*, by Rick Hanson as we prepare for the Lab. You are welcome to come.

We will meet at the home of Barbara, Jim and Joan
3535 S. 126th St. Tukwila,, WA 98168 from 7-9:30.



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at 206 372 9801.



Revival, June 21 to 24 Vashon Island

By Elias Serras

It isn't usually my style to CC a bunch of people I love about an event, but I feel compelled to do this time. A dear brother, Ben Browner, has been birthing this project ever since I met him and started working with him at different events a couple years ago. This will be the inaugural year of Revival Gathering.... and I really believe it to be part of an (R)evolution that is happening at the intersection of Arts, Activism, and Community. Please take a minute to check out the links and send them around to anyone who may be interested in attending or participating in his Indiegogo Campaign.

REVIVAL GATHERING WEBSITE LINK:

<http://www.backtolife.org/2018-revival-gathering/>

INDIEGOGO CAMPAIGN LINK:

<https://www.indiegogo.com/projects/the-inaugural-revival-gathering/x/399400#/>

EVENTBRITE REGISTRATION LINK:

<https://www.eventbrite.com/e/revival-gathering-2018-registration-42104072414>

Re-vive (v): to bring back to life and consciousness

Will you join on June 21-24th)

Vashon Island WA to connect, create, collaborate, and celebrate together???



Calendar of Programs and Events, 2017 - 2018

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



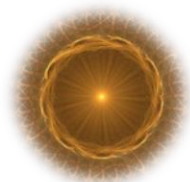
The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.com

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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.** **Women’s Weekend: April 13-15 at Sahale.**



The men’s program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information:

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 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

Gatherings are at the Community Center in Seattle. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth, June 24 – 30, 2018

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 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org

Council meetings are May 21, June 4, June 18

True Holidays Celebration, Saturday, December 1, 2018

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: Kirsten Rohde, krohde14@outlook.com



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), 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. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



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).



**A friend is someone who
gives you total freedom to be
yourself.**

Jim Morrison

