



The Village eView

February 28, 2018

Kirsten Rohde, Guest Editor

Giving and Receiving Comfort

Coming Up:

Third Age, March 2nd

Women's Gathering, March 3rd

Pathwork, March 4th

Celebration of Life for John Hoff,
March 17th

Women's Weekend, April 13-15 at
Sahale

Last weekend, I spent a night at a B&B outside Olympia. It was a lovely spot and comfortable home. Once I'd settled into my room I came downstairs with a book and lay on a comfy couch in a living room. One of the owners, a very nice gentleman, came by and started a fire in the fireplace. Before I knew it, I had fallen sound asleep. It was such a deep and soothing rest – I must have needed it! So when I saw this article that Colette had received from a friend on the power of comfort, I knew it was a good theme for this week. I suspect I'm not the only one who is adjusting to the reality of John Hoff being gone from his physical life with us. I try to "carry on" with things needing to be done, and then after some of that I realize I need to just stop, rest, and let my feelings be present for while. Time for a comforting cup of tea (or some chocolate). I have also received comfort from the kind messages and cards that have been sent to me after John's death. Perhaps we can all practice giving and receiving comfort in this time.
Kirsten

See also in this issue the announcement of a Celebration of Life for John Hoff on March 17th, Pathwork on March 4th, a Goodenough Community women's gathering this coming Saturday and the Women's Weekend in April. The full calendar of events is at the end of this eView.

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

7 SIMPLE WAYS TO CULTIVATE COMFORT

~by [Colette Lafia](#), syndicated from [gratefulness.org](#), Feb 25, 2018

“We rise by lifting others.” ~Robert Ingersoll

Comfort is a shelter, a warm blanket, a refuge. Fortunately, we do not need to do anything extraordinary to produce comfort, because it is something that already exists within each of us and all around us. Real comfort can be found in the context of daily living. It is a grace. We just need to open our arms and receive it. We just need to open our arms and give it.

Recently, on a warm Sunday afternoon, my husband and I were spending time in our garden, pruning plants, watering flowers, and sweeping up dry leaves. We began talking about my mother and father, who had passed away during the last decade. My husband and I were very close to both of them, and considered them to be important elders in our adult lives. As our hearts filled with memories and love for them, tears ran down our cheeks. They were tears of loss, of love, and of comfort in sharing these memories and feelings together. Sharing comfort with one another deepens the human experience.

Frederic and Mary Ann Brussat, from [Spirituality and Practice](#), write “Giving comfort to ourselves and bringing comfort to others is what we call the spiritual practice of nurturing.” How can we offer the gifts of comfort and compassion to ourselves, our family, friends, and communities, as well as to the world around us? In simple and practical ways. We share what we have to give. We offer a kind word, a smile, a hug, a caring heart, an expression of gratitude, and an open ear.

We can share comfort in very immediate ways—when we stop and listen to another person, read a book with a child, take a moment to call an elderly parent, laugh with a friend, take time to pray for someone, or donate time and resources to help those in need. Simple actions. Deep resonance. Wide ripples.

We are all messengers of comfort, called to bring comfort and compassion into the world.

In our need for comfort, we find solidarity with one another. It only takes our mindful attention to connect to the power of comfort in our daily lives, and to allow compassion to be a healing presence in our world. In this way, we touch the depth in our human experience, and we realize we are not alone. We are all messengers of comfort, called to bring comfort and compassion into the world.

7 SIMPLE AND POWERFUL WAYS TO CULTIVATE COMFORT EVERY DAY

Slow down and be more present.

Today when you ask someone, “How are you?” take the time to be present. Listen to another

person without any pressure to give advice or solve a problem. Sometimes all another person needs is the comfort of being listened to.

Encourage someone to take a comfort break with you.

Together, take time to enjoy a walk, see an art show, pray or meditate, watch a funny movie, listen to music, or put your feet up and do nothing!

Find simple ways to create more comfort in your home.

A comfortable home benefits everyone who lives there and everyone who visits. Put fresh flowers around, cook your favorite meal, clear out a closet, and take time to say *thank you* to the people you live with.

Imagine a thread connecting every human being.

Connecting yourself to the web of life can provide comfort. We are not in each other's way, but we are the way for each other. We are the sources of comfort for one another.

Give something of yours to comfort someone in need.

It could be a book, a picture, a figurine, a rosary, or a soft sweater. Offer this gift as a sign of support and caring.

Let your daily routines be a continual source of comfort.

Savor and relish the rituals in your day. Enjoy the pleasure and comfort you receive from your first sip of tea or coffee in morning, from reading an inspirational book, from a regular prayer or contemplative practice, or from giving a hug to a loved one.

Send a card, text, or email to comfort someone.

Remember a special occasion, acknowledge an accomplishment, express gratitude, or offer support during a difficult time or transition. Gratefulness.org has a warm and comforting to share.



*This article originally appeared on [Gratefulness](#), the online magazine of the A Network for Grateful Living, a global organization offering online and community-based educational programs and practices which inspire and guide a commitment to grateful living, and catalyze the transformative power of personal and societal responsibility. Colette Lafia is a San Francisco-based spiritual director, workshop and retreat facilitator, and adjunct faculty member at Mercy Center, Burlingame. She is also a part-time elementary school librarian. Colette is the author of *Seeking Surrender: How a Trappist Monk Taught Me to Trust and Embrace Life*, and *Comfort & Joy: Simple Ways to Care for Ourselves and Others*.*

A CELEBRATION OF LIFE FOR JOHN L. HOFF

Saturday, March 17, 2018

Sahale Learning Center

The Celebration will start at **3 pm.** in the Kloshe living room.

We will spread John's ashes in several places on the land. Happy hour and dinner will be served following. For dinner we are suggesting Pot Luck style, please bring something **creative**. There will be corned beef as one entrée. If you are not a cook, bring your favorite beverage to share. You are welcome to spend the night at Sahale.

There will be time to share memories and stories about John. You are also encouraged to bring photos and other items for a display table.

Please **RSVP** your plans to Elizabeth Jarrett-Jefferson:

elizabeth.ann.jarrett@gmail.com



Pathwork: An Invitation to Join

On **Sunday, March 4th**, the Pathwork Circle will be joined again by Tom Gaylord who has been helping our circle work with death and grieving. Those of us attending have found Tom's offerings from his Buddhist perspective to be comforting and full of learning.

Tom Gaylord, practicing Buddhist and former director of the Shambala Center in Seattle offers guidance for dealing with grief. Tom will be offering our community his continuing support and has brought colleagues with him to offer their perspectives and experiences. Tom is also willing to meet with individuals who might need him.

You are welcome to come, whether you are a member of the Pathwork Circle, or not.

We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.

Pathwork will also be held on March 11th.



Women's Gathering this Saturday

What is pressing on your heart these days? What is on your mind?

The women of the Goodenough Community will gather on Saturday, March 3, from 10:00 a.m. to 2:00 p.m. at the community center, 3610 SW Barton Street, Seattle. I hope you will come!

As I look forward to being with you, I think of all that is bubbling inside me. Here we are, at the cusp between winter and spring, still immersed in the winter blues yet witnessing optimistic daffodils poking through the snow. Many women are grieving the death of our dear friend and co-founder of the Goodenough Community, John Hoff, and that grief brings with it echoes of other losses. At the same time, there is much to look forward to ... new babies, fresh opportunities, renewed love, new friends.

Please pay attention to what is capturing your deep attention these days, and bring it with you to our gathering. If you would like to bring a symbol for our altar, please do so.

As usual, we will gather at 10:00 a.m. with a chance to chat over coffee before gathering in our circle. There will be time for personal reflection as well as time to share with others. And, of course, we'll serve you lunch.

We suggest a donation of \$20, and trust that you will give what is right for you.

Would you please write to me to let me know that you are coming? And, please do not stay away just because you did not respond.

Please come!

Warmly,

Hollis

And ...

You are invited . . .

To join the women of the Goodenough Community 's cultural program for the

Women's Weekend, April 13-15, 2018

Come to the Women's Weekend and spend a full weekend celebrating who you are as a woman!

In the company of other women, you will find time for deep and stimulating conversation, a chance to become better acquainted with yourself and with other women, and encouragement to reach a greater connection with your inner source of feminine strength.

This weekend workshop will take place at the **Sahale Learning Center**, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity. Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening**, and our weekend will formally end at **3 p.m. on Sunday**.

Save the Date – and Please Plan to Join Us!

An Experience from February 22 at the Funeral Home

Hollis and Drai wanted to share Drai's prayer offered on the day of John's cremation, February 22nd at the Shelton funeral home. Also shared here is the description of a time of drumming after we returned to Sahale from the funeral home. Drai started drumming at the funeral home when the cremation began and continued in the car all the way back to Sahale and up to the Hoff's living room until the time of the cremation was ended.

Drai says: I want you to know that the last 45 minutes was drummed by Rose. She felt moved to take the drum and the beat and then got lost in the wonder of an amazing rhythm and *transported* Kirsten, Herself and Myself as we finished our drum vigil for his return to the light. This new drummer held space for John for 45 minutes as we sat in prayer. She was astounding. It was profoundly beautiful. I caught her eye and signaled that it was complete and she stopped. The silence was deafening. With Ursula at my back....we sat in the silence and with our tears, our hearts leaked out our eyes.

Drai's prayer for John:

For 82 years, John Laurence Hoff animated this broad-chested, buxomly bearded, bright eyed and belly-laughing vessel. This vessel moved his Self along a lifetime path of wonder, curiosity, learning, teaching and loving. In this vessel, sometimes he suffered and failed, and sometimes he rose with joy and thrived. This vessel held him upon the Earth. His soul filled this vessel to the brim.

When John laid down this Earthrobe on Valentine's Day last week, the lifestream of his Self, Soul and essence departed this vessel...

This act left us with the temporary guardianship of his vessel.

Today, In this most sacred high-ceremony, we honor and serve him, by INTENTIONALLY returning his vessel to the light – through the fire of mighty sun.

This fire will necessarily burn away the ties that bind.

This fire will burn away everything that stands in the way of love.

This fire is a threshold to freedom and places unseen.

This fire is the ultimate purification... the last ending... in salute to a new beginning.

It is my prayer for peace in all our hearts as we return John's vessel to the LIGHT.





The deAnguera Blog: Living It Up



What do I do in the short time I am on this earth? Play around, eat, work, and sleep. I could even play music either alone or as part of a band. That's what Bruce Perler, Elias and Boyd are doing in the left hand photo. Tom O'Conner, Irene Perler, Pedge Hopkins, and Rose Buchmeier were dancing up a storm during our wake for John Hoff.

Right now I am typing up my blog for the Eview. It is raining outside. Nice and warm inside.

I have often wondered what the difference is between humans and chickens. We have both here at Sahale. Two different species living here together. Of course the chickens depend on us for their food and shelter. They produce eggs for us, very tasty eggs with nice orange yolks. The chickens know Irene as the source of their food and follow her around.

We are living it up when we play. Do we live it up when we work? I have often noticed that we do no matter what the work is. We actually play when we work. At Sahale it is possible to mix work and play together. For our chickens work and play seem to be indistinguishable.

One of the ways we make a living at Sahale is by hosting Air BnB guests. We had Avram here from Israel for the last two weeks. I loved it when he shared his stories with us. Avram showed me where he lived in the Golan. I could see his house on Google Street View. He even helped us with some of our chores. I always thank the One for bringing such good people into our lives.

On the outside there is definitely a difference between work and play. Work is done to earn a living. My impression is often it is not enjoyable and yet it is something that must be done. Often it is timed which can make it particularly onerous. The cash register I worked at during my Safeway job timed how long I took on each transaction. In school I took timed tests. I have to be fast. This exhausts my mind and body. My body can suffer since it is not designed to do repetitive things at a rapid rate.

Am I living it up on the job? I usually felt drained at the end of every day. It was as if my life energy was being drained away. It was all I could do to get home at the end of the day.

The competitive pressure at my job and school drove me apart from other people. We also lived apart from each other in the city. The result was social isolation. By contrast our work at Sahale is drawing us together and seems to be a joy to do even when we are cleaning out stuff from the Log Building.

Our work should be bringing us together rather than driving us apart draining our creative energy away. When the pressure is on my creative energy dries up. This is what can be expected when I am just a factor of production.



These folks are living it up out in the sun as well. But they are...chickens.



Register Now for early discount rate!

On-line registration at <https://sahale-sociocracy.brownpapertickets.com/>

Planning our Spring Workshop – Sociocracy

Bruce Perler

I'm appreciating the process of collaborating towards a training event at Sahale, our Spring 2018 Sociocracy Workshop. Collaborating with Syd Fredrickson of NICA, the GEC Council and Diana Leafe Christian of Intentional Communities (.org), this project is addressing several areas important to the Goodenough Community's time of life, in its own story. Working together for a regional event, increasing our shared understanding about hosting and planning workshops with a national presenter and, building our connections as sister communities is great stuff to be doing together.

Personally I'm anticipating an important and enjoyable experience for our community, one which represents positive action on behalf of our own sustainability and beneficial collaboration with the larger community's movement. What a great way to enter the spring of 2018!

Sociocracy for Intentional Communities

Save the Date!

Gather Thursday evening, Workshop begins
Friday AM April 27 to Sunday, April 29, 2018

A Three-day Workshop

Led by Diana Leaf Christian

At Sahale Learning Center



Sponsored by The Goodenough Community and
The Northwest Intentional Communities Association (NI



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.





Jesus Christ Superstar will be playing in Tacoma, and there are still some less-expensive tickets available at the link below (Goldstar).

Here is the information:

<https://www.goldstar.com/events/tacoma-wa/jesus-christ-superstar-tickets>

Its last performance is a matinee on Easter Day, April 1.

Mark Nepo at Harmony Hill, May 7-8

This path is a continuous inquiry into what it means to be human, to be here, and to care for each other. My hope is that through this workshop you will deepen your conversation with life. That through your own path of obstacle and surprise, you will be opened to your gifts and become somewhat freed of all you carry. My hope is that this time together will support you in becoming skilled at living with both effort and grace.” – Mark Nepo



Beloved as a poet, teacher, and storyteller, Mark Nepo is a bestselling author and one of Oprah’s favorite spiritual guides, using his gifts and his talents to elevate humanity. He returns to Harmony Hill May 7-8, 2018 to lead a special two-day workshop, **The Struggle to Be Real: The Journey of Transformation.**

As a poet, philosopher and teacher, Mark Nepo has been breaking a path of spiritual inquiry for more than forty years. This workshop affirms how precious this one life is and opens the chance we have to be fully alive and to be of use to each other and the world. Drawn from his years of teaching, Nepo explores how our hard work and authenticity ready us for meaning and grace. He unfolds how our sincerity and labor help us to survive and thrive through the journey of transformation. Being human offers a path

of soul work that can help us find our way, as Nepo puts it, “to discover the story behind the story, and to find what can last.”

For more information:

Phone: 360.898.2363 x36

Email: programs@harmonyhill.org

Web: www.harmonyhill.org./marknepo

Harmony Hill is 90 minutes from SeaTac airport, overlooking Hood Canal and the Olympic Mountains in Union, WA



Happy birthday, Rose Buchmeier, February 27 Happy 60!

Happy birthday, Carolyn Hovendon, February 27

Happy birthday, Amie Aylward – March 6!

Happy birthday, Melissa Gossett Woldheit – March 6!

Happy birthday, Tom George – Also on March 6th!

Happy birthday, Connie DeMers – Yes, March 6!



NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.



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: March 2, 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: March 3, 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. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. October 6-8, June 8-10** at Sahale. 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.

In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

Gatherings are at the Community Center in Seattle: Mar 4, Mar 11, 25, Apr 8, 22, May 6, 20, June 3, 17.

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



Annual Community Day at Sahale: March 17th, 2018. This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information. **UPDATE: due to our decision to schedule the Memorial for John Hoff on March 17th we are postponing this annual community meeting.**

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 Feb 26, Mar 12, 26, Apr 9, 23, May 7, 21, Jun 4, 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.

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) or at Sahale – 360 275-3957. In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

