

# Turning Toward

## The Village View

November 10, 2021

Marjenta Gray & Joan Valles, Editors

### Turning Toward the Precious Present

Joan Valles

**C**ourage, patience, equanimity; mindfulness, kindness. I've looked toward Colette Hoff as a spiritual teacher for many years, but never as much as I do now as she teaches from her life while confronting serious illness. I've observed Colette learning from what she teaches, a technique I'm told is the best way to learn. As my pastor and friend, she's been teaching me (us) to explore more deeply and experientially what the words above represent and to apply them in my life.



- Deniz Altindas on Unsplash

I've been helped to do this by study of the Buddhist dharma and practice of meditation, something I took up just 12 years ago when I dropped into a class taught by the teachers of Bodhiheart Sangha in Seattle. I've been returning just about every week since. Since I was 74 years old at the time of that first class, with an aging brain, I didn't anticipate becoming fully enlightened, but it had occurred to me that I needed a spiritual faith, practice, and discipline as I encountered the Heavenly Messengers of old age, sickness, and death. I didn't come totally unprepared as I was a member of the Goodenough Community and Convocation and had benefit of the bold teachings of John Hoff. Several of my community friends engage Buddhist practices of various traditions. For me, they integrate and enhance what I've learned from the transformational education offered by the community, and the community's teaching of relationship as spiritual practice enhances the dharma.

#### Coming Up—

- **Meditation Retreat** at Sahale, November 19-21
- **General Circle**, 7pm, November 15
- **Veterans Day**  
Honor our Veterans!  
November 11

**November is Native American  
Heritage Month**

#### On-Line News of the Goodenough Community System

[www.goodenough.org](http://www.goodenough.org)

American Association for the Furtherance of Community  
Convocation: A Church and Ministry / Mandala Resources, Inc.  
Sahale Learning Center / The EcoVillage at Sahale

“Being fully present to life ... opening to and allowing what is, without judgment ... This is mindfulness. And the central practice for achieving mindfulness is meditation.”  
You’ll find these words on the flyer describing the meditation retreat being offered by Convocation weekend after next (Nov. 19-21) at Sahale.

The first thing I remember Venerable Dhammadinna teaching me at the Bodhiheart class was, “stay with the body”; in other words, be present to what I was feeling and where it was in my body. The second thing was, “turn toward.” Meaning, even if it’s unpleasant, don’t avoid it, turn toward it. Now a couple of the practices I’ve honed and perfected since very early childhood have been avoidance and self-protection. I don’t like getting hurt. Who does? So, turning toward has been a big challenge for me. But in exploring this very important teaching, I noticed I had been turning away from much of the joy and beauty of life and challenges that would benefit me.

When I asked to join the year-long introductory class required by Bodhiheart before taking on meditation training, I reported that I was seeking mind training, because my undisciplined mind tended too often to the negative. After several years of daily meditation practice, I find my mind still isn’t well trained as I would like (the forgetfulness of old age and engrained habit contribute to that), but I know for sure I’m more compassionate; I seek to be more positive (tricky these days) and more patient. I understand that life is difficult for everyone, and my heart sometimes hurts for others. I haven’t overcome “no” as my first response to whatever I’m asked to do, even if I’ve offered, but I’m working on it.

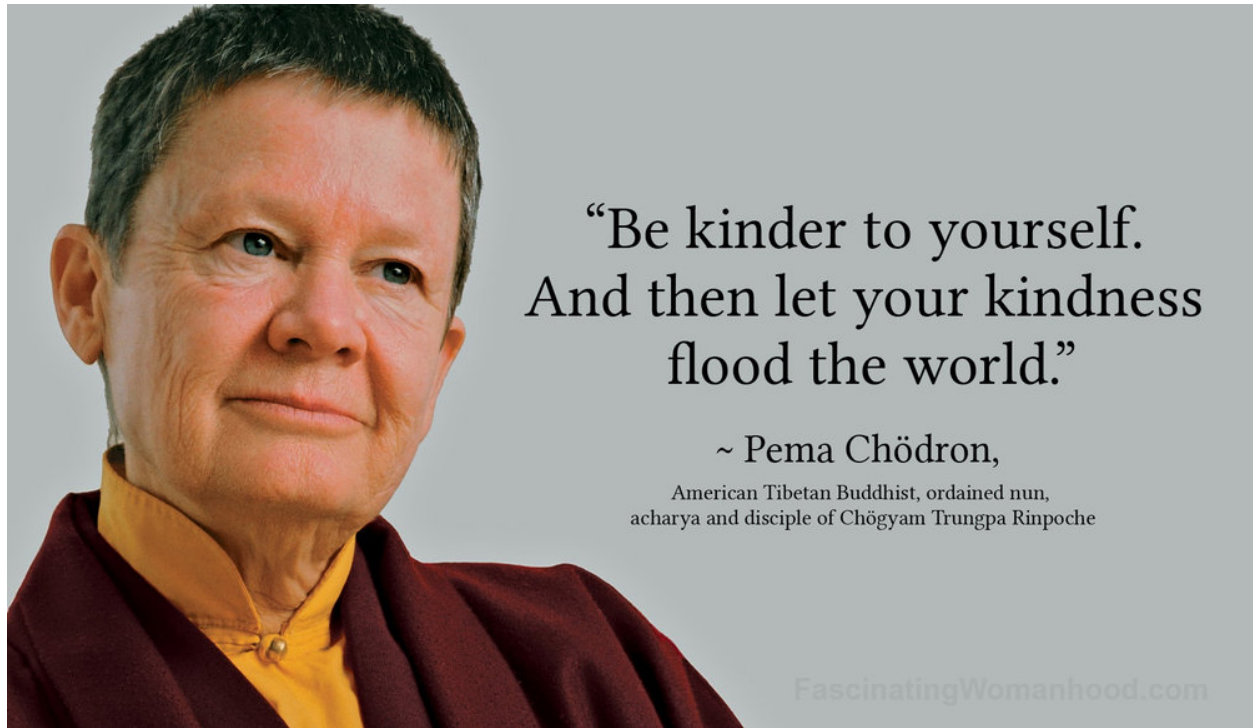
I often hear from others that they start a meditation practice but can’t keep it up. I believe there are people who can do it on their own. But I need a teacher, a context (in my case, the dharma), a group of others to learn with (a sangha). That comes naturally to me as a member of the Goodenough learning community. I also need technique and consistency of daily practice.



*Photo by Conscious Design on Unsplash*

“Awakening to the Precious Present,” is the title of the meditation retreat being offered by Convocation under the coordinating leadership of Colette Hoff the weekend of Nov. 19-21 at Sahale. I’ve signed up. I attended the first retreat a couple of years ago with Joshua Demers teaching meditation and Marley Long leading yoga practice. Josh is skilled at teaching technique and basic knowledge of the dharma. He’s gracious and easy to be with. I’m a fan. Marley teaches with grace, and she lights up the room.

I highly recommend this retreat. If you haven't signed up, I hope you'll consider it. What a good way to get in the right frame of mind and body for the holiday season. See the flyer for this retreat in this Village View and on the website, [www.goodenough.org](http://www.goodenough.org).





Convocation: A Church and Ministry Invites you to . . .

# AWAKENING

## To the Precious Present

A M E D I T A T I O N   R E T R E A T

AT *Sahale*

Being fully present to life...opening to and allowing what is, without judgment...This is mindfulness. And the central practice for achieving mindfulness is meditation.

*Goodenough Community Village View – November 10, 2021 - p.*



With **mindfulness** and **compassion**, we can let go of our battles and **open our heart** with kindness to things just as they are. Then we come to rest in the **present** moment. This is the beginning and the end of spiritual practice.

Only in the present moment can we discover that which is **timeless**. Only here can we find the **love** that we seek.

Love in the past is a memory, and love in the future is fantasy. Only in the reality of the present can we love, can we awaken, can we find peace & understanding and connect with ourselves and the world.

Stopping the war, we become **present** and **kind**.

— Jack Kornfield, 1945 to present  
Clinical Psychologist and  
Buddhist Teacher

**WHAT** This retreat is sponsored by Convocation: A Church and Ministry, a long-established interfaith community dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. The community's open and inviting ambience will support and encourage you. During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be able to experience a variety of forms of meditation:

- Periods of silence when you can become centered in yourself
- Experiences of heart-opening connections with others
- Conversations where you can share your experience, ask questions, and learn from others
- Skillfully guided meditations, sensory experiences, and movement

**WHERE** Sahale Learning Center, near Tahuya, WA.

**WHO** Coordinating leadership is provided by: **COLETTE HOFF**, M.Ed., pastor of Convocation. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For more than 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is joined by:

**JOSHUA DEMERS** has studied meditation for many years, most recently in India. His skill and gentle approach are effective and easy to join. He recently led meditation for the Goodenough Community's Human Relations Laboratory and an earlier retreat for Convocation.

**MARLEY LONG** will provide yoga as part of our morning sessions on Saturday and Sunday. Marley has practiced yoga for many years and intends to become an instructor. She works well with all abilities. Marley led yoga for the Goodenough Community's Human Relations Laboratories.

**DRAI SCHINDLER** will lead the hearth in lovingly cooking for us.

**ELIZABETH JARRETT-JEFFERSON** is our registrar. (elizabeth.ann.jarrett@gmail.com)

**WHEN** The retreat will begin Friday, November 19, at 6:30 pm with dinner and will conclude on Sunday, November 21, at 3:00 pm. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

**COST** Your registration fee of \$250 includes:

The weekend experience —  
The priceless natural beauty of the Sahale Learning Center, AND  
2 nights lodging    Abundant meals    All learning materials

A sliding scale is negotiable. Your financial situation does not need to be a barrier to your participation. Contact Colette Hoff to discuss options.

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**PLEASE REGISTER ONLINE**

[www.goodenough.org/convocation](http://www.goodenough.org/convocation)



# Membership in the Goodenough Community:

## First in a Series

Hollis Guill Ryan

*This appeared in the October 20, 2021 edition of the Village View*

For many years, the Goodenough Community deliberately chose not to be a membership organization. Like the college that was built from scratch except for the pathways that were left unpaved for the first year, the Goodenough Community wanted to learn the value of membership before “paving the pathways.” That is, we wanted to learn what we needed membership to entail before defining membership responsibilities and privileges.

For the past year or more, the Lifeways Circle has been developing a document that sets out a membership process, which is in the final stages of approval. We want to begin introducing membership to you so that you will be looking for the document when the process is finalized. This is the first of several articles describing our new membership process.

Our members share deeply held values. They strive to live by these and invest their resources in support of these values. Among these values are:

*The need for sound mental health.  
An interest in creating a better way of life.  
The benefits that come from serving the larger good.  
The intention to develop and maintain authentic relationships.  
A mindful awareness of spiritual, psychological, and personal growth.  
The importance of developing our own and each other's unique gifts.  
Love of nature and deep caring about its preservation and balance.  
Belief in equality, well-being, education, and accountability.  
Authentic actions, words, and beliefs.*

As you read this list, you may find that you too live by many of these values and thus are among the people who feel at home with the Goodenough Community. As you read the Covenant of the Goodenough Community below, notice how the covenant offers a method for living these values in our daily lives:

*As a friend of the Goodenough Community, I commit to being the best version of myself:*

*By entering fully into life's experiences;  
By giving myself fully to the process of transformation through the expression of love;  
By trusting the good intentions of each one of us;  
By relating to others with respect and acceptance;  
By making and keeping agreements with great care;  
By being constant through conflict;*

*By honoring leadership in others as a method to develop the leader in myself;  
By taking responsibility for my unique and significant role in the world;  
By acknowledging the inner and interconnectedness of all creation, thus being safe and at home in the universe.*

*So be it!*

If these values and the covenant's method of living these values speak to you, you may be interested in exploring the possibility of membership in the Goodenough Community. Please look for more information in upcoming issues of the Village View.



## Membership in the Goodenough Community:

### Second in a Series

Hollis Guill Ryan

*This appeared in the November 4, 2021 edition of the Village View*

**H**ave you been hanging around the Goodenough Community for a while and enjoying your time with your community friends? Do you feel as if you have found a place where you belong? Do you attend community events, and do you value community teachings? If this is true for you, then you are a Goodenough Community **Heart Friend**.

Becoming a Heart Friend often precedes formal membership in the Goodenough Community. You can consider it a stage of getting acquainted with the community, its lifeways, and its values. You may be a Heart Friend forever, or you may eventually want to explore becoming a more committed member.

Meanwhile, as a Heart Friend, you may receive the community's weekly online newsletter, the Village View, which will give you community updates and community teachings, both historic and new. When you participate in community events as a Heart Friend, you have the opportunity for personal growth and you can receive support for mental wellness, which are basic values of the Goodenough Community. Working and playing within the Goodenough Community, you will have the chance for relational learning, which is also a core value of the Goodenough Community. In addition, as a Heart Friend, you are welcome to attend the Goodenough Community annual meeting, which will begin to educate you in the community's Sociocratic system of governance, update you on the "state of the union," and acquaint you with the community's responses to the issues it faces.

In all, there is an abundance of benefits to becoming a Heart Friend of the Goodenough Community!



### **What do we expect in return?**

As a Heart Friend, you have no obligations to the community. We enjoy your company and participation, as you enjoy being with us.

We encourage you, however, to serve the community that you value through contributions of your time, energy, and money. There are many ways to serve and contribute. For example, you can take part as a paying participant in community cultural offerings and program events. In that way, your financial contribution supports the community's ability to provide such events, and your presence expands the energy of each event you attend. When you take part in the community's work-play events and celebrations, you contribute your energy and effort toward maintaining the community's physical presence at Sahale and elsewhere and your financial contribution covers the cost of your room and board.

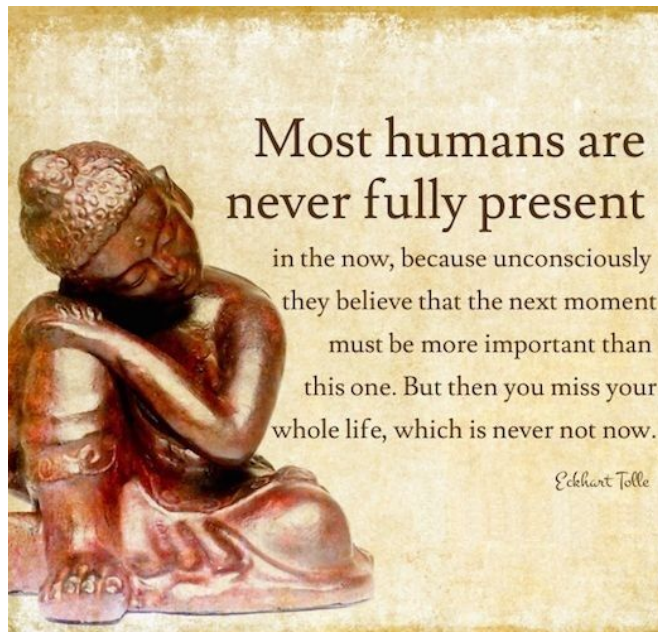
Many Heart Friends – for example, those who live at a distance from the community – are unable to consistently attend community events but nevertheless want to regularly support the community system and (or) Sahale. Because they value what they receive from the community, they make a regularly scheduled donation, which is gratefully received. If you would like to join these Heart Friends in their support of the community, please visit [www.goodenough.org/donate](http://www.goodenough.org/donate).

We also heartfully encourage you as a Heart Friend to consider joining the community's membership which works to secure the community's sustainable future and to continue the community's work in the world.

And, whether you want to consider formal membership or not, please enjoy the Goodenough Community and its opportunities for lifelong learning, spiritual development, multi-generational wisdom, and contributing toward a more relational society.

### **We welcome you to Heart Friendship with the Goodenough Community!**

Please look for more information in upcoming issues of the Village View.





**Remembering What Is Important:**  
**The 34<sup>th</sup> True Holidays Celebration**  
**December 4, 2021**  
**6 to 10 PM**

*Elizabeth Jarrett-Jefferson with the  
Goodenough Community Lifeways Team*



Our annual True Holidays Celebration – a tradition of almost 35 years in our Goodenough Community – will be held this year on Saturday, December 4, 6:00 to 10:00 PM, at the Mercer Island Congregational Church (our 2020 event was cancelled because of Covid). This event has always been about bringing together family, friends, and other communities and colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred manner, honoring many faith traditions. The celebration also provides an opportunity for you to reflect and be intentional about the holidays, giving pause to remember the experiences you value during the holiday season.

Given the past year-and-a-half of Covid and its attendant challenges and stresses, it feels important to focus on and celebrate our relationships, including with each other, our community, our family and friends. In alignment with our value of destressing the holidays for all, including staff who work hard behind the scenes, we will be forgoing our traditional Silent Auction this year but will have our traditional food and libations for purchase and your dining pleasure. We will have other items for sale, such as organic Sahale products, including granola, dried apples, applesauce, jams and jellies.



Additional information and a formal invitation will be forthcoming in early November.

For additional information, please contact [Elizabeth Jarrett-Jefferson](#) or [Colette Hoff](#).





# a *celebration* of community

LOVE IS WHAT IT'S ALL ABOUT

34th Annual **TRUE  
HOLIDAYS**

SAT  
DEC  
4TH

**Food | Libations | Contra Dancing | Treats | Raffle**

The Goodenough Community's annual holiday celebration will be in person this year, and we hope to enjoy it with YOU! This event has always been about bringing together family, friends and communities in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred manner, honoring many faith traditions. *This year, focusing on relationship and our connections seems especially important.* The celebration also provides an opportunity for you to reflect and be intentional about the holiday season, giving pause to remember the experiences you value. We invite our communitarian friends to join us again this year.

**Mercer Island Congregational**  
4545 Island Crest Way

**6:00** Doors Open

**7:30** Contra Dancing with  
Sherry Nevins

**8:00** Evening Program

**9:00** More Joyous Dancing

**For more info please contact**  
Elizabeth.Ann.Jarrett@gmail.com



We invite our fully vaccinated friends and those who have had a negative covid test within 72-hours of the event. Masks will be an indoor requirement.





GIVING THANKS  
AT *Sahale*

You are invited to join us in the woods for Thanksgiving. Sahale will provide the turkey, mashed potatoes, apple sauce and Sahale apple pie. We ask that you bring a potluck dish to fill out the meal.



Please contact [goddessdrai@gmail.com](mailto:goddessdrai@gmail.com)  
**to RSVP by NOV 15th.**  
Tell us who and how many are coming and please share what you will be bringing and/or ask what we need. Your communication helps assure we have a rounded and beautiful meal, with vegetarian and gluten-free options!

You may arrive any time to relax and be festive with our friends.

3:00 Gather  
4:00 Feast and share gratitude



*Photo by Omid Armin on Unsplash*





Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over all the expressions of racism and injustice and inequality against Black people. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about the racial injustice in our country.

## SPEAK UP

**Editor's note:** *A number of years ago, I watched the 1992 Spike Lee film, "Malcolm X", based on the book, "The Autobiography of Malcolm X." This movie sparked my admiration of Malcolm X as a very intelligent leader who spoke truth to power and had great influence on the Civil Rights movement, continuing into today's Black Lives Matters movement. I highly recommend that movie as a prequel to these. -Marjenta*

### Movie Reviews:

#### *One Night in Miami and The Two Killings of Sam Cooke*

*Marjenta Gray*

This past weekend I watched two movies that impacted me and gave me insight into the cost of



the struggle of black Americans to gain basic human rights and attain power in our capitalist society. These movies were based on true stories, and the cost for two of the featured men, Malcolm X and Sam Cooke, was their lives.

#### *One Night in Miami*

The first movie was *One Night in Miami* (streaming on Amazon), focusing on the night of February 25, 1964, after Cassius Clay (not yet known as Mohammed Ali) won the world heavyweight championship against Sonny Liston in Miami. You would imagine a big celebratory party after that victory. But no, four famous black men gathered in a sparse "colored" hotel room, without alcohol, and only ice cream to eat. The men were Malcom X, singer Sam Cooke, Cleveland Brown's running

back, Jim Brown, and of course, the champion himself.

Malcolm X was Clay's spiritual mentor, and Clay was on the verge of becoming a member of the Nation of Islam, just as Malcolm X was on the verge of leaving the same spiritual organization. The conversation, sometimes heated, between the men covered race, religion and politics and contrasting ideas about how famous black men should contribute to the Civil Rights movement. Their views represent much larger perspectives that had their roots in the early Civil Rights movement and are still very much alive today.

Tim Ott, in his article, "The True Story Behind 'One Night in Miami'" wrote, "The motel room rendezvous would likely be even more of a historical footnote were it not for the effect it seemingly had on Ali, who livened up a press conference the following day by confirming the whispers that he was a Muslim. And its memory would certainly be less poignant without the harsh reality that soon intruded, with both Malcolm X and Cooke killed less than a year later."

The story first found public life "in the 2013 stage play *One Night in Miami* by Kemp Powers, who went on to adapt his script for a 2020 feature film directed by Academy Award-winner Regina King."

Ott goes on to explain:

To Powers, who counted each of the four civil rights-era icons as a personal hero, the discovery that they were friends and holed up in a room, bouncing ideas off one another, was equivalent to stumbling upon the existence of a "Black Justice League of America."

The script also caught the attention of King, who'd intended to focus on a "love story" for her directorial debut but instead found herself drawn to the emotion and vulnerability apparent in Kemp's work. "I saw every Black man that I know and love in these men," she told Variety. "And I knew that it was my job to bring it to life."

Once again, a harsh reality left its imprint on proceedings, with the racially infused strife of 2020 that included the deaths of Breonna Taylor and George Floyd impacting everyone involved before production was complete.

But the tragedies also gave the project new relevance while showing why its premise remains so timelessly powerful, a story of four buddies sharing their grievances, hopes and reflections on what it means to be a Black person in America, drawn from a real-life session that took place more than a half-century ago but just as easily could have happened yesterday. \*

## The Two Killings of Sam Cooke

After seeing that movie, I had to watch another I had started, *The Two Killings of Sam Cooke*. In *One Night in Miami*, the most divisive part of the evening is when Malcolm X seems to lecture Sam Cooke for creating songs that are aimed at pleasing white people, where he could be using his phenomenal talent to support the Civil Rights cause and help his own people. I was curious to learn more about Sam Cooke, whose music and voice I've always loved.

In this documentary, part of Netflix's *Remastered* series, Sam Cooke is portrayed as an activist. Annie Kapur, in her [review of the movie on the Beat](#) captures the essence of the documentary:



The documentary opens with Sam Cooke's death. The likes of Smokey Robinson, Dionne Warwick and many more recall

hearing about the death of Sam Cooke: that he had been shot dead in a hotel. After this, it moves on to what Sam Cooke stood for briefly, and they talk about how he was more than just a singer or musician, he was an activist for black rights and a man breaking boundaries as well.

After this short introduction, it then goes back into the story of where he came from and where he started singing (in the church as a gospel singer) AND it goes through who else was there (like Smokey and Dionne, Aretha Franklin's father and even Dr. MLK Jr. at some point). The racial divide in which Sam Cooke grew up seems to play a large part not only in his life, but in this documentary. This documentary makes a point of portraying him as an activist for black rights first and a musician second.

The one thing I learnt from this documentary is that there were two opposite sides to Sam Cooke. The first was the one people saw on television, which was clean cut, singing sweet pop songs and love ballads. The second side was the one that performed on stage for the black people. He sang powerful soul and the blues—he was a successful, powerful black man. Seriously, there is a huge difference between the two, it's like he's two completely different people.

Ellen E. Jones, in her Guardian review of the documentary, *Too black, too strong: who killed Sam Cooke?* writes:

Cooke's courage also manifested in his approach to the music industry. He rejected the routine way that black artists were cheated out of royalties – described by one contributor as “like sharecropping” – and instead started his own publishing and recording company. The week before he died, he was planning to confront his business manager Allen Klein over some paperwork (Klein would go on to screw both the Beatles and the Stones in a similar fashion; The Dubious Dealings of Allen Klein is spin-off doc No 4). Could Cooke's willingness to stand up to powerful vested interests have been a factor in his murder?

The circumstances of Sam Cooke's death are suspicious. He was shot dead by the manager of a Los Angeles hotel, Berta Franklin, who claimed that Cooke had threatened her life after attempting to rape a young woman he had brought to the hotel after meeting her at a bar. There were many inconsistencies about the story of the young woman, who later turned out to be a prostitute and Franklin, an ex-madam with her own criminal record. Cooke was known to be a womanizer, but so



many factors are not clear. But the shooting was ruled “justifiable homicide” and the case was closed.

Both Malcolm X and Sam Cooke were amazing, talented men who contributed so much to generations of black people, as well as us whites. I’m sorry they both were robbed of their lives, way too young. I’m glad I could learn more about them through these films.

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**Sources:**

\*Tim Ott, *The True Story Behind ‘One Night in Miami’*, *Biography*, Jan. 11, 2021

<https://www.biography.com/news/one-night-in-miami-true-story>

\*Jack Hamilton, *How One Night in Miami Shortchanges the Greatest Singer of All Time*, *Slate*, Jan. 12, 2021,

<https://slate.com/culture/2021/01/one-night-in-miami-sam-cooke-change-is-gonna-come.html>

\* Annie Kapur, *Review: ‘The Two Killings of Sam Cooke’*, *Beat*, 2 years ago

<https://slate.com/culture/2021/01/one-night-in-miami-sam-cooke-change-is-gonna-come.html>

\* Ellen E. Jones, *Too black, too strong: who killed Sam Cooke?*, *The Guardian*, March 2, 2019

<https://www.theguardian.com/tv-and-radio/2019/mar/02/remastered-sam-cooke-murder>

Trailer to *One Night in Miami*: <https://youtu.be/ZprXMxKg--w>

Trailer to *The Two Killings of Sam Cooke*: [https://www.youtube.com/watch?v=cEsiNH2\\_yU&t=2s](https://www.youtube.com/watch?v=cEsiNH2_yU&t=2s)



Mindful Mike’s Blog: Turning Toward the Self

*Mike de Anguera*

Meditation opens the pathway to the Self. That is the calm light powering all creation. Like the eye of a hurricane.

All of Life is a hurricane within and without. I am challenged by adversity within and without of every imaginable type. This is so I can help create a story along with everyone else. It is why I am here on this Earth.

But back to the calm eye. The Divine by its nature is calm. It is pure energy, a light source. That light source lies deep within my being. It is not about doing anything. That’s what we and all of the Universe are about.

The calm eye is unchanging. That’s important to focus on as everything else changes including us. Since the eye is Divine it is capable of looking outside the maelstrom of life. My perspective changes.

Was I really born on September 23, 1955? Maybe the reality is that I was never born therefore I can never die. I just change form. Am I changing now? Yes, I am. Including my awareness of my surroundings.



The calm eye is the Soul or Holy Spirit. It is Being. The Mind produces thoughts in support of Being. Those thoughts are turned into action by the Body. That's where wood chopping happens as Marley Long shows. Her focus on her Soul's calmness is what enables her to chop the log into pieces.



The purpose of the maelstrom and our part in it is to create story. Confrontation with adversity is what creates story. Marley doesn't always hit straight on but she keeps trying. As she does so she slowly gets better and better. She is already a great yoga teacher after many years of practice.

The Divine is an Author looking out of the eyes of every one of us. We each have a calm center

regardless of how we feel otherwise. Meditation delivers me to that calm center. It is here that great ideas and inventions originate from. A problem can get solved just by spending some time in a calm space to change one's perspective.

The calm eye is the source of love and compassion. But I have to keep a focus on it to develop these traits. It is too easy to get sucked in by the fear and chaos present in the hurricane. Without the calm center I will get blown away.

Why does our society exhibit and cultivate fear most of the time? I lose my focus and close down for that way I can feel safe. Safety is important to me. How can I be safe yet not surrender to my fears? I must trust the Divine center of myself rather than my ego driven character role.

My ego does have a purpose. It is the stamp of my identity: what makes me different from the Divine.

I am by nature a three part being, a Trinity of Soul, Mind, and Body. The Soul always comes first for the ego is part of the Body. If the Body tries to create without letting the energy come from the Soul and Mind the resulting creation will merely add to the increasing chaos and fear in our world. Even a dog like Cooper can reflect my anxiety. One reason to stay calm is to enable our dogs to stay calm.

## Smile Foundation: One way to send a little extra to our community

Kirsten Rohde

For the Goodenough Community Economy Team

**T**hrough their foundation, Amazon makes it possible for donations to go to selected nonprofits with every purchase. The Goodenough Community is listed with this program, and you can follow the instructions below to participate. There are many opinions about Amazon, and it is also true that our community received \$500 in donations through this program last year!



Expediency, cost, availability can all be reasons any of us use Amazon.com for purchases. For myself I usually try to find a local store for purchasing. Many of us who purchase for Sahale try to shop locally whenever possible. Three tries is my limit and then I go online but I still try to order directly from companies, especially smaller ones. For some smaller companies, Amazon.com makes it possible to increase sales. So sometimes Amazon is the only option. Then I use *smile.amazon.com* to make purchases so that a small percentage of the price is donated to the Goodenough Community.

Thank you to all of you who think of the Goodenough Community when you shop at Amazon!

### Here are the details:

*The Amazon Smile Foundation will donate 0.5% of the purchase price from your eligible Amazon Smile purchase. It's easy to shop through Amazon Smile if you already have an Amazon account. On your first visit to Amazon Smile, select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon remembers your selection and then every eligible purchase you make will result in a donation.*

*We ask that you please select  
The Goodenough Community.*

### TO SIGN UP LITERALLY TAKES ABOUT 30 SECONDS

- 1** Visit [www.smile.amazon.com](http://www.smile.amazon.com). Provide the email address and password that is already attached to your amazon.com account.
- 2** Choose Goodenough Community as the organization you wish to support. Agree and Save.
- 3** Every time you shop login to [smile.amazon.com](http://smile.amazon.com)! *Remember, only purchases at smile.amazon.com (not amazon.com or the mobile app) support donation*







## Invitation from Stellar

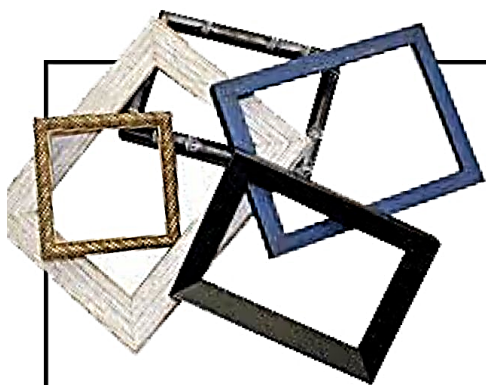
hi wonderful beings,

my album release show is this friday - which happens to be my birthday! if you don't have anything else going on at sahale, of course i'd love for y'all to tune in. the program begins at 6PM PST and my set starts at 6:45. you can livestream it!

sending much love, with much excitement for this thing to get born!

love, stellar

here's the link for tickets: <https://bit.ly/GRLDAD2021> and the facebook event: <https://www.facebook.com/events/595828241837153>



## Sahale Walls of History PICTURE FRAMES NEEDED

If you are cleaning out the attic or redecorating a room and you find picture frames you wish to get rid of...

If you are at the thrift store or a garage sale and see great picture frame values...

Please consider donating them to Sahale for a really cool historical project! We would like all kinds of frames in any style or material: metal, wood, plastic, leather, pleather — preferably with glass and hardware to hang on a wall. We would like an abundance of 5x7 and can work with other sizes too.

If you have questions or wish to arrange a donation, please contact Draï: [goddessdrai@gmail.com](mailto:goddessdrai@gmail.com).

*Thank you!*

# Programs and Events of the Goodenough Community

**Fall, 2021 – Winter dates announced soon**

Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connecting, many of which are via Zoom.

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others. Information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



## **Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now**

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. Next summer we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



## **The Goodenough Community's governing body, the General Circle, meets monthly, 7:00 PM, via Zoom:**

Next date: November 15

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto:Elizabeth Jarrett-Jefferson)



**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.

Winter Dates to be Announced Soon. For more information, contact [Hollis Ryan](mailto:Hollis Ryan).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](mailto:Kirsten Rohde) for more information

Next fall date: December 10.



**The Men's Program** - Our Men's Circle is an expression of brotherhood and practice with wisdom, gathered from our own lives, other men's work, advocates, and the founders of this circle.

For information, contact Norm Peck, [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com)



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7pm to 9pm. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.  
Next fall date: December 12



**True Holidays Celebration - Saturday, December 4, 2021**

We are planning our 2021 event! Hold this date on your calendar. We will hold this event on Mercer Island again this year! See attached flyer for details.



**Work and Play Parties throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times 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](mailto:hoff@goodenough.org) with questions.



**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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).*