



The Village eView

June 29, 2016

Kirsten Rohde, Guest Editor

Calendar of Events:

Sahale Summer Camp – June 26 to July 2

Celebration for John Hoff -- Sunday July 3

Third Age meets – Friday July 15th

Pathwork – Sunday, July 17

Council – Monday, July 18

One Taste

Suddenly, without any warning, at any time or place, with no apparent cause, it can happen.

- Ken Wilber

I remember a moment in time, in my late 30's, when I was walking along Lake Washington. My life was going through some changes, I was doing some intensive therapeutic work and, meeting John and Colette Hoff, I was entertaining the thought that maybe life was about more than a material existence. It was a lovely spring day and I realized that I had been so busy with life that I hadn't really noticed that it was spring already. Then I became aware that the colors were so bright, the lake was beautiful, the flowers and the trees were exceptional. This was not my ordinary experience. This was the same lake, trees, flowers that I had walked past before. However, this time it was as dramatic as if I had switched from black and white to color. As if I was waking up from a murky dream. I will always remember this experience and for me the phrase "one taste" describes it.

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resource, Inc.

Sahale Learning Center

The EcoVillage at Sahale

This issue of the eView is about *one taste*. The contemporary philosopher, Ken Wilber, has used this term in his writing about the human experience. We have talked about one taste at Human Relations Labs, which is one opportunity where such experiences can happen. In a place of freedom, feeling cared for, in a different kind of time, we can be open to new feelings and perceptions, distinct from our ordinary daily lives.

In this eView, John Hoff responds to some of my questions about the concept of one taste. We also have some great pictures of the Summer Camp for 9-12 year olds that is going on at Sahale Learning Center this week. Perhaps for campers, this week offers a type of one taste as they enjoy the freedom of new experiences.

Because Sahale is in bloom, I've put in some photos of our flowers – each one a tasty view of nature's beauty.

Kirsten Rohde

One Taste: Being Conscious of Being Conscious

John L. Hoff (Kirsten Rohde interviewing)

How would you describe the concept of “one taste?”

It's a quality of experience that is unmistakable to you because you are experiencing it – perhaps **have** experienced it before and know you will **experience it again**. Experiential learning is when your whole body knows something and you feel it and think it and experience in a very alive, total way. For example, our Human Relations Lab every August is based on experiential learning. One often says of this type of experience that they are *knowing truth*.

What has been your personal experience of one taste?

One taste starts with knowing myself and the contribution of knowing myself. Having discovered myself and what a different life it is, I've wanted that for other people. We're actually recreated as human beings when we know there is someone inside. We're that way through life, trying to be true to Self, a better version of Self.

The question we're asking is, what is it that transforms human consciousness and makes us feel that we've come to a human life. It's that we've discovered someone inside. **To me the essence of one taste is to be conscious of being a self. Being conscious of being conscious.**

Do you have memories of one taste?

My memories of actually being woken up enough to discover what's going on is often when I've been embarrassed, discovered, or taught in some way. Someone is really trying to engage me and brings me to be more awake to myself.

With my father, I caught that he liked to talk to me and I gave him a quality of listening. He said that being a father of a son was very precious to him and he wanted to do a good job. And I knew what he meant and wanted to do a good job in relation to him too. This was a

taste of my father and I being Self together – both honoring each other’s inner life and inner existence in each other. I was glad that he was a human himself and he was delighting in my trying to be a self, growing up, being an individual.

Did you feel this was a different experience from ordinary life?

I felt I was falling in love with him, amazed at it. Didn’t cause it, it was in me.

The feeling of love was the one taste?

Yes. My love for him, my own experience was the one taste. My response is the one taste. I have a unique response that is my own. The sense of being my own feeling, my own sense that makes it precious to me.

Is that true of people having a one taste experience - that they feel it’s something both personal and connecting?

Yes, they have a feeling of knowing themselves in their knowing of someone else. One taste involves self-consciousness. You are conscious as a self that you are knowing something.

Does a one taste experience permanently change you?

I think so. For example, to be in love with someone involves a taste of them as a person and a yes to that forming inside of you.

I had an experience shortly after coming to the Pacific Northwest when I was at some event at Alderbrook – and I just felt so present and alive, enjoying the beauty. Things were so clear to me. I was thankful for being back in the Northwest, in nature and beauty. I can remember and feel that experience – it’s never gone dim for me. I don’t remember the exact day or events; it was that the internal experience was what was important. I felt glad to be alive, glad to be me, glad to be living the life I was living.

One taste is something that doesn’t go away. The experience is more important than the content of thoughts or events around it. And I never have questioned since then the rightness of being where I am in my life. I had appreciation for the life I had. It included being loved and cared for – I think that was a part of it.

The work that I do has to do with one taste. It’s the introduction to one taste. Once found and awakened, people are on their own journey. I used to feel responsible for them but I don’t do that anymore – people are awakened to their own life.

In fact, because you are no longer afraid of your feelings, you can engage them with much greater intensity. The movie of life becomes more vivid and vibrant, precisely because you are no longer grasping or avoiding it, and thus no longer trying to dull or dilute it. You no longer turn the volume down. You might even cry harder, laugh louder, jump higher. Choiceless awareness doesn’t mean you cease to feel; it means you feel fully, feel deeply, feel to infinity itself, and laugh and cry and love until it hurts. Life jumps right off the screen, and you are one with all of it, because you don’t recoil.

- Ken Wilber, One Taste

Celebrate



John Hoff's 81st Birthday

While John's birthday is July 7, we are celebrating casually Saturday July 2 at 4:00 or after (following the campers departure from Summer Camp) through July 5th at Sahale. The actual birthday dinner will be Sunday July 3 and you are welcome to come any time during these days. Please RSVP by emailing Colette hoff@goodenough.org. Everyone is welcome!



Sahale Summer Camp is in the middle of its **11th season!** Youth aged 9 to 12, counselors and adult staff are at Sahale Learning Center for 6 nights and 7 days of fun living in nature. The camp is sponsored by our community, the Goodenough Community, and it represents our commitment to the youngest generations. Helping children learn to care for themselves in all ways, learn to be good friends, and have fun is a great gift to the future.

Here are some pictures from this year's camp:



S'mores: An Experience of One Taste!



Making Rattles



Noël splitting wood
– expertly (and
safely) – while
campers watch



Archery lessons



Cooking class: the finer points of carrot peeling, creating a perfect "one taste" carrot...



Making cookies. Yum!



Appreciation of Phil Stark

Bruce Perler

Phil wanted Sahale to have archery and made it so over many years. Kids at this year's Summer Camp remember Grandpa Phil as our First Archery Master and send their care and appreciation. Its a joyful privilege to support the camp and carry Phil's gift forward.

The Fire, Air and Water Clan's have had turns at the range, tomorrow is Earth and later in the week we may have some tournament time for the enthusiasts.





On understanding our community

John L. Hoff

I am often asked about the community as though there is an answer somewhere that will satisfy people about the Goodenough Community. I'm not sure that's true and, I'm glad for the opportunity to say something about it here. The community began between 40 and 50 years ago with a general interest to have a community that was larger than the interests of any one person or group of people. It had no name, it was just a friendship circle among a collection of individuals. However, you might say that the Goodenough Community happened because of an interest among this group in finding a name for what seemed to be a community. It became a consensus that the community we had among us was much appreciated and was good enough. That it perhaps needed no name other than the statement that we were good enough people and good enough friends and had potential of becoming a good enough community.

We have become such over time and our choosing this name for our community is a humble admission that we are not aiming for perfection, we are just wanting to be good enough. Our good enough friendship has endured and grown over decades of time. And there is no membership roster or list of people who are "good enough." Our community is not a place where we talk about perfectionism or strive toward a set of unrealistic goals. It

is a community that affirms everybody's goodness and each individual offers the best they can in what they do, even though it might be referred to as "simply good enough."

In a period of time when people strive for excellence and everyone feels honor bound to be the best version of themselves, our emphasis is upon each person being good enough to live a good life and to develop good friendships. Our community intends well in the way it organizes itself and in the way it embraces its people as "good enough people." We help people grow, creating the leaders we need and designing the roles which fit for each person and for the needs of the whole. This starts with encouraging people to be themselves and to accomplish their own goals for their own lives. Our leaders are persons first and functionaries second. So when you are dealing with the question of how many people make up the Goodenough Community and where do they make decisions and how did they decide what to do, please instead include yourself as a good enough person. And join the desire among us to be of service as well.

The Goodenough Community provides the annual Human Relations Lab. If you're curious about yourself, about the idea of one taste, about leadership and friendship, the Lab is a good place to be.

Human Relations Laboratory

August 7 to 13, 2016



*Transformation Happens
Here*

**Seven rich days of experiential learning and social creativity within
a community setting**

Transformation: *Change in form, appearance, nature, or character*

Transformation involves a complete change. The Human Relations Laboratory has been promoting change and transformation for 47 years! This year the leadership is choosing to highlight:

- Increasing one's maturity
- The conscious intention for dealing with mental health
- Becoming an active force in your own life
- Applying creativity to all areas of life including relationships and work life.

*Maturity + Sanity +
Proactivity + Creativity =
Transformation*



*The theme for the next eView is:
Emergence*

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News from the Road - Jim & Barbara
June 29, 2016

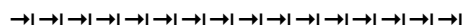
This has been a week of people. We started with a visit to Katie Sullivan (Kirsten's sister) and Billy Rixon in their new home in Freeport, ME (pictured below). Hard to believe that was only last Thursday. We thoroughly enjoyed our visit and it was fun to see them in their part of the country rather than when they visit ours.



From there we went on to Kennebunkport and my nephew's wedding which was the impetus for this trip. We had a wonderful three days with family and friends that we know through my sister, Beverly. The rehearsal dinner was a lobster bake (see above) which was held at the home of the bride's parents in a beautiful setting overlooking the water.

We left Kennybunkport, spent one night camping in western Massachusetts, and spent last night visiting with Joe Crookston, Kathryn Caldwell & Josie. Josie is becoming a very poised young lady of 12 and skilled in the kitchen. Time flies. Again, it was fun to visit with friends and see a bit of their world.

Tonight finds us at Niagara Falls. We plan to sightsee tomorrow, spend tomorrow night here, and then head across Ontario to Detroit and head home via I 90. It's hard to believe that today begins our 5th week of travel. We are still having a great time.





Gay Pride is always a big thing for Seattle. It is also something I strongly believe in. We are all very different from each other.

Seattle's election of its first gay mayor didn't seem to be eye catching news. This surprised me. Sometime after his election I just happened to see a picture of him and his husband like it was no big deal. That in itself is a big deal! What a difference from the 1970s when San Francisco city official Harvey Milk was murdered because of his sexual orientation.

At Capitol Hill Pride Mayor Ed Murray was actually there as a speaker along with his husband. The few words he spoke got the band going. It was the first time I had ever seen any city mayor in person.

We formed a circle in memory of the Orlando victims. Somewhere there was still somebody who felt he needed to kill people. His profile fit other shooters: always an alienated lonely man. They seem to be increasing in number as the years pass. The fact that he was a Muslim was just incidental.

Later I attended an interfaith service at Pilgrim Congregational Church. It was led by ministers from Christianity, Islam, Judaism, and Pagan. We lit candles for the Orlando victims.

Our society seems to be falling apart as it becomes freer in some respects. Community is disappearing. When people act on their fears community disappears. In the face of competition community disappears. Fear thrives in the absence of community. So do anger and rage, other manifestations of fear. Fear causes me to do irrational things. If I let it be my chief guide I cannot possibly have a happy life. There must always be something to be afraid of.

Gay Pride is a massive refutation of a fear based way of life. The streets of Capitol Hill as well as downtown Seattle are filled with revelers. Hooray! It is a chance for all of us to come out of our closets, even those who are not gay. We can take ownership of our lives and determine our own destinies. We can form supportive communities to draw each

other out such as my church and the Goodenough Community. Be creative! There is no one right way to live. That is the driving force of evolution without which life as we know it would be impossible.

People forming creative communities together give us our best chance of survival. More diversity means more good ideas to try out. We can also be better at generating ideas. The creative contributions by individuals and groups are what drove the Industrial Revolution. We now need a similar revolution to help us escape a way of life with no future.

We can now refer to ourselves as heterosexual, homosexual, bisexual, or just plain sexual. I personally prefer the last. A person's sexual orientation is a Divine mystery and should be honored as such.



Cal Anderson Park has this amazing fountain. This was my first visit to this park.

We are spirits in the material world

-Sting

Community News

By Elizabeth Jarrett-Jefferson

Birthdays and Anniversaries!

- Happy Birthday, Anthony Jepson – June 29
- Happy Birthday, Leo Gossett, July 1
- Happy Birthday, Joe Buchmeier, July 2
- Happy Birthday - Alice Hovendon July 2
- Happy Birthday - Leo July 4
- Happy Birthday – John L. Hoff July 7
- Happy Birthday – Reider Geraci – July 7
- Happy birthday – Dyanne Harshman - July 8



Cultural Programs & Events in 2016

All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.

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.

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

Programs & Events:

Third Age Gatherings

Women’s Culture

The Men’s Culture

Human Relations laboratory

Family Enrichment Network

Sahale Summer Camp

Third Age Gathering: Next Meeting Friday, July 15th, 2016

The next Third Age gathering will be on Friday, July 15th at the Community Center in West Seattle (3610 SW Barton St.). The Third Age group is for people about 60 and older and newcomers are welcome.

As has become customary, our gathering will start with potluck dinner at 6 p.m. A main dish will be provided; please bring a side dish or dessert and beverages of your choice to share. An RSVP to Joan (joanvalles70@yahoo.com) or phone at 206 819 1089 would be helpful.





47th Human Relations Laboratory

August 7 to 13, 2016

Transformation Happens Here

**Seven days of rich experiential learning and
social creativity within a community**

Sahale Learning Center on the Kitsap Peninsula

Register now at www.goodenough.org – space is limited

An event designed to encourage human development

- Inspire your desire to be a better person.
- Facilitate your personal mastery and relational development.
- Practice interpersonal skills and experience community formation.

“Transformative and rejuvenating!” Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

To register: www.goodenough.org

To learn more: (360) 275-3957



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 be more effective in relationships.

Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.