

becoming

The Village eView

October 25, 2017

Colette Hoff, Editor

According to tradition, Heraclitus wrote a treatise about nature named ("Peri phýseōs"), "About Nature," in which appears the famous aphorism ("panta rhei [os potamòs]") translated literally as "the whole flows [as a river]," or figuratively as "everything flows, nothing stands still." The concept of "becoming" in philosophy is connected with two others: movement and evolution, as **becoming** assumes a "changing to" and a "moving toward." Becoming is the **process** or state of change and coming about in time and space.

Coming Up:

Third Age, November 3, 7:00 PM

Women's Gathering, November 4

Pathwork, November 5

Council, November 6

True Holidays Celebration, December 2

First included in this issue is a poignant letter from the Muslim Assn of Puget Sound about the tragedy in New York City. The message is strong for working together as one community to counter evil forces.

Moving toward is a good understanding of becoming. Commitment to lifelong learning is a strong value within the Goodenough Community. This week, Kirsten and Draï write an article from their respective experiences at the visioning weekend. They demonstrate our community's becoming a new version of itself that is egalitarian and held by many people instead of just a few. In an introduction to some writing about the community covenant a few years ago, John described the covenant as recommitment to the practice of becoming and encouraged individuals to write about their practice of the covenant which is also included in this issue.

Draï writes, in a column titled Musings on page 17, and includes her thoughts on becoming herself and Mike includes his thoughts about becoming.

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

Our prayers go out to the victims of the Manhattan Terror Attack

Assalamu Alaykum / Peace be upon you

The country saw today yet another horrific attack on innocent civilians by a barbaric and sick individual. The attack took the lives of 8 innocent individuals and injured 11 others. Our prayers and condolences go out to the victims and their families. We pray that The Merciful (Ar-Raheem) shower His mercy on all those impacted by this tragedy. We beg that The Generous (Al-Karim) bring healing and solace to those injured. We ask The Almighty (Al-Aziz) to bring comfort, peace and unity to the city of New York and to our country in general.

Like I said before these tragedies should be a time of reflection for all of us - individually and as a community. Clearly, evil has no religion, no race, no ethnicity, no age and no ideology. With our resolve we will recover from this by coming together as a community, by extending a hand to help each other and by uniting as a community and a country. It is great to see that New Yorkers with a spirit of camaraderie and strength are demonstrating true resilience by continuing to carry their daily activities despite the attack.

Together as one community we will defeat these heinous and evil acts. Despite any attempts to divide us we will emerge victorious as one unified community standing firm against any evil by anyone.

We pray to Al-Matin to keep us firm in times of tragedy. We pray to An-Nur to guide us in times of darkness. We pray to Al-Hafiz to protect the entire Humanity against evil.

Ameen

Mahmood Khadeer
MAPS President
Muslim Association of Puget Sound



The Goodenough Community Visioning Weekend: Transitions, New Ways, and Fun

Drai Schindler and Kirsten Rohde

We (Drai and Kirsten) decided to create together an article about the community visioning weekend, recognizing that we represented one who is new to the community (the “Newbie” Draï) and one who has been involved in the community for a long time (the “Old timer” Kirsten)

We gave ourselves three questions to each respond to.

What did you learn about leadership?

[From this newbie's point of view]

I watched a new leadership model that I found quite effective. The two components unusual to me were:

1. Shared leadership, one leader taking on a segment of time alone with shared vision of the other leaders, and
2. A leadership team comprised of a meaningful balance of men and women. This really worked for me. AND I wonder if in part it worked because of the skill and strength of these particular individuals.

I witnessed also live action leadership having to respond to unexpected shifts and changes, *large* shifts and changes in flow and schedule, needs and hopes of the circle. This is a common occurrence – after all ‘shift happens’, although perhaps not normally at this magnitude. What was pleasantly **uncommon** was the dignity and grace with which our leadership listened, re-grouped efficiently and real-time carved out our new course. They were exemplary in not taking things personally. They seemed bonded together in their seeing, hearing and recognition of group needs, which I believe is why they were able to rally and resuscitate our direction.



[From this old timer's point of view]

It is both challenging and enlivening to be part of a circle where each person is equally empowered to speak up. I learned not to take anything personally. I learned to allow process to happen and still feel responsible for outcomes.

When everyone feels empowered, I can trust that anything I say or suggest will be responded to truthfully and with a good spirit i.e. not unkindly. It felt that we were in the presence of a circle of many leaderful people and that we were learning together.

We, on the Goodenough Community Council, have wanted more people to join in the governance and coordination of the community's life, to join the Council and teams. Why, we ask ourselves, are we having trouble getting more people involved at that level? I think this weekend was educational on that issue. We have a long-standing community and value what has worked. *And*, newer people both respect this and want to bring in new ideas. This weekend demonstrated to me that both must be present for the future to unfold successfully.

Belonging
Being
Becoming

How was the weekend in terms of our intention of a circle with equal voice?

[From this newbie's point of view] Since a surprisingly young age, I have been captivated by all forms of the Arthurian Myth. One piece that grabbed my attention right off the bat was the wisdom of his Round Table. Growing up in a mighty patriarchal, chain-of-command environment I was astounded, and even somewhat uncomfortable with Arthur 'equalizing' himself amongst his knights...effectively becoming a peer in round table conversations and decision making. I have come to believe it is the ONLY way. So for me to be in a visioning weekend, in a circle (our round table) as peers, with excellent bones of structure was right and good. It needs to be said that JUST sitting in a circle does not function on its own merit. The attendees' temperament and committed buy in to the "peer/equals" and "all people have value" philosophy is key. The Goodenough Circle proved true in this way. This allowed me to grow ME. To hear. To Breathe. To LISTEN. To be present, for the most part with my "locust" in tact. (And yes, I LOVE calling it my Locust!) makes me giggle every time and appreciate my inner work even more.

Note: Locus of control, a concept we learned about at the Human Relations Lab, got a nickname "locusts of control"

[From this old-timer's point of view]

We started the weekend revisiting the value of sitting in a circle and the concept that each person is equally empowered. We long-time leaders recognized that it would be important to be open to ways to do things differently, not just fall back on familiar routines.

With each person feeling equally empowered it was bound to happen that different views would come out about how to proceed during the weekend. When members of the circle questioned why the planning leadership was shifting direction to a new topic the resulting conversation was both enlivening and "messy." When everyone in a circle of 20+ people feels empowered to share their thoughts and opinions it takes time and good process skills.

I never felt that there was a criticism of each other, rather that everyone just felt free to say what was really true for them. Laughter and caring are valued ingredients to energetic discussion.

An empowered and skillful circle allows new truths and new vision to come forward. There was trusting that we could each speak out without our view being judged.

I thought we were measuring up to part of our covenant, “staying constant through conflict” and we ended up with a new direction that took us to a new step of visioning. I liked this process.

What did we learn about personal vision versus community vision?

[From this newbie's point of view] This proved to be one of the hardest places and least clear places for me and my mind. I remember being asked “What do you want the Goodenough Community to do for you?” So it was made personal. AND we were asked to dream and vision larger things for the good of the community body. I had a most challenging time when it came to my voting. I did not know where my focus should lie, and it was rather necessary to know this, given that I could only choose 8 items. I was confused between the notion of caring for myself, risking selfishness, vs. holding a larger vision. And then, I discovered this was one more layer even more challenging because my responses were different now that I live here. I found my self kind of vetting some of the dreams as an eco-resident too with my head saying “oh good heavens, this will make my job harder, or we don’t have enough people, or wow, I am going to be more tired, or or or.... So I am seeking more conversation about personal vision vs. community vision vs. resident vision (with regards to Sahale items.)

That said, I did have a piece of recognition that there were lots of personal visions on that list, not just mine...and I was greeted with the notion that those did not need to be added to the community list, because I have faith that we as individuals can handle those personal visions under our own volition, as self-starters (with a little help from our friends.)

[From this old timer’s point of view]

I learned that when we decide to prioritize together, some ideas will gain more support than others. This does not mean that any idea will be dropped. On the personal level the issue of eldercare in our community certainly was important to me, at age 68. Yet the vision for aging in community is much larger than a plan for any individual. This vision for compassionate caring for elders was supported by many in the circle. I think it would have been a different level of conversation if we were only talking about one person’s needs. I could see how someone’s personal dream can often be expanded to a vision that affects the community as a whole.

True Joy

George Bernard Shaw

Brought to the Goodenough Community Weekend by Jim Tocher, providing another understanding of becoming.

This is the true joy of life, the being used up for a purpose recognized by yourself as a mighty one; being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live.



Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.



About the Covenant of the Goodenough Community

John L. Hoff

In 1984 the Goodenough Community decided we would make the basis for membership in the community a Covenant, an agreement by each individual to behave in a certain way that supports the values and goals of its people. Over the next four years the Covenant was crafted, and it has been revised once since then. In the introduction to the Covenant, we use the term "friend of the community" to represent people who appreciate the work done by the Goodenough Community and this community's understanding of the communitarian tradition, which it attempts to interpret. Our parent organization, the American Association for the Furtherance of Community, was incorporated in 1981. The American Association (AAFC) sponsors the Goodenough Community as a learning community. The AAFC is an active force promoting a civil society and the communitarian tradition--what makes a society civil.



A Personal Recommitment to A Practice of Becoming

The Covenant represents nine basic intentions that can build the soul. And for more than 35 years these ideas have been taught, argued, and found worthy again and again in our friendship. Here community members write about how they practice the covenant in their lives.

As a friend of the Goodenough Community (and its commitment to a civil society),

I commit to being the best version of my self:

- **By entering fully into life's experiences.**

Bruce Perler writes, "I have agreed to emphasize the first line—**by entering fully into life's experiences**. I like to think I know something about this practice and I also know enough to understand it has no end point. There is always more that I can do to enter even more fully, to care more, to give more, to work harder, to play, laugh, and love more deeply. I like this one for this time in my life, a time of truly taking on more in the life of our community: new residence and responsibilities at our retreat center, a new home designed and built by Irene and me with friends, a new promotion and broader responsibility with my employer. **It's the attitude that is key**, my key to staying open to more, enjoying it, and balancing it with my own abilities and capacity for engaging life.

- **By giving myself fully to the process of transformation through the expression of love.**

Colette Hoff has written: "Transformation is about original elements changing form. As humans open to each other in freedom and love, energy increases, anxiety lessens, attitude improves, and creativity flows. Striving to love unconditionally yields fewer headaches as minor issues fall away. Forgiveness is also an act of unconditional love that leads to more freedom. Some of the behaviors of giving fully to the process of transformation include:

- Saying 'yes' first, then consider balancing features.
- Expressing appreciation as regularly and genuinely as you can.
- Listening well to others.
- Drawing out others and asking curiosity questions.
- Giving and receiving hugs.
- Accepting help in whatever form it's offered; then saying 'thanks.'

- **By trusting the good intentions of each one of us.**

Tod Ransdell writes, "I was asked one time, 'Do you really **do** this?' My response was, 'Well, the simplest answer is yes.' I went on: you might ask then, 'have I achieved these?' I would have to say, 'No.' Do I know anyone that has achieved all of this work? And again I would have to say 'No'; however, I do know a group of friends that are in the process of *doing* these things. They are working very diligently, at all levels and in all ways on each and every aspect. It may be my and our individual work, but it cannot be done alone. It must be done together because who else is going to see me and confirm that I am doing what I say I am doing."

- **By relating to others with respect and acceptance.**

Kirsten Rohde says of this intention, “I must remember that I am one person among many. Remind myself that each and every one of us is here for a purpose, and my respect and acceptance is essential if I am to live collaboratively ... Yes, I have opinions and perspectives, and sometimes this is of value when a discussion occurs about something that is in my area of expertise. But even then I have to remind myself that each of us present is like me: each of us has a good reason for being there and wishes to contribute something of value. It is also mentally healthy for me to sit back and listen.”

- **By making and keeping agreements with great care.**

Jim Tocher, writes: “I agreed to write about this fifth element of our Covenant. So I am doing what I agreed to. I believe that keeping this element of the Covenant is done by breaking down your agreements into small, definable tasks. Richard Kenagy wrote a piece about the Covenant several years ago with a number of examples of making and keeping agreements. Some of them follow:

- Register for events in a timely manner.
- RSVP for events that don’t require formal registration.
- Arrange for replacements when you cannot keep your agreement to clean
- Pay for food at Sahale.
- Pay your community pledge on time. This community is supported by many of us who pay monthly and being on time helps the system work.
- Change your pledge only through careful negotiation
- Arrive for meetings on time.

Jim adds, “Once an agreement becomes a habit for me, it is much easier to keep.”

- **By being constant through conflict.**

Irene Perler: I chose this agreement because I know life will always provide me with opportunities to commit to this area of learning. At a time of racial and gender inequities, food shortages and food gluttony, unemployment of able people, environmental carelessness ...I can find myself swimming in a sea of ineffectiveness and overwhelm if I am not careful. I have realized that to be a more mature adult, I can’t bury my head in the sand and ignore these issues, nor am I responsible for them alone. In order to join others though in finding solutions, I know I must first start with myself. By starting with myself, I am now quite aware of how I am a divided person full of conflicts and imbalances, friendly and unfriendly aspects of myself, and I desire to live more peacefully inside and out. I know that my work with myself is good work for anyone intending to become more peaceful and less conflictual in relationships. “Many things can be true at once,” I remind myself from a voice that represents a more constant or centered place that is neutral and not so judgmental. I know that leaders and peacemakers are more effective when they allow differences and apparent polarities to exist among people who can’t seem to see their way to the other point of view.

- **By honoring leadership in others as a method to develop the leader in myself.**

In conversation a few years ago, several Community Council members came up with this list of behaviorally oriented points:

- Respond to leadership requests.
- Say “thank you.”
- Do as you’re asked with a good attitude.
- Say “yes” to guidance offered by others
- Serve those who are leading— ask what you can do to help.
- Honor yourself and others by offering your own leadership.
- Join others, and *then* offer your perspective.
- When in group conversation, establish roles to make sure the conversation goes well.
- Honor your elders.
- Offer service regardless of how you feel about it or how it’s received.
- Ask more questions, rather than make assumptions.
- Offer gratitude to all who are willing to take on leadership and serve.
- Learn from mistakes and help others save time by passing on the learnings

- **By taking responsibility for my unique and significant role in the world.**

Barbara Brucker begins by taking responsibility to state her commitment to the Covenant, and quotes Susan M. Heathfield: “You are totally responsible for your life. This is the foundation principle you must embrace if you plan for happiness and success in life and work. I coach a young woman currently, a manager in a small company. I am struck, every time we meet, by her failure to take responsibility for what is happening in her work and life. Everything is someone else’s fault. Every problem is explained away with reasons about why she can’t affect the situation or the outcome.”

John L. Hoff makes his commitment to the covenant and highlights how important it is for him to be responsible for his unique and significant role in the world—he’s a lifelong communitarian. He adds, “We are each unique and make a necessary contribution to the world around us. In the first half of our lives we have the challenge of discovering who uniquely we are and the challenge to make a significant contribution to the sustainability of human efforts.”

- **By acknowledging the inner and interconnectedness of all creation, thus being safe and at home in the universe.**

John L. Hoff writes: “I am impressed by the growing awareness that as human beings we are all **one** Human Being. We are like a mycelium that has spread throughout the entire world as a single, fundamental element of nature and bearing that human consciousness. When we fail to be One, we are immediately overcome by mistrust of each and we express our

disturbance in wars and rumors of wars. To feel safe and “at home” in this universe we need to have empathy for all humans and all sentient beings. It is our nature as human consciousness to embrace the science of this universe and to embrace the faith that loves what is here—especially in these confusing and difficult times.



You're Invited..please RSVP where requested:



Celebrating Colette Hoff's 70th Birthday

Friday, November 10, 5 to 10:00 PM

Community Center – 3610 SW Barton Street, Seattle

PLEASE RSVP!

elizabeth.ann.jarrett@gmail.com

[We will be celebrating Sahale resident John Schindler's 50th Birthday along with Jim Tocher's birthday on Nov 11 @ Sahale – We'd love to have you join in.

RSVP [Colette or Kirsten.](#)

HOLIDAY PLANNING

Thanksgiving at Sahale

You are invited to join us at Sahale for Thanksgiving this year. Friends and family are welcome. We will provide turkey and stuffing. Bring your favorite Thanksgiving dish! Dinner will be at about 4 pm. Sahale is a cozy place to be in November and you are welcome to stay over as well.

For our planning, **please be sure to RSVP to Kirsten Rohde:**

krohde14@outlook.com.



True Holidays Celebration – December 2

We invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 2**, from 6 to 11 PM, at the Mercer Island Congregational Church. Please save the date – and watch the eView and your email for more information to come. The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community. For more information, contact Kirsten Rohde, krohde14@outlook.com



During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction. **This year we are again happy to feature contra dancing!**

Winter Solstice Bus Trip – Saturday, Dec 16



With your friends and family, enjoy this day-long journey that embraces the longest night of the year. We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth and to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](#) Additional information coming soon.



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. Happy hour is at 5pm with dinner to follow. We will provide food and drink and invite anyone coming to bring a dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do

purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!

Save the date!

Third Annual Friends of Sahale weekend January 12-14, 2018

Kirsten Rohde

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.



These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

Please consider coming to this year's Friends of Sahale weekend. This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other's company, and share many appreciations.



Pathwork

Joan Valles

Pathwork, a program of Convocation: A Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. **Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to change your mind and move beyond habitual patterns is invited to join.** You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gathering is on November 5, with subsequent dates Nov 19, and Dec. 3 and 17 in the Community Center in West Seattle. Check the eView for confirmation of these dates or possible changes. For additional information, contact Colette (hoff@goodenough.org).

Third Age

Those of us age 60 and older have been gathering every other month, Friday evenings, in Seattle. The next meeting will be **November 3**. Contact Kirsten Rohde for more information: krohde14@outlook.com



Sending love to the Smith-Zebold family

We have heard from Liz that her mother, Susan, is doing much better and is in a rehab center recovering. Glad Susan could receive our prayers. Lots of love in recovery.

Blessings to you and your family, Liz from your community friends.



My Dad

Pamela K. Jefferson

My Dad, Keith Jefferson, was 87 years old when he passed away on October 16. Here's what I'd like you to know about him and how I remember him.



I learned on my 30th birthday that my Dad was in the delivery room when I was born. What a trendsetter! That wasn't done in 1960. When his three daughters each turned 13, he wanted to acknowledge it was the beginning of womanhood. When it was my turn, he took me to the Space Needle for dinner and then we went to see the Sound of Music at the 5th Avenue theater. I still remember my outfit which was more girl than woman! When he introduced my sisters and I, he'd say this is my brown-eyed daughter (Laurie), my blue-eyed daughter (Debbie), and my green-eyed daughter (me). I have a little brother and he did his best to interact with him. Fortunately, for both, they didn't do the difficult father/son thing.

So many of the things my Dad provided for us he never had. When we lived in Arizona we had been asking for a pony and the house lived in had a corral out back. He surprised us with a Shetland/Welsh pony named Goldie at Christmas. Oh, the stories I could tell you about the adventures on that ornery animal! And, the way he thought, each of his four children should have their own, so the corral eventually held 4 horses of various sizes and colors.

He took parenting seriously so at dinnertime, when his children were in their teens, we'd get daily lectures, I mean lessons, of the perils in the world we were to avoid such as smoking, drinking, drugs and premarital sex. You can imagine the resistance he received so my Mom eventually told him to give it a rest.

He was so disappointed when his little children quit running to him when he got home from work. I'd go for a walk with him after dinner all the while skipping next to him just to keep up as he'd walk off the day. I remember thinking he reminded me of Atticus Finch. When we were teenagers he'd tell corny jokes, and enjoy it immensely when we'd roll our eyes and groan. He was super proud of me when I made the winning basket in a high school basketball game. He loved playing basketball and did in high school and college. He expected us to go to college, grow up, and be good people. He was smart, well-educated and a handsome guy. He was my Google before it existed.

Family meant everything to him. When my sisters each divorced he stepped up to make sure there was a man in his grandchildren's lives. He loved us and we knew it. Well, the exuberant "good morning!" and hug every day when I was a hostile teenager was a little hard to take. In my mid-twenties, I called him at 10 o'clock at night to come and kill a big spider that was in my apartment. He did it willingly, no questions asked. I'm sure I let him down in ways over the years but he never said so.

He was always a bit of an absent-minded professor type which made it difficult for us to see him slipping into dementia the last few years. It was hard to watch him change from the "happy Swede," as my Mom called him, to a stubborn and confused guy. We've been grieving the loss of him for a while now.

His immediate family was with him when he passed and I'm sure, he was pleased. For him, it was always about being together as a family. I will miss my Dad. I feel fortunate to have had him as my father. I'm better for it.

Pam, we wish you and your family our thoughts and prayers for your grieving process and indeed it is a process with ups and downs. Lots of love from your "goodenough" family!



The deAnguera Blog: Becoming.....What?



Last week I wrote about process: a shifting from one state to another. But what state am I progressing towards? In other words what am I becoming? It obviously is not my state now but will be some day. When would that be?

If you are thinking of the physical state of my body, that's pretty obvious. My body is mortal. I will arrive at mortality one of these days. My body is in the process of getting there.

Other states of becoming never really arrive. Through hard work we get closer and closer to the finish. A good example is Liu working on a wonderful masterpiece in the back of the maintenance shed. He can go on for as long as he likes. He is the only one who will know when his artwork is truly finished.

Of course Pam Jarrett-Jefferson is closing up the openings on both sides of the crawl space above the Swamp building and preparing for the permanent roof. The Swamp is a long term project. Will it ever be finished? Part of me hopes that the Swamp will always be changing, always evolving. That makes it a new adventure every year.

If I have a goal of mastering something, will I ever truly master it? Probably not but I can with effort get better and better. That will be incentive enough to keep improving.

Chris Harshman once said that the difference between a professional musician and a beginner is not that a professional doesn't make mistakes but recovers from them more quickly.

When I am writing a story, my story will tell me when it is done. It will keep suggesting new ideas for adventures or challenges for the characters but will finally say, "I am done." I don't always recognize this so I keep trying to figure out how to continue the story. I put it away for a while. When I pick it up sometime later, I will see the finish already appearing in sentences sometimes a ways back.

Spiritually what am I becoming? Hopefully a better and better Mike while I am alive as Mike.

Of course once I leave this body then I return to the perfectly loving state I was before taking on this lifetime. My character role will be finished though I will still have all the memories of Mike's experiences.

I fantasize doing another lifetime Dali Lama style where I will remember who I was before so I can pick up from that point rather than having to start from scratch. I believe all that's needed are people who have known me before and prepare a space for my rebirth. The most important part will be the one who agrees to be my birth mother.



Three doggies one after the other spaced nicely between trees. They are becoming off picture since they will disappear off my picture to the lower left.

MUSINGS

FROM MY CORNER OF THE YURT

drai bearwomyn | city girl gone rogue at sahale



“People come into your life for a reason, a season, or a lifetime.”

This summer 2 extra special work-aways, Peter and Maddie, came into our lives.

The REASON was work exchange...at least on the face of things. It turns out they also imbued our lives with love, energy, creativity, laughter, hope, wisdom + spirit-family ties. The universe was kind to all of us with this connection indeed!

The SEASON was for the dog days of summer.

And the result is that they became friends for a LIFETIME! We are immensely blessed to count them as part of the Goodenough Community and look forward to their returning to the land one day... hopefully soon. We miss them!

Long since they left, we have had the pleasure to be in touch, witnessing their ongoing trek across America, hearing their adventuresome tales, and being the glad recipients of their photos. They have visited grotto caves filled with sacred altars and mystery. They visited Kate Martins bar. They have been surfing the Pacific, hugging ancient red woods, hiking and sometimes sleeping under the stars. Once they were sleeping in their car and someone tried to steal their stuff, until the would-be-robbers realized they were inside! Oh bother. They are currently in Joshua Tree and will be heading East toward Texas for the holidays with their families.

OUR MOST RECENT JOY AND DELIGHT WAS UPON LEARNING OF THEIR ENGAGEMENT! When we heard this news there was many sounds of elation and confirmation from all of us. We very much like this couple and how they are together - we hold great faith in their union. They showed us excellent relational roles as partners...taking time for one another, truly hearing one another, owning each of their 'stuff', apologizing when needed, laughing a LOT together in their shared and intelligent/obscure humor. They are a fine example of individuated beings with strong core values that have found solid ground walking hand-in-hand.

We sing for them our favorite Buddhist Blessing Song for their future: “May you be filled with loving kindness, May you be well, May you be peaceful and at ease and May you be HAPPY!”

A little bird told me that it is very possible they will hold their nuptials in the cedar grove at Sahale. AHO.

I am BECOMING more hopeful about the future, after witnessing this flavor of young people!



Big Hot Mama Makes a Tangible Difference!

We have been learning how to cook on our amazing new stove from Italy. It is VERY different to what any of us had grown accustomed. Here is a fun tidbit to celebrate:

MAKING GRANOLA WITH THE OLD OVEN

Started out at 350, reduced to 325, then to 300... it took 1.5 hours.

MAKING GRANOLA WITH THE NEW OVEN

Always and only set on 275, takes 37 minutes total!!

We are BECOMING more like Italian Master Chefs (lol)!



Mr. Angelo Leah - May the Force Be With You!

This photo speaks volumes... Simply my favorite Halloween Costume this year!

As a side note: John and I had a great Sahale costume planned. We did not end up manifesting it for a variety of reasons...but it was funny enough to share and let you use your imaginations... We have all these fir branches from cut trees. We were going to stuff them in our belt upright making us fir trees of a sort. He would have a bowtie and I would have a scarf and we were going to be DOUGLAS AND CONNIE-FIR!

The second part of the funny is that our fir branches were going to have splashes of red paint on them...which would have made us the '*misunderstood firs*' - because we had been splashed with paint while attending a P.E.T.A party.

We are BECOMING mo' funneeee here!



This Month's Kitchen Tip- Double Knives

Fall has been a glorious season of harvesting volumes of food, from pears to zucchini, pumpkins to apples, gords, berries and more. I am at my supreme height of happiness working with this food that has been so generously gifted to us by Mother Earth, Father Sun and the Waters of Life.

For the past many weeks I have been daily circulating apple slices through 3 different food dehydrators. You may have noticed the soft hum of the heated air working in the kitchen often. We have accomplished about 20 gallon bags of dried apple treats! Working to slice these apples thin, and to control the slippery fruits and to not chop my fingers off... I came up with a double knife technique for speed, consistency and mostly MY safety. I have learned to anchor the apple with my left hand knife and chop chop chop with my right hand. It made this whole experience much more pleasing to me. Perhaps YOU do this? If not, hope this idea helps!

I am BECOMING efficient in my prep, and it brings me both satisfaction and joy!



I am BECOMING my Self

If you had told me when I moved to Sahale how profoundly my life, especially my internal daily life would change...not only would I not have understood, or had any frame of reference...I would not have believed you.

It is deep and moving. I don't know really how it speaks to where I am going or my life purpose yet...however, I *feel* my value, I sing my song, I am BECOMING more and more friendly and familiar with my truth and discovering how deeply embedded in my cells I carry a lifetime of values that I have been gathering in my basket. I wonder WHY this BECOMING is so different here. I believe it is large part do to the Earth, the trees, the river, the animals, the weather...the constancy, power and beauty of nature has changed me (to include the daily act of facing into my fears of all things WILD.)

I believe it is in large part to community living. Never have I had such an experience and certainly not ongoing and daily. It matters. It makes me feel safe and loved. Held. It is more than that though. I have not entirely found my words, I only know that it feels *meaningful to be a part*. While I appreciate intensely my individuality...I am pleasantly surprised by the gifts of 'joining.' I am BECOMING social AND socially responsible in *new ways*.

Just through the committed act of presencing myself here...I BECAME Goodenough...and I LIKE THAT. I am BECOMING more atuned with first responses of gratitude, compassion, patience and kindness. I am BECOMING daily more and more mystified, thankful and appreciative of Colette in particular - I look to the sky and thank the universe for the gift of her in my orbit...phewy YES! I am BECOMING less 'hidey' and more open about my gifts, my spirituality, my medicine, my curiosities, my gaps of lack-of-understanding. I think in large part that is due to the fact that I now have 'wiggle-room' or space in my life, different from before, where I was almost 100% driven by money and time. More is unfolding as I grow on this land, with my tribe, with my husband and my Familiar Luna...in this yurt, in these woods, with my heart in my hand and my mind being oiled with sweet love and LIFE. Yes. Blessed be. *I am BECOMING. For the first time, again.*

Birthdays!

- ❑ **Colette Hoff** – November 10 – Happy 70th!
- ❑ **Jim Tocher** – November 11 – Happy 83rd birthday !
- ❑ **John Schindler** – November 11 – Happy 50th!

From the eView Archives – and Post Halloween!

Bit 'Goblin Post Halloween

By Elizabeth Jarrett-Jefferson

From the eView Archives

Happy birthdays!

- 👻 **Casper the Friendly Ghost** – October 31
- 👻 **The Headless Horseman** – October 31 - age 46 (with head), age 52 without head
- 👻 **Great Pumpkin** – Happy birthday from Charlie Brown – age unknown

Happy Anniversary!

- 👻 **Frank N. and Olga Stein** – October 31
- 👻 **The Count and Mrs Dracula** – October 31 – Happy # 117!

Gallows Humor

A man is walking home alone late on Halloween night.

It's dark, and the streetlights are out. Suddenly, he hears

BUMP!

BUMP!

BUMP!

Behind him. He walks faster, but the sound keeps coming.

BUMP!

BUMP!

BUMP!

Worried he is being followed, he glances behind him and through the darkness, and he can just see an upright coffin.

No one seems to be holding the coffin; it's just bumping down the street behind him.

The man is scared. He's sure it's following him! In an effort to shake it off, he turns a corner. To his relief, the sound stops. He keeps walking but before a minute has passed, he hears the familiar sound behind him again:

BUMP!

BUMP!

BUMP!

He is terrified! He starts to run towards his home, but the faster he runs, the faster the coffin bounces along behind him!

Bumpity BUMP!

Bumpity BUMP!

Bumpity BUMP!

He pushes open his front gate, and runs up the path, fumbling for his keys.
The coffin reaches the gate and effortlessly pushes it open. It's right behind him!!!

Finally his shaking hands manage to unlock his front door. He has no time to slam it behind him; the coffin is right on his heels! He rushes up the stairs, praying the coffin cannot climb after him.

BUMP!

BUMP!

BUMP!

The coffin pauses at the bottom of the stairs. The man breathes a sigh of relief but ...

clappity BUMP...

clappity BUMP...

clappity BUMP...

The coffin is now climbing the stairs behind him. He runs to the bathroom perhaps he can lock himself in there! His heart pounds and his lungs hurt with the exertion of running for his life! He has only just latched the bathroom door when ...

CRASH!!!

The coffin breaks through the bathroom door!

What can he do? The coffin is nearly upon him! He reaches out for something heavy that he can throw at the coffin, and his hand comes to rest on a large bottle of cough syrup.

Desperately, he throws the cough syrup as hard as he can at the coffin and

.....

(Wait for it)

.....finally the coffin stops!



The Lex is available!

Hollis Ryan

Many of you will remember helping us renovate The Lex, our son Sam's home near Columbia City. You helped us clean and paint, and you helped Sam move into his home more than a decade ago.

Now, Sam is moving, and The Lex is for sale. Perhaps you'd like to see it:

Click the following link to view the listing:

<http://www.matrix.nwmls.com/DE.asp?k=3578676XMBFQ&p=DE-87363262-613>

You can help once again by spreading the word that this cozy home is for sale. If you know anyone who would like to live near Columbia City, near public transit, in a vintage home with a large fenced back yard and spacious kitchen ... let them know about The Lex! The home is well suited for group living, with a finished basement and a finished attic.

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. **The next meeting will be November 3. Future meetings: January 19, 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: October 7, November 4, January 20, March 3, June 9.**

Womens 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



in service.

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 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.

Gathering are at the Community Center in Seattle: Nov 5, 19, Dec 3, 17, Jan 7, 28, Feb 11, 25, Mar 11, 25, Apr 8, 22, May 6, 20, June 3, 17.

Contact Colette Hoff for more information: hoff@goodenough.org



True Holidays Celebration, Saturday, December 2, 2017

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



Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff hoff@goodenough.org



New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives.



Friends of Sahale Annual Weekend, January 12-14,

2018. The *Friends of Sahale* are people who enjoy and care about Sahale and are interested in helping shape Sahale's life, culture, and future. See more description of this weekend in this eView or 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



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

Lab Leadership Training, February 16 to 18, 2018



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.

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 November 6, 20, Dec 4, 18, Jan 8, 29, Feb 12, 26, Mar 12, 26, Apr 9, 23, May 7, 21, Jun 4, 18



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.