



December 2, 2015

Colette Hoff, Editor

The Village eView

On-Line News of the Goodenough Community System:

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

Peace: *The absence of war or other
hostilities; inner contentment; serenity*

Love: *A strong predilection or enthusiasm;
an intense emotional attachment*

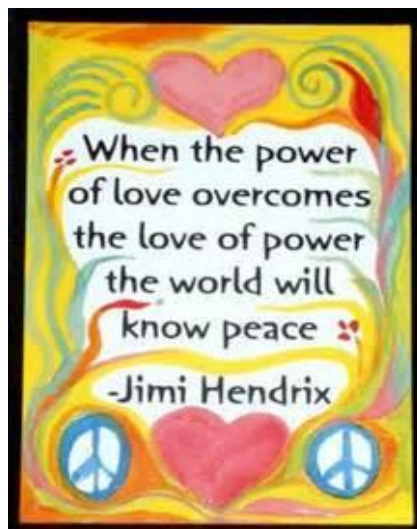
Love cures people—both the ones who give it and the ones who receive it. ~Karl Menninger

*Love is not something that we create, it is us. Love
is our essence—the fundamental energy that
nourishes us. It is our birthright.* ~Benjamin Shield

Once we touch peace, we will be healed and
transformed. It is not a matter of faith; it is a
matter of practice. ~Thich Nhat Hanh

Upcoming

True Holidays Celebration – Sat, December 5
Solstice Bus Trip – Sat, December 19
Christmas Sunday –December 20
Christmas Day –Sahale, December 25
New Year's Eve – Sahale, December 31



Making the Holiday Season Special

John and Colette Hoff

As John and I were traveling to medical appointments, I asked him to consider a message about peace and love for this issue of the Village eView. Here is what came . . .

Five Things to Make A Difference

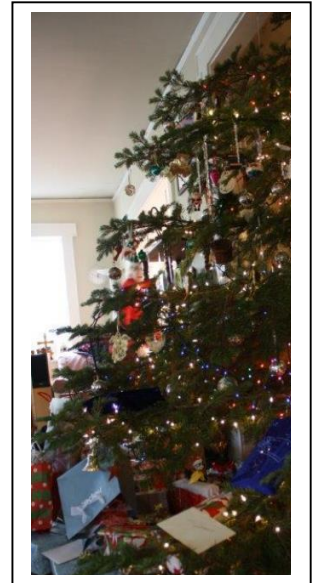
1. Drop a note (text or email) to list of people who are important to you:
“I want to enrich the holiday season and improve the seasons for others. I am letting you know of my intention to be a warmer, kinder, and more hospitable person this season. I want to have a good chat and a time of catching up.”
2. Write a letter(s) to old friend(s). It could be brief and appreciative of the relationship.
3. I am choosing one old friend who I haven’t kept up with to re-engage connection. I will write a note stating my desire.
4. Since this is the season for gifting, I want to state my intention to be especially generous and give to a charity that is on my heart.
5. I want to declare to my family, my intention to spend quality time and be clear in words how much they mean to me.

My message this holiday season is to express my gratitude for your prayers and good energy sent to me over this time of healing. My doctors are pleased with my progress and I am slowly getting my strength back.

Love

John

When John asked me (Colette) the same question, my answer is as follows.



I want to ask a question to our community and friends:

Could the Goodenough Community and Convocation sponsor a Syrian Family?

My heart is breaking for the Syrian refugees and I would love for us to do something beyond ourselves.

I realize there are rules, regulations, and lots of red tape to make this possible. We will need research and probably lots of patience.

What **you** can do now:

Let me know what you think about the idea.

(hoff@goodenough.org)

You might begin to consider ways you might help a family: money, driving, errands, help setting up a home, money, and so on. Email Evelyn Ciley (cilleyevelyn@gmail.com) to let her know what occurs to you to offer.

This is just an idea and is such an illustration of the power of community. Maybe the Goodenough Community could encourage other communities to follow.

Peace and Love, *Colette*



One word frees us of all the weight and pain of life, that word is love. Sophicles

True Holidays Celebration December 5

Goodenough True Holidays Celebration: Making Room for Peace and Love

This Saturday!

Kirsten Rohde

I'm looking forward to our community holiday event. The evening is a great opportunity to connect with friends and family, encouraging each other to plan peaceful and loving times over the season. This is a time for us to join together in supporting peaceful solutions to local and global issues.

Proceeds from the silent auction, cake raffle, and donations support the work of our community. For example, every year we sponsor many of the children who attend our Summer Camp. These children come from all walks of life and their families are very appreciative of our scholarship fund that supports attendance at the camp. Summer Camp is provided as a public service, with many people volunteering their time each year to help children have a unique experience.

We are also donating a portions of the proceeds to Northwest Harvest.

So invite friends, tell them it's a fun event and easy to join in. Contra dancing is enjoyed by, all ages. Here's what Sherry Nevins has planned for contra dancing:

This year I've lined up the very talented "Hot Cider String Band" – brother & sister Evan & Elise Snoey on fiddles, mandolin, and piano, and their mom Kelly Morgan on guitar. Their bass player, RuthMabel Boytz, might be able to join them too. You will love them!



For information: Kirsten Rohde 206 719-5364 or krohde14@outlook.com

**The doors open at 6pm, December 5th
Mercer Island Congregational Church
4545 Island Crest Way, Mercer Island, WA**

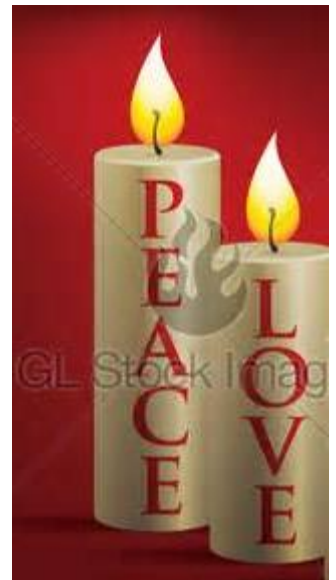
We are practicing this most needed song to sing together at the event.

Let There Be Peace on Earth by Jill Jackson and Sy Miller

Let there be peace on earth
And let it begin with me;
Let there be peace on earth,
The peace that was meant to be.
With Earth as our Mother
Family all are we,
Let us walk with each other In perfect harmony.

Let peace begin with me,
Let this be the moment now;
With every step I take,
Let this be my solemn vow:
To take each moment and live each moment In peace eternally.
Let there be peace on earth
And let it begin with me.

With every step I take,
Let this be my solemn vow:
To take each moment and live each moment In peace eternally.
Let there be peace on earth
And let it begin with me.



About the song:

Sy Miller and Jill Jackson were a husband and wife songwriting team. In 1955 they wrote a song about their dream of peace for the world and how they believed each one of us could help create it. They first introduced the song to a group of teenagers selected from their high schools to attend a week long retreat in California. The young people were purposefully from different religious, racial, cultural and economic backgrounds, brought together to experiment with creating understanding and friendship through education, discussion groups, and living

and working together in a camp situation. Sy Miller wrote in his own words what happened: "One summer evening in 1955, a group of 180 teenagers of all races and religions, meeting at a workshop high in the California mountains locked arms, formed a circle and sang a song of peace. They felt that singing the song, with its simple basic sentiment – 'Let there be peace on earth and let it begin with me,' helped to create a climate for world peace and understanding. 'When they came down from the mountain, these inspired young people brought the song with them and started sharing it. And, as though on wings, 'Let There Be Peace on Earth' began an amazing journey around the globe. It traveled first, of course, with the young campers back to their homes and schools, churches and clubs. Soon the circle started by the teenagers began to grow. Before long the song was being shared in all fifty states – at school graduations and at PTA meetings, at Christmas and Easter gatherings and as part of the celebration of Brotherhood Week. It was a theme for Veteran's Day, Human Rights Day and United Nations Day. 4H Clubs and the United Auto Workers began singing it. So did the American Legion, the B'nai B'rith, the Kiwanis Clubs and CORE. It was taped, recorded, copied, printed in songbooks, and passed by word of mouth.

In Sy Miller's words : 'This simple thought, 'Let There Be Peace on Earth, and Let It Begin With Me' first born on a mountain top in the voices of youth, continues to travel heart to heart – gathering in people everywhere who wish to become a note in a song of understanding and peace – peace for all mankind."

Our True Holidays Silent Auction

Elizabeth Jarrett-Jefferson



A Bid Sheet is attached to the eView announcement. Easy to fill out!

*We are pleased to announce that we will again be featuring our **Silent Auction** at our annual True Holidays event this year, **Saturday, December 5, at the Mercer Island Congregational Church (4545 Island Crest***

Way, MI 98040), beginning at 6:00PM (mark your calendars & note the time). This event is a wonderful part of the True Holidays celebration because the spirit of warmth, generosity and creativity that surrounds the Auction is deliciously palpable—and sometimes even edible!

To which I extend my invitation again to you to donate to this very worthy cause, the work of the Goodenough Community, which supports programs that help real people and real lives. We need the work of communities like ours now, these days, more than ever. There will be a bid form included each week with the eView, and [I invite your contribution](#).

Are there things/experiences that you would love to bid on but aren't offered by the auction? [Let me know](#).

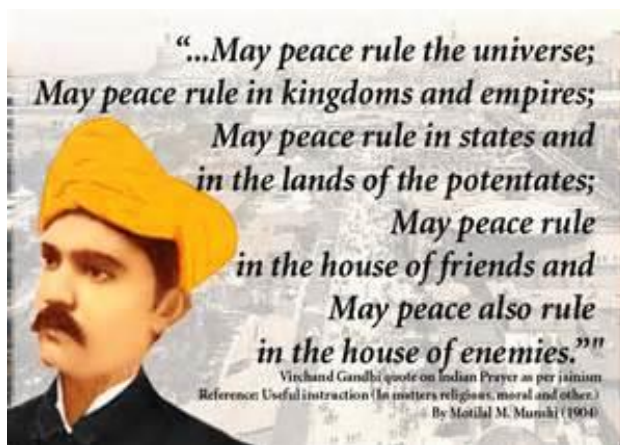
Here are some ideas---either for donating or your wanting to see them there. **I know this is the fall, but let these spring-board your creativity!**

- A team to rake fall leaves
- Mosaics class

- Dog sitting, dog walking
- House sitting
- A guided/catered hiking experience for several with your own personal sherpas
- A catered sailing experience with two experienced, talented sailors
- Maid-for-the-day
- Laundry-for-the-day
- Grocery shopping
- Running errands, driving your kids to activities, driving your parents to activities
- Birthday cakes for your family/children for the entire year
- Gardening/potted plants lessons and nursery trip
- Perennial plants
- Holiday linens
- Movie tickets
- Certificate for a massage or the Spa
- Organizing your papers
- De-cluttering your house
- Handy man services
- Scrapbooking, organizing photos, sorting
- Drawing lessons
- Museum tour with your own personal docent
- DIY wine tour with your own personal DD
- Wine and cheese basket
- Knitting lessons
- Knitted items
- Meals and meal deliveries
- Sourdough starter from a famous local restaurant
- Guitar lessons
- Architectural consultations

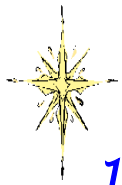


I look forward to seeing you there. – Elizabeth.



*When you find
peace within
yourself, you
become the kind
of person who
can live at peace
with others.*

— PEACE PILGRIM
WWW.VERYBESTQUOTES.COM



Holiday Experiences in Community

Winter Solstice Bus Trip - Saturday, December 19.

Please register your interest by emailing Elizabeth ASAP

A Registration form is attached to the eView email

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. Then we'll head 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](#) (last year we sold out).



From grandchildren to grandparents, this day-long adventure has proven itself for over 20 years. There is, first of all, a cozy bus ride to Leavenworth and back. On the bus, there is time for eating, getting acquainted, and singing—it's the holiday season! In addition we usually stop for snow play in the mountains where the snow is deep. Our time in Leavenworth is long enough for some shopping and experiencing Christmas sights and sounds. We finally arrive at Eagle Creek Ranch where we board horse-drawn sleighs for a ride through the forest followed by a feast brought with us. Through the years, many people have said it is one of the most delightful of days. Colette Hoff will be our guide this year.

This experience was created years ago by a group of adults who wanted to put all of the pleasures of the holiday season into one day. Come join us and you will find that many of us return year after year because we wouldn't want to miss it.

Our cost includes transportation, sleigh ride, and a hearty dinner:

\$90 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

[Please register with Elizabeth now](#) (last year we sold out). A registration form is attached to the eView message.

Sunday, December 20

Gather with friends to deepen your experience of the holidays.

Colette Hoff

Many people have let John and I know the importance of acknowledging the season on the Sunday evening before Christmas. I would like to offer an evening of holiday reflection, music, and your stories at our Community Center at 3610 SW Barton St. All are welcome to join this experience beginning 7:00 with snacks.

Christmas Day Open House at Sahale

Colette Hoff

Join us at Sahale on Christmas day in the afternoon and welcome others to join. We will provide food and drink and invite any one coming to bring a dessert or a side dish. Please RSVP at hoff@goodenough.org. You are welcome to spend the night and join a brunch on Saturday and consider staying through Sunday.

We are considering a white elephant gift exchange, more to come!



New Year's Eve Weekend at Sahale



Kirsten Rohde

This year New Year's Eve is on Thursday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together, and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Of course, we will have our 9th annual Train Dominoes Tournament. Time will also be given for some personal and shared reflection and for joyful celebration.

This year, there is the opportunity for relaxing at Sahale the weekend afterward, and time to enjoy creative expression.... art, poetry, trying out a recipe, music, reading, conversation. Hot tubbing and enjoying Sahale, of course. You are welcome to come for the weekend— please let Kirsten Rohde know of your plans (krohde14@outlook.com)





The deAnguera Blog: Thanksgiving with Paul and Pat 2015



Thanksgiving is a time for giving thanks together as a family or community. The harvest is in so we will be set for the winter. It is a time of great joy and lots of turkey and stuffing.

Our holidays are a vital tool to practicing love and weaving peaceful relations with each other. It takes an active practice to journey to a more peaceful world. We need to practice communing with all different kinds of people. We have to invest in our relations with each other. We need to hold each other up.

I spent Thanksgiving with my brother Paul and his wife, Pat. We had three Thanksgiving dinners: one Thursday afternoon with the Ananda folks, another that evening at Paul's home, and yet another at Pat's Uncle Dick's place near Bonney Lake.

The vegetarian dinner at Ananda was held at their Hamsa Hall. We worked all morning to get our contribution to the dinner ready. The tables were jammed together so it was very crowded. We had outgrown this place. You can see the crowded setup in the left hand photo. The Ananda folks announced that the next gathering would take place at the new fellowship hall which was almost completed. It is right next to their temple.

In the right hand photo Pat got recognized for all the hard work and dedication she puts in as the temple bookkeeper.

That evening we had another dinner so Paul and I could have turkey with all the trimmings. We spent the whole day stuffing ourselves.

Our third major dinner was on Saturday. We had spent most of the morning preparing all the ingredients. I peeled carrots, chopped radishes, and cucumbers. We checked and double checked lists to make sure everything was taken care of.

Finally we arrived at Uncle Dick's place. The last time I had seen Uncle Dick was at Alice's wedding. He looked much the same with the addition of a beard. His two dogs, a small samoyad, and a chihuahua mix ran to greet us. The samoyad was Arnold and the mix was Porter. Porter loved to nip at our ankles. Like Max Fain's cat Miao Miao, the two dogs each had their own way of entertaining us. Arnold would look up at me with two black eyes hoping for some edibles.

Uncle Dick's house was huge with an interior atrium, a huge kitchen, and two living rooms. A refuge from the cold outside. I give thanks for such a nice time with nice people.

Giving thanks is a way we all express our love for each other. Expressing love is necessary for peace. Peace is way more than the absence of conflict. It results from how we interact with each other. It is a web tying all of our relations together. Thus there is no room for thoughts leading to crime or war. Such thoughts can only exist in the absence of community. Fear comes in where there is no loving

community. It sneaks in like a wolf in a coup of unaware chickens. By the time the wolf is spotted it is too late. Now we have to find a way to deal with the wolf.

Things like Thanksgiving are essential reminders of what we value and what I am supposed to be doing. This is because for me slipping back is part of my progress as a human being. This is to give the chance to move forward once again and help my friends do the same.



We were treated to a very funny play by P. Woodhouse, an English humorist. The play was about a nobleman creating the most absurd situations to his own advantage.

Community News



Can you help?

Our friends Joan, Barbara, and Jim are moving their shared household on **Tuesday, December 15**. Please let Barbara Brucker (barbara1brucker@gmail.com) know of your availability. Consider helping with packing next week. Call ahead.



Here are some pictures of the Community Thanksgiving Celebration

Thanks to Marjorie Gray





*When you find
peace within
yourself, you
become the kind
of person who
can live at peace
with others.*

- PEACE PILGRIM

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New dates for 2016 are highlighted

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.

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

■ Colette Hoff

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.

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, February 5, 2016

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.



Third Age will also meet on Friday, April 25, 2016

We meet at the Community Center at 3610 SW Barton St in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women’s Culture, Upcoming Next Gathering: Saturday January 23



The women’s culture meets on Saturdays: January 23, and March 26 from 10am to 2pm. There will be a weekend May 13 to 15. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It’s a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us **Saturday, January 23, from 10:00 a.m. to 2:00 p.m. at the Community Center at 3610 SW Barton St in West Seattle** where we will gather to share our lives and to learn from each other.

As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn't respond!!

We appreciate a contribution of \$20 toward the women's program, and trust that you will give what you feel is right for you.

- **Hollis**

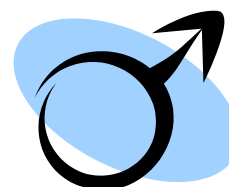
Men's Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, March 25 to 27, 2016. Please let [us](#) know of your interest.

Men's reading I'm using and recommending:

- The Way of the Superior Man_ by David Deida>
- Iron John_ by Robert Bly
- Integral Life Practice_ by Ken Wilber, Terry Patten, Adam Leonard & Marco Morelli
Brother Bruce



Annual Membership Weekend, March 11 to 13, 2016

Where are we now as a community and organizations?

The weekend will begin at 8:00 at Sahale and conclude at 3:00 p.m.

MEMORIAL DAY WEEKEND, MAY 27 TO 30 AT SAHALE LEARNING CENTER

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for 9 to 12 Year Olds

June 26 to July 2, 2016

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 10th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.

Human Relations Laboratory August 7 to 13, 2015

The best event to experience the Goodenough Community

Seven Fun-filled Days of Social Creativity & Experiential
Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on the Kitsap Peninsula

www.goodenough.org (360) 275-3957



**A Planning Weekend for the 2016 HRL is scheduled for April 29 to May 1.
Consider joining!**



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 (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. While John is helaing, Colette is visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Ten ways to love

1. Listen without interrupting. (Proverbs 18)
2. Speak without accusing. (James 1:19)
3. Give without sparing. (Proverbs 21:26)
4. Pray without ceasing. (Colossians 1:9)
5. Answer without arguing. (Proverbs 17:1)
6. Share without pretending. (Ephesians 4:15)
7. Enjoy without complaint. (Philipplians 2:14)
8. Trust without wavering. (Corinthians 13:7)
9. Forgive without punishing. (Colossians 3:13)
10. Promise without forgetting. (Proverbs 13:12)