



## Happy Spring

# The Village

## eView

March 15, 2017

Colette Hoff, Editor

Spring is one of the four conventional temperate seasons, following winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures and customs. When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere and vice versa. At the spring equinox, days are approximately 12 hours long with day length increasing as the season progresses.

Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth. Subtropical and tropical areas have climates better described in terms of other seasons, e.g. dry or wet, monsoonal or cyclonic. Wikipedia



You will read about the renewal of annual weekend and brain storming about the impact of the Human Relations Laboratory on our lives was found to be an uplifting experience that generated a lot of good energy. Next week a more formal presentation of the annual weekend will appear in the eView.

There are several spring announcements in this issue including a going away party for Josh and Evelyn. You will also read about plans for the men's culture and women's culture. And, Irene has written about her experiences in New Zealand.

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

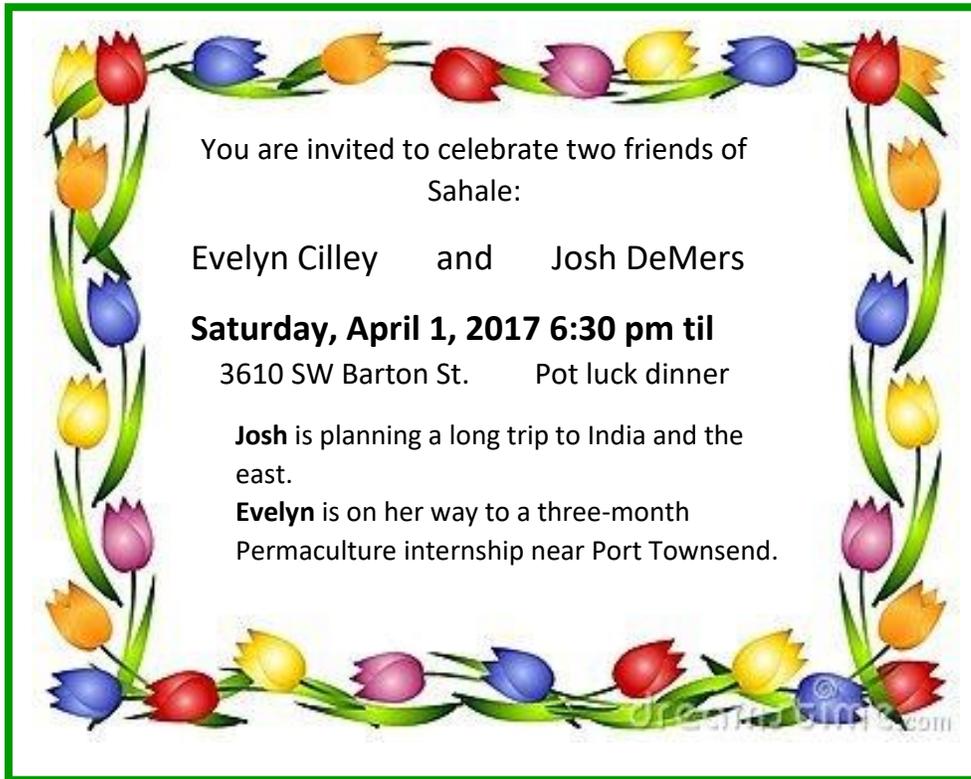
**The American Association for the Furtherance of Community**

**Convocation: A Church and Ministry**

**Mandala Resources, Inc.**

**Sahale Learning Center**

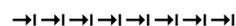
**The EcoVillage at Sahale**



### **Evelyn's Story**

It is a beautiful adventure to live at Sahale and be a part of the Goodenough happenings. The land and people have taught me an immeasurable number of things that I'll be taking with me. For the next three months (April-June) I'll be living, studying, and working at a farm in Port Townsend. I'm looking forward to this immersive learning experience and getting to know others involved in the permaculture world.

Thank you each for the support and learning that you've offered me these last three years (yes, three!) and the years to come.



### **Josh's Story**

It's been 10 years since, at age 24, I left my job as an EMT in Boston, and left the country for the first time - flying to India in search of something. I came back three months later not because I found what I was looking for, but for other reasons - reasons which led my life down a road I wasn't really ready for, despite knowing in my heart it was coming. So this time I hope I find it, whatever it is, and can bring it back with me to share with y'all. Wish me luck!

## The Annual Human Relations

To begin our annual weekend, after stretching and singing, the first exercise was to answer the following question in dyads and then as small groups.

*What is important to you about the Human Relations was a question asked to participants at the Annual Weekend?*

In brain storm fashion, the following is an excerpt from 6 pages of newsprint.

### Lab is . . .

- A place where rules of ordinary life dissolve and freedom and naturalness are possible. Being in the present.
- A place for free thoughts and exploration for purpose of learning. Individual self-responsibility is highlighted.
- Best of chosen family, connection. Being with children and families over time is a privilege.
- We design our own learning objectives as individuals.
- Lab is fun and a good time. Humor carries points.
- Disturbing ... yet, positive. Different energy. Scary, exciting edge.
- Intense altered states. Not ordinary. Intimate.
- Expanding capacity that carries forward despite “relapses.” A reset.
- Sets a tone for year. More open-hearted, trust is built.
- Returning year after year and appreciating the community—brothers and sisters – who come back.
- Lab is an elaborate prayer.
- Increased compassion. Feel more for others—empathy.
- Learn from listening more than talking. Working with music to help hearing and listening.
- Excellent leadership starting the work.
- Multi-layered: spiritual, psychological, relational, physical, intellectual, history.
- Integral life practice (Wilber et al.)  
All facets at same time.
- Refreshing to our whole system. Organizing tool for the community for the year.
- Positivity could be a direction. Next step from sanity.
- Sub-personalities as a method offering much to learn. Helps with difficulties, such as anxiety, depression etc. Continue developing skills related to splitting and re-integration.
- Expressive team: art, play, humor, ritual, music, poetry, heyoka, dance.
- Experiential, Intentional – the name—human relations laboratory valuing experimenting, creating experiences.



- Grace, brought forward with insight.
- Working out things in relationship and enjoying relationships.
- Reaching for peace between men and women.
- Anyone can be a teacher and learning can look different than we could ever imagine.
- Friends who know us over time that share reflections. “I’ve heard you say that before . . .” and that doesn’t happen in daily life.
- An experience in a different world we create together and want to live in.



## Hello, Women!

Have you played the women’s **Clothing Exchange Game**? In case you have not – or in case it has been a long since you’ve played the game – I’d like to tell you about it.

On April 8, the women of the Goodenough Community will gather for our usual engaging, deepening, and stimulating time together, from 10:00 a.m. to 2:00 p.m. As usual, we will provide lunch. And then we will play this game:

The object of the game is to clear your closets and bureaus of clothing that you no longer want, and to freshen your wardrobe with clothing from other women’s closets. Along the way, we will make a financial contribution to the Goodenough Community and its women’s program.

On Saturday, April 8, please come to the community center at 3610 Barton Street SW in West Seattle, with your clothing offerings, and leave them in the lobby. Head upstairs, enjoy some coffee and companionship, and join our circle of women for conversation and exploration.



Once our program has ended, join your friends downstairs, and select as many items as you want. Help other women discern what is “just perfect!” for them – and make a financial contribution to the Goodenough Community, according to what you believe is the right amount for what you receive and what fits your budget.

The Clothing Exchange is always a lot of fun, and I hope you will be with us!

And ... while I have your attention, and while you have your calendar handy, I’d like to remind you of the annual Women’s Weekend, Friday, May 5, through Sunday, May 7, 2017, at Sahale. Please mark your calendar, and plan to be with us then!

I will write again with more information about our women's gathering on April 8 and about our weekend. Warmly,

Hollis



## Men's Weekend and Tent Raising

I'm writing to invite you men to a **spring retreat weekend, June 9-11**. This date is the best fit for the most of the men I've asked. I realize not all of you will be able to make it, a sad truth about planning. If you're not able, please consider sending me an email with a "check in" you'd like shared in our circle.



This year, different than we've done before, we're combining our annual raising of our Big White Tent with our men's retreat. The tent raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.

On a personal note, I'm still feeling the important opening of our recent women's and men's weekend intensive and I'm interested to continue the conversation as theme for our gathering. If you were not present for this event you could know that we plunged into the important and sometimes difficult topic of patriarchy, gender inequalities, changing roles and fluidity of gender identity. It was a powerful experience of truth spoken and heart opening.

What aspects of this theme would you like to explore? What about the structures of patriarchy would you want to explore together? For me, the notion that I'm part of the problem and the solution continues to ring. I want to urge on my own wake up to my unconscious gender bias and the ways I act out old ideas, asleep to my impact.

Please RSVP with your interest about our Men's Retreat and look for more details as the time draws nearer. Warmly,

Bruce Perler

## **Making Choices about Medical Care in Later Life:**

Submitted by Hollis Ryan

Would you like to know how geriatricians are thinking about your choices? Let's discuss! Speaker **Wayne C. McCormick, MD, MPH**, is a Professor of Medicine at the University of Washington, Department of Medicine, Division of Gerontology and Geriatric Medicine, Harborview Medical Center. He is a graduate of Washington University Medical School in St. Louis and of the University of Washington School of Public Health in Seattle. He is a former Robert Wood Johnson Clinical Scholar and is board certified in medicine, preventive medicine and public health, palliative medicine, and geriatrics. **Date, time, location:** Wednesday May 3, 5:15 – 6:45 p.m., Odegaard Undergraduate Library. **Register [HERE](#)**, or click through on the event announcement at [uw.edu/uwra/calendar](http://uw.edu/uwra/calendar).



## **The deAnguera Blog: Annual Meeting 2017**



What does one do during an Annual Meeting? At lot of sharing and listening as you can tell by the two photos above. On the left we were shown the new Goodenough Community website. The Kloshe living room is an excellent place for presentations. It has a nice woodstove which can heat up the whole living room. Very good for the cold wet weather we are now having.

An Annual Meeting is a good checkup. What kind of progress are we making? Are we satisfied with the results? The financial data was looking very good. Our financial situation continues to improve.

I am definitely committed to the Goodenough Community process. If I want to change the world I must start with the relationships I have with the people around me. Are they good relations? If they are not change will not be possible.

My life is contained in a web of relations. How well my relations work will determine my success. How far do they extend? In my case not very far. Community can help me extend my relationships by opening up new opportunities.

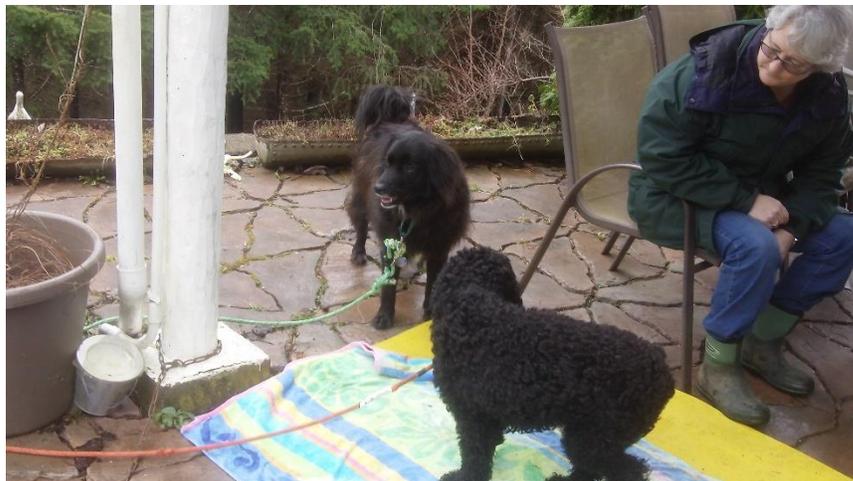
The quality of our nation's leadership reflects the health of our relationships as a society. I would say community is deteriorating in our country impairing our ability to choose good leaders.

Why don't we take community seriously as a society? American culture is about the rugged individual doing it all by him/herself. Community is not valued. We want to show through our work that community is necessary for healthy people and a healthy society. That was something I never understood until I experienced my first Human Relations Laboratory. The lessons of Lab have taken many long years to sink in. This is because I still believe that if I want to succeed as a person I need to do all by myself.

Attendance at Human Relations Labs should be a prerequisite for all government leaders local and national. Watching our leadership interact with that of other nations is often painful for me. Egos engage in power trips. The truly great leaders are very few. To be a great leader requires one to put the ego aside and be humble. This takes practice. I must know how I am coming across and that makes feedback from others essential.

I am very careful about what I say during our discussions. It's important for me to develop good listening skills. If I am on a power trip I will find that extremely difficult.

How have I fared? If I compare myself with what I was like before attending my first Lab I have made a great deal of progress. I am a much better individual. I am also an older person. Does that necessarily make me wiser? That depends on how I process my experiences.



Cody, Cooper, and Pam. All present at the Annual Meeting.

## Travel Log – New Zealand Reflections

*Irene Perler*

I have been very fortunate in my life to travel to many places near and far. I am very grateful to Bruce and for my family and friends for encouraging me to travel, usually to follow my children and see where they are living. I've been to Hong Kong, Japan, Australia, England, Scotland, France, Mexico and Canada including the arctic circle of the Northwest Territories, not to mention that I've been to all but a couple of states of the US. Someday, I will no longer take the time or spend the money to do this, so I am feeling especially grateful for my most recent venture where I spent almost 7 weeks in New Zealand. While I am glad to be home at Sahale in Tahuya, Washinton, my thoughts wander, much like my path did, as I journeyed to "Aotearoa" – the Maori word for New Zealand which translates to: "land of the long white cloud".



When I travel, especially alone, I experience a time of awakening and heightened awareness and a sense of freedom. Not only do I try to view the outer-world with more objectivity, but also the inner life becomes an objective study. As I work both ends to the middle, I experience occasional moments of finding my center or core. Traveling alone, I rely primarily on decisions I make myself; I must find new ways to relate and navigate the unfamiliar and non-routine pathways and to trust the world and the people I meet. This is a good exercise for sure, to focus more on trust at the same time being awake to cultural norms that might be important to observe. I enjoy this and certainly find it a rewarding challenge. I love hearing other's talk of these challenges and discoveries as well.

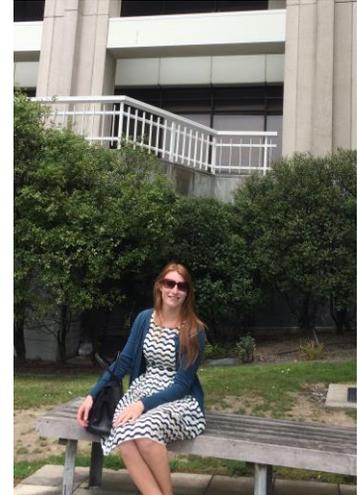
### *Why New Zealand?*

My daughter Sarah, now 26, accepted her first post-college position working for the Ministry of the Environment in the capital city Wellington. The timing was right for my first visit to see her home and meet her friends. She encouraged a visit over the holidays because she gets 2 weeks off, as do most citizens. It is European in this way, and they encourage workers to get out and enjoy their families and travel during the summer months there. Many businesses close and resume activity in mid or late January. The country is suddenly filled with visitors and the campgrounds and restaurants flood with families and friends from all over the world. My father, two of Sarah's friends from childhood and I all visited in the summer months of December and January.



### *What is Sarah doing there?*

Sarah is a water policy analyst and works with a team of people for the government managing the water resource for the country. She is trained for and now interested in creative and collaborative resource management strategies. This line of work includes educating the public about responsible resource practices and conservation, collaboration between the government agencies with farmers and businesses that use water. She has been hosting and guiding town meetings and meetings with the Maori tribal leaders to understand the issues they have in managing their water rights. I sure enjoyed hearing about her work with water and with the challenges that face all of us in the future as we protect a renewable but not limitless resource.



### *Where did I stay? What's it like in Wellington?*

I stayed with Sarah in her flat. She shares a split-level home, which I think was actually built in the 1930's. She lives within a 30-minute walk from the Central Business District (CBD) and all the government buildings, shopping, museums, Botanical Gardens, cricket fields, sports arenas for rugby and the harbor. She is also situated close to a community village called Aro Valley, with its own bakery, garage brewery, video store (not many left), café, park and community center. The small local shops are "cheap and cheerful" ...the "Dairy" or small grocer (often on corners), fish and chips shops (pronounced "fosh n' chops"), pharmacy and "Vinny" (short for St. Vincent de Paul) shop. She lives in the bottom apartment and a nice teacher and her daughter live above. Together the 3 of them look out after one another and enjoy the shared outdoor laundry line and front enclosed entry. They often share a meal, a car ride to get groceries or just a ride up the very steep hill.

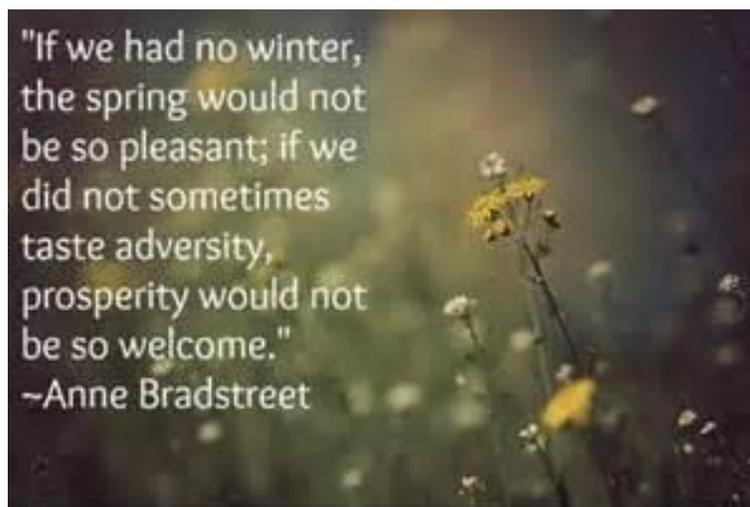


Did I say steep hill? I still marvel at the steepness of this city and how it was built, is an engineering feat. Wellington has many things in common with San Francisco, Seattle and Hong Kong, to name a few that I've visited. The commonality is that these cities are very hilly, have big and beautiful sea harbors with a lot of tourist attractions and transportation modes, seafood, shops galore, especially small vendors who set up shop daily or on weekend, restaurants and cable cars to carry people up the steep hill climbs. These cities also offer



public transportation to help people get around with speed and ease. The buses were helpful as well as Uber, taxis, bicycles, trains, boats and small planes. I used each of these in my time there and was amazed at the Uber network! Without a car, it is so handy to pick up groceries and have an Uber pick up at the ready or to come home late from dining out. I didn't expect to get a fitness program started during my trip but I did! The walking and hill climbing strengthened some muscles I had forgotten about, but I still ate more than I burned off...it was the holidays after all and the fish and chips and lamb burgers are amazing.

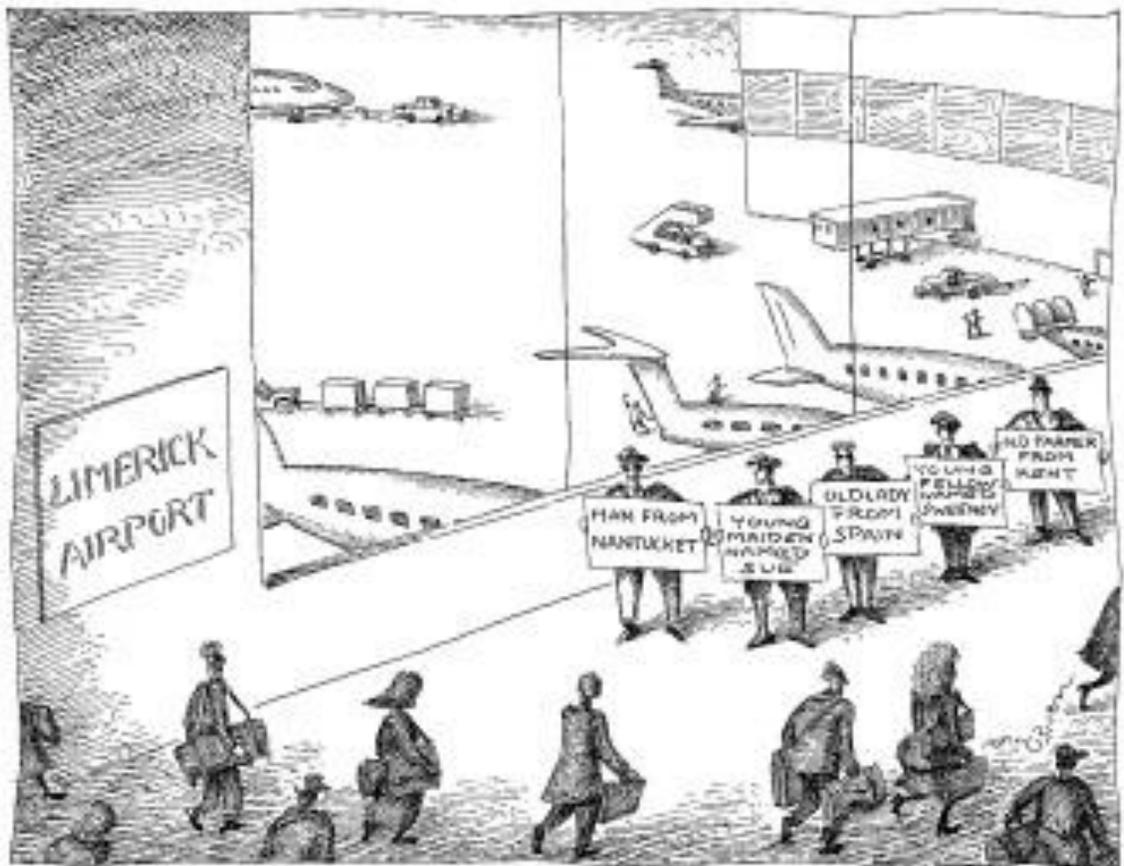
When I arrived Dec 10<sup>th</sup>, Sarah was still going to work and so I did a lot of exploring of the town and fixing meals, taking a few naps and getting the lay of the land. While the time difference is 21 hours ahead, I decided to think of it as 3 hours difference and a day. I just didn't care about the extra day part, except for reminding myself what day it was. Within a week, I felt on track. That first week I went to the harbor and we bought fresh local farm produce at the Sunday market, took the first of several trips through the "free" Botanical gardens and went out to the local bar for the holiday Tango party. We met for a meal on Cuba Street, which is a street with lots of eateries and shops and long pedestrian walkway only interrupted by a few cross-streets for vehicles. I was doing a little holiday shopping and decorating the house with a few greens and candles. While there were some signs of Christmas, they don't go crazy like we do with lights and blow up Snowmen on yards. But they DO spend a lot on special cuts of grass-fed meats and seafood and sweets for the holiday parties. The most important is the Pavlova...a big light meringue topped with fresh whipped cream and plentiful abundant fresh local fruits (the best I've ever had – no kidding!) – strawberries, passion fruit sauce, and of course Kiwi – green or some prefer golden. Yum Yum! Let me know if you want a recipe!



QuotesIdeas.com

# Birthdays

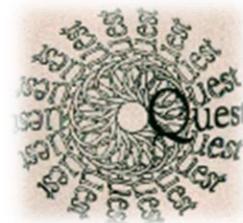
✚ !Happy birthday, PAMELA JARRETT-JEFFERSON – March 17



## 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.

**Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives.** For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

### Calendar of Programs and Events, 2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

**Annual Organizational Meetings                      March 10 to 12 This weekend is foundational to all programs and events within the community. Come and be curious!** Please contact Kirsten Rohde 206 719-5364 for more information.



A weekend for men is being planned for June 9 to 11. Focal Person: Bruce Perler, [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)

## Women's Culture

Next Saturday gathering is April 8, 10 am -2 pm, at the community center in West Seattle

### Women's Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)



## Third-Age Gatherings

Next gatherings will be Friday evenings, March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

## Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

## Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, [Irene\\_Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)



## Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48<sup>th</sup> year!

Focal Person: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

### True Holidays Celebration, Saturday, December 2, 2017



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, [krohde14@outlook.com](mailto: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

Focal Person: Colette Hoff

### New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

