



Village eView

June 12, 2019

Kirsten Rohde, Editor

Receptivity

COMING UP

Third Age, June 14

Men's Weekend and tent-raising, June 21 to 23

Summer Camp, June 27 to July 3

Pathwork Circle, July 14

General Circle, July 15

Human Relations Lab, August 4-10

"Your receptivity is your ability and willingness to take in information or ideas." (dictionary.com)

Receiving is a concept we talk about often in our community. We encourage each other to learn to receive and give, even simultaneously. I am not alone in discovering that I must learn to receive, to really take in what someone else is saying or offering me as support and love. Also when we're in a meeting we learn to listen carefully to each other, rather than reviewing what we're going to say as soon as there's a pause.

Now I've become intrigued about *receptivity* as what is behind the act of receiving. I'm working on listening and making a space for something new or different to happen. If I think I already know and I'm not alone in thinking we already know, together we don't get as far in our desire to be open to new possibilities.

Recently I asked a couple friends to share their experience of turning 70, as this is coming along for me quite soon now! I have more of a negative approach to the idea which doesn't leave me as receptive. Being a human I've *received* the information that I'll be turning 70 as that's the way we humans count a lifespan. But being *receptive* to it is something else. The first thing one of my friends said to me was that turning 70 was a very positive experience. Huh. I wasn't thinking that way myself. Working on being receptive, I wondered if I might like to shift my perspective about this event in my life. I'm learning to open up to a more spacious view. I'm sharing here some thoughts about receptivity from a few wise people I've enjoyed reading.

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

From Pema Chodron, in Comfortable with Uncertainty, Shambala Library, 2008:

Expansion never happens through greediness or pushing or striving. It happens through some combination of learning to relax where you already are and, at the same time, keeping the possibility open that your capacity, my capacity, the capacity of all beings, is limitless. As we continue to relax where we are, our opening expands. This is the potential of a human being. This is the gift of a human birth. When we say, “May I have happiness,” or, “May I be free of suffering,” or, “May any individual have happiness and be free of suffering,” we are saying that it is the potential of a human being to expand our capacity for opening and caring limitlessly. It starts out with feeling love or compassion for one being. It can expand to include more and more beings, until it reaches the full human capacity for connecting with love and compassion, which is limitless, free-flowing warmth – dynamic, alive, connected energy with no reference point. This is our human potential: to connect with the true state of affairs. It begins with being where we are.

Everything we meet has the potential to help us cultivate compassion and reconnect with the spacious, open quality of our minds.



From Eckhart Tolle, *The Art of Listening* from The Power of Now, Namaste Publishing, 1999:

When listening to another person, don't just listen with your mind, listen with your whole body. Feel the energy field of your inner body as you listen. That takes attention away from thinking and creates a still space that enables you to truly listen without the mind interfering. You are giving the other person space – space to be. It is the most precious gift you can give. Most people don't know how to listen because the major part of their attention is taken up by thinking. They pay more attention to that than to what the other person is saying, and none at all to what really matters: the Being of the other person underneath the words and the mind. Of course, you cannot feel someone else's Being except through your own. This the beginning of the realization of oneness, which is love. At the deepest level of Being, you are one with all that is.

Most relationships consist mainly of minds interacting with each other, not of human beings communicating, being in communion. No relationship can thrive in that way, and that is why there is so much conflict in relationships. When the mind is running your life, conflict, strife, and problems are inevitable. Being in touch with your inner body creates a clear space of no-mind within which the relationship can flower.



“If your mind is empty, it is always ready for anything, it is open to everything. In the beginner's mind there are many possibilities, but in the expert's mind there are few.”

— Shunryu Suzuki

“I discovered that it is necessary, absolutely necessary, to believe in nothing. That is, we have to believe in something which has no form and no color--something which exists before all forms and colors appear... No matter what god or doctrine you believe in, if you become attached to it, your belief will be based more or less on a self-centered idea.”

— Shunryu Suzuki



Farewell to a Forever Friend

Elizabeth & Pam Jarrett Jefferson

Dear Friends – On Sunday, June 16 (father’s day), from 2-4pm, Pam and I will be hosting an open house on Mercer Island to bid our home a fond farewell. We’d love to have you stop in and lend your good wishes for our home and the future ahead. Let Pam or me know if you can make it – we’d love to extend our appreciation to those who have helped with our move and all who have been a part of making this house our home.

Sunday, June 16, 2-4PM

3446 77th Place SE, Mercer Island, WA 98040



The Communications Circle is coordinating the eView, identifying themes, and sharing the editor function. Future themes of the eView include:

June 19 – **Allowing Change**, Elizabeth Jarrett-Jefferson, Editor

June 26 – **Audacious**, Colette Hoff, Editor

July 3 – No eView



50th Annual
HUMAN RELATIONS
LABORATORY
Sponsored by the Goodenough Community

AUG 4 to 10, 2019

How to Live in Heaven, HERE!

Lab feels like heaven – right here and right now. Heaven is not a location but a state of mind, an attitude of **AWE** and **WONDER**. We can create heaven inside ourselves through spiritual and psychological development, and between and among individuals through relationships, collaborative circles, and the culture we create together.

FOR SEVEN DAYS YOU CAN:

- Practice radical openness in a safe context
- Connect deeply with others who are also growing themselves
- Dissolve barriers to love
- Enjoy creative expression of all kinds
- Live in the natural world, explore freedom and energy, and live in the present

\$750 | The Lab fee includes accommodations and learning materials.

Special rates available for groups of three or more, seniors, students, and interns.

Please consider an additional tax-deductible donation to the scholarship fund. Thank you.

To learn more, call (360) 275-3957 or visit: www.goodenough.org/lab

[Click Here to Register](#)

[Click Here to Visit our Site](#)

Space is limited, register now. www.goodenough.org/lab

Held within the magical 68 acres of Sahale Learning Center, on the Kitsap Peninsula.

Come **CELEBRATE** with us!

The HUMAN RELATIONS LABORATORY is
50 years old — and we are having a party!

Dear HRL Alumni,

All Lab alumni – *you!* – are invited, along with your family, to our anniversary party celebrating 50 years of the Human Relations Laboratory. Please bring your memories, reflections, and photos to share.

The celebration begins at 2:00 p.m. on Saturday, August 10, and we hope you will share this event with us. We will have a program beginning at 4:00 p.m., followed by a celebratory dinner.

Fifty years of Lab ... what a remarkable achievement! Each Lab has had a unique theme, an ever-evolving structure, and a changing array of participants. After many years at many locations, the Lab has settled at Sahale Learning Center and has been welcomed here since 2002.

At this reunion, you can reconnect with Lab friends, and meet Lab alumni from other years. What an opportunity to share stories and learn how things were then, and how things are now. You will also be able to explore the Goodenough

Community's beautiful retreat at Sahale Learning Center on the Tahuya River, Kitsap Peninsula, and to learn what our community is about now. The community and Sahale are a tangible legacy of John Hoff, who passed on February 14, 2018. In memory of John, let's let our hearts sing together again. Please let us know whether you plan to attend, and how many guests you are bringing. We want to hear from you by **August 1** so we can make our plans. Please send your **RSVP** to Colette Hoff: 206 755 8404 or hoff@goodenough.org.

With anticipation,

Colette Hoff



RSVP to hoff@goodenough.org
TODAY or by
Aug 1st.

Kirsten is turning “70” !

Will you join a celebration, **Thursday, June 20** with dinner at the Bistro at Lakeland Village, close to Allyn, WA, about 35 minutes from Sahale. Here is a link about the place.

<https://www.kitsapsun.com/story/entertainment/2019/01/29/hesher-brings-wealth-restaurant-know-how-lakeland-bistro/2680014002/>



We will gather at Sahale at 4:00 for a brief “Happy Hour” and car pool to the Bistro at Lakeland Village for a no-host dinner, and sharing the cost of Kirsten’s meal. Please RSVP by emailing Joan Valles at joanvalles70@yahoo.com Could be a great party! And Pedge’s birthday is June 23 so we’ll have a double celebration!



Goodenough Men’s Circle and Upcoming Activities

Bruce Perler

Our Men’s Circle is an expression of brotherhood and practice with wisdom, gathered from own lives, other men’s work advocates and, the founders of this men’s circle. Much appreciation to John Lawrence Hoff for his years of love and dedication.

Vision Quest Outing

June 6-9

This last weekend a small group of men, supported by a warm and hearty base camp – thank you Tod and Chris, ventured into the northeast Olympic National Park, seeking an authentic experience. We hiked up Royal Creek Valley and into Royal Basin, packing for a comfortable overnight, 9 miles / 3000 ft. The high basin was full of snow but Royal Lake was mostly clear. Sunday the weather cleared and we woke to sun and blue skies. The hike itself is a personal test of mental and physical stamina and the need to rely on each other, a brotherhood building experience. Hours of time to talk, enjoy quiet and explore the wilds of the Olympics. Magical and grounding!

An auspicious beginning ...



The first junction: Dungeness Fork or Royal Creek



Approaching Royal Lake ...





View from our camp at Royal Lake

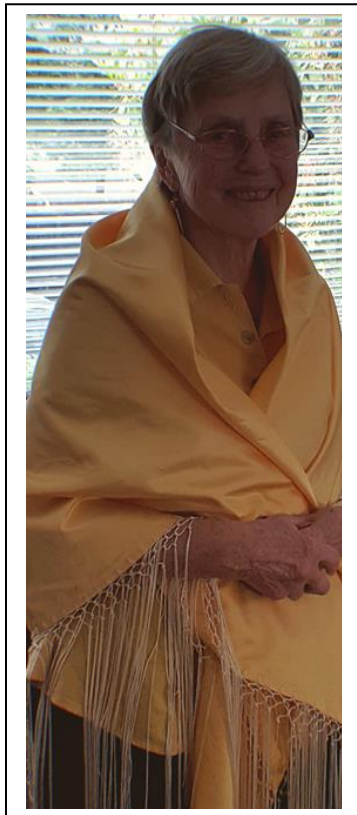
Annual Tent Up

Our next gathering begins soon, 6/21 – 23 at Sahale. We'll be having our annual spring Event Tent Raising and Men's Retreat. Bring your gloves, your spirit of collaboration and a story to share about life and being you.

For more information or questions, please contact me: bruce_perler@hotmail.com

Third Age Gathering this Friday, June 14

The Goodenough Community's Third Age group is for those of us over 60. Our gatherings are open to all and we enjoy a potluck dinner and good conversation. There can be a lot of social creativity in creating a good conversation amongst ourselves. Sometimes we pick a topic, read a brief article together or watch a relevant video. We will be gathering on Friday, June 14th at the home of Joan Valles, Barbara Brucker and Jim Tocher in Tukwilla. Call Joan at 206 763-2258 for directions.



Joan Valles in her beautiful new shawl created by Colette Hoff following a traditional method taught to her. This was gifted to Joan this past Sunday at the Pathwork evening.

Sahale Summer Camp

June 27 to-July 3, 2019

Now is the time to register!



SUMMER CAMP — JUN 27 to JUL 3, 2019

Sponsored by the Family Enrichment Program of the Goodenough Community

Register online or mail this form and deposit(s) to:

SAHALE SUMMER CAMP

2900 NE Tahuya River Road, Tahuya, WA 98588

Parent _____

Email _____

Child(ren) Name(s) & Age(s) _____

Home Address _____

City, State, Zip _____

Phone (H) _____ (M) _____

Deposit Method (\$100 per child) Check # _____

Visa/MC _____

Exp Date _____ Total \$ _____

Signature _____

Cost includes food, lodging, materials.

One child \$650 | Two children \$1050

Full refunds no later than May 25.

50% refunds after June 10. (No refunds after June 17th.)

Scholarship funds may be available before June. Please reach out to Irene Perler to arrange. 206-419-3477.

Preparation materials, what to bring, maps & directions will be sent upon registration.

Sahale is 20 minutes from Belfair, WA. The 68-acre center is an easy drive or ferry ride from Seattle, Tacoma and the Olympic Peninsula.

For more information please contact irene_perler@hotmail.com and visit goodenough.org.

Camp is supported by a volunteer staff of 18 trained adults and young people who each give many hours of creative, loving and dedicated service. It's so rewarding that many staff return year after year.

We mentor specific skills and teach by intentionally living collaboratively and joyfully all week. Colette Hoff, professional family life coach and community developer, offers life lessons for staff through leader development.

Our model values having pairs of junior staff who befriend each camper and guide each "kid clan." Counselors take their responsibilities to heart and help campers feel included and cared for. They support skits, play games and sing camp songs. They are friendly role models.



camp for boys and girls, 9-12

A week-long, overnight camping experience designed to help children have fun learning about themselves as a friend, naturally. Your child will leave with a greater sense of confidence and of belonging to the world. Our program builds skills that promote self-esteem, collaboration and social creativity for the future health of your child & society:

- ♥ Self-responsibility, self-care, self-reflection, self-awareness and self-expression
- ♥ Enjoyment of work and play
- ♥ Sharing and active listening
- ♥ Empathy and practical care of others
- ♥ Respect for elders and peers
- ♥ Collaboration and cooperation

*"Building forts & campfires with friends
all week long is so much FUN!"*

Sahale's gift is a remote and beautiful river valley where we breathe fresh air, swim in clean waters, explore meadows and forested hills. It is home to diverse flora and fauna awaiting discovery. Each day, camp life is filled with natural wonders.

*"Sahale is the best! I can't wait to meet
up with my friends from camp."*

We build our tent village circled by trees and near the fire circle where we gather each evening for stories, singing, skits, stargazing and more. Each day repeats a gentle rhythm and includes comforting routines.

Daytime activities include: Group circles, archery, nature activities, cooking, river play, gardening, quiet time, journaling, drawing, drama, music, story time, free time, group games and crafts such as clay, weaving, beads, drawing and more.

*"I love learning new things at camp
and the food is great!"*

On our last full day, we celebrate with a big feast and a special camp fire program as we prepare to join our families the next day.



*Co-creating
memories &
friendships*





You are welcome to join with others at Sahale to celebrate the holiday. Sahale Summer Camp is over on July 3. Come any time after 3:00 p.m. and stay through Sunday, July 7. Come relax, spend time in the river or hot tub, enjoy good conversation and good food! RSVP! Please email Elizabeth at elizabeth.ann.jarrett@gmail.com and let her know your plans: when you are coming, when you are planning to leave and how many in your party

. Tahuya Day Celebration &

Parade Saturday, **July 6**, 10am to 4pm

Tahuya Community Club presents this unique celebration, featuring a fun-loving parade at 1 pm with everything from pirate ships to water cannons, horses, classic cars, and more. (Irene Perler is helping out at the parade this year.) Everyone is invited to participate! Some 2,000 people attend this event which is hosted by the town, celebrating its unique and quirky heritage. It is a major fundraiser for the Tahuya Community Club's North Mason High School scholarship fund. Proceeds from the miniature American flags and raffle tickets sold go toward the \$2,500 fund. Expect many activities for kids, homemade arts and crafts booths, and live music. Check it out on [Facebook](#). There is also a huge "haggle" sale at our local Episcopal Church.



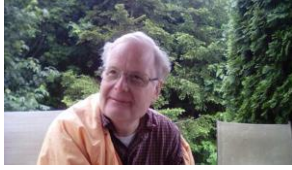
Pathwork, July 14

Colette Hoff

Our Pathwork Circle will meet again on **Sunday, July 14th, at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126 Street, Tukwila, 98168. Barbara's cell phone is 206 412-9417.

Pathwork is an excellent context for instituting new spiritual practices, provides support for maintaining current practice, and gives many with a feeling connection so necessary for a good life. Currently, we are exploring the God/Goddess within each one of us and the influences on our spiritual development.





The deAnguera Blog: Receptivity



My receptivity is my ability to receive from another. In order for me to give I have to first receive. Can I receive what life has to offer me? What Sahale has to offer me? That's more specific.

Sahale and its residents are a gift for me. They are there for me.

Is it possible I am receiving what I asked for in this lifetime? I believe so. Maybe that's true for all my experiences. Then why do I have unpleasant experiences? Well part of my challenge is everything is tinged with adversity. I confront adversity inside and out so I can create story and become a real person. Even my friends will challenge me. I do need to be challenged otherwise I cannot grow.

In the left photo Elizabeth Jarett Jefferson is preparing strawberries for Colette Hoff to make into jam. Elizabeth and Pam have moved to Sahale so now we get to see them most of the time here. That is wonderful. Indeed they are a gift to all of us. I can receive the gift of their friendship so I am happy to help them both get settled in.

Drai Schindler presented a beautiful lazy susan to me. It is the most beautiful thing I have. Yet it has been broken and glued back together. That's so I can see its brokenness. Any gift I get including anybody or an experience will be broken as well. No matter what I give out that offering will also be broken. The brokenness is the last act of perfection.

My brokenness is why I have taken so long to find a group of friends who support me. Could I have chosen such friends earlier in my life? No because I let others determine for me my choices. I was not choosing for myself but rather for my parents and other authority figures around me. Community was not my goal.

Now in my senior years it is the best thing I could have received. Was it designed specifically for me? I am sure of that. Any other community would have been harder because the necessary relational work might not be present.

Our community building work goes back over 50 years. That's 50 years of being together in a rock polisher. I have shared 21 of those years and will always be grateful. My smooth sides slide past the smooth surfaces of others.

I am working with a new friend, Julie Wolf. We chose to work together preparing one of the terraces for planting. We dug eight holes. It was exhausting work, especially in the heat but I enjoyed working with her. Usually I am assigned something. So this is a first for me. I am

taking the initiative here. I drove over to Julie's house just off Tahuya Blacksmith Road to pick her up this morning.

If people actually valued relationship enough to let it guide their choices this world would be a much healthier place.

In the past I was not open to receiving others. Of course that meant receiving all that they are which takes a willingness to be trained by facilitators. It is a good thing I am willing to receive friends today otherwise my latter years might be lonely and bitter which is often the case with many seniors..



Shane is receptive to his grandmother's love. What a kid!

Happy birthday!

- ☐ Nan Kreckler Scott, June 15
- ☐ Kirsten Rohde, 70 on June 18!



"Either cheer up or take off the hat."

2019 Graduations!

Gillen Martin has graduated from Brown University on Sunday May 26 with a Bachelor of Arts degree in Political Science.

What an accomplishment for Gillen and Kate!
Congratulations.

Mari Scott will graduate from Nathan Hale High School on June 14 and is planning on going to Western Washington University in the fall. Best of everything in the future, Mari and Congratulations!

THE LAUNCH FUNDRAISER FOR THE BUKOBERO COMMUNITY HEALTH CENTRE



**Saturday, June 22, 2019 from
6:00 PM to 8:00 PM (PDT)**

**Montlake Community Center
1618 East Calhoun Street
Seattle, WA 98112**

Imagine living in a community where you have to walk miles to access health care. Now imagine doing that through 5,900 ft hills during the rainy season when 70 inches of rain falls and you are in labor. That is what the people in a remote area of the Bududa District in southeast Uganda have had to do for ten years since a disastrous mudslide destroyed their only health facility.

Now **this community is organizing to build a new health center** and you can help them! It will be a health center owned and operated by the community it serves. Bringing health care to an area where easily preventable childhood diseases have gone untreated. And, women are giving birth without help from medical providers.

Please join us for the launch fundraiser for **the Bukobero Community Health Centre** in Uganda!

With **delicious Ugandan inspired bites** by Chef Chantel Jackson of Thyme Well Spent Catering (www.thymewellspentinc.com), a survey of traditional and modern African music by **DJ Jason Turner**, and room to dance, this event is not to be missed! This is a kid-friendly event so bring the whole family. Come early and enjoy a walk by Portage Bay.

If you can't make it, please consider a gift through our website, www.bukoberocommunityhealthcentre.org or through our GoFundMe Campaign, <https://www.gofundme.com/bukobero-community-health-centre>

WHEN: Saturday, June 22, 2019, 6:00pm - 8:00pm

WHERE: Montlake Community Center (1618 East Calhoun Street, Seattle, WA, 98112)

Hope to see you, Sheila Hosner



At the “OUR” Ecovillage – in British Columbia

September 13 - 15

Friday 2:00pm - Sunday 5:00pm

This conference is an intentional experience of

community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change. The Goodenough Community is a sponsor for this event!



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

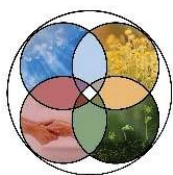


Programs and Events of the Goodenough Community

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 **General Circle** meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be June 15 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026).

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. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be June 14. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. In the fall of 2018, during our annual *event-tent take down project*, we began preparing for a men's *rite of passage* experience preceded by a smaller group vision quest. These two events are scheduled for **June 7 to 9** for the vision quest component centered around a small group backpacking trip into the Olympic National Park and **June 21 to 23** will be the annual tent raising weekend. For more information, contact: bruce_perler@hotmail.com



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 PM 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 service. **Gatherings are in Seattle, the next one is July 14.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

Announcing new dates for Summer Camp 2019: Wednesday June 27 to Tuesday July 3, 2019. Summer Camp is 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 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

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 Elizabeth for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend** 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!



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) to make arrangements.