



# The Village eView

January 24, 2018

Colette Hoff, Editor

## **Coming Up:**

**Pathwork**, January 28

**Council**, January 29

## **Between Heaven and Earth – Conversations About Dying, Death, and Grief**

Hollis Guill Ryan

At the beginning of January, the Pathwork circle and guests invited Tom Gaylord, Cindy Thelen, and Staci Gonzales to help us talk about death and dying. The reality of recent deaths, serious illness, and the process of dying brings our community to an unusual place in our history.

Although friends and family have died, and we have experienced serious illness among us, we are now facing an unprecedented combination of events: the imminent death of our founder, John Hoff; recent deaths of community members and family members; life-threatening illness of dear friends. We face our own shock and grief, and we walk with Colette, who is losing her husband and dear friend; with our friends whose dear ones have passed; and with our friends who are caring for their very ill loved ones.

Tom, Cindy, and Staci come to us at just the right moment, with just the right backgrounds to help us in this time. Tom is the former director of the Shambala Center; Cindy leads Harborview's No One Dies Alone program and works with the spiritual care program, and Staci is progressing through her grief for her son who died in the Ghost Ship fire in Oakland a year ago. Among the 3 of them, they facilitated conversation about our own grieving and sense of loss, and they will return on **Sunday, January 28. You are welcome to attend: 7:00 to 9:30 p.m., at 3610 SW Barton Street, Seattle.**

The conversation was deeply personal and moving, and ranged from useful and practical

### ***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*

information to metaphysical understandings. A word recurred over and over again: *Kindness*. Treat yourself kindly. Receive others with kindness, and kindly overlook and forgive your friends' signs of stress, such as snappiness.

We all pass through 2 portals (*passages*) of life: Birth and death. It was suggested that we use kindness to open the space around these 2 portals.

It was helpful to hear about 4 symptoms of grief:

1. **Physical** symptoms: You may notice that you are tight: jaw, shoulders, face, burning eyes. You may feel the weight of the world on your shoulders, and you may feel heavy. Be gentle with yourself and turn to each other.
2. **Emotional** symptoms: Sadness, helplessness, irritability (receive irritability with kindness). Welcome the sadness, notice it, "take it to tea."
3. **Spiritual** symptoms: Things that made sense may make less sense or more sense. Beliefs may fall away, leaving you not knowing.
4. **Social** needs may change. Maybe you want more time alone – or you may not want to be alone. Be kind to yourself and to each other.

Noticing these symptoms in yourself can be a reminder of your grief, and may serve as a doorway into exploring stages of grief (different from the well-known Kubler-Ross stages experienced by those who are dying):

1. Acknowledge the reality of your loss.
2. Experience the pain.
3. Adjust to an environment in which the deceased is missing. You continue to live, to eat, sleep, and breathe.
4. Reinvest your emotional energy, and remember the relationship. Notice how your connection with the deceased has changed and how it continues through memories, stories, experiences, and so on.

Tom led us in a compassion meditation, which can be found at the back of Pema Chodron's books. Breathing in, and breathing out, catch a glimpse – just a glimpse – of the heart. Exhaling, breathe out good feelings. Breathing in, inhale pain. Breathe out. Breathe in. Start with love for yourself. Then let your heart break about others. Perhaps you will meditate on a pet, or someone/something else you have lost. He also suggested a ritual of harvesting a branch or twig of juniper, drying it, crumbling it or grinding it in a coffee grinder. Then build a small fire and sprinkle it on the fire. Its smoke makes a connection between heaven and earth.

**Please join us for more conversation on Sunday, January 28, from 7:00 to 9:30 p.m., at 3610 SW Barton Street, Seattle. If you can send an RSVP to [hollisr@comcast.net](mailto:hollisr@comcast.net), it would be helpful. We hope to see you there.**

Editor's note: Cindy sent us this resource: <https://whatsyourgrief.com/wordens-four-tasks-of-mourning/>



## On Death

*Kahlil Gibran*

You would know the secret of death.

But how shall you find it unless you seek it in the heart of life?

The owl whose night-bound eyes are blind unto the day cannot unveil the mystery of light.

If you would indeed behold the spirit of death, open your heart wide unto the body of life.

For life and death are one, even as the river and the sea are one.

In the depth of your hopes and desires lies your silent knowledge of the beyond;

And like seeds dreaming beneath the snow your heart dreams of spring.

Trust the dreams, for in them is hidden the gate to eternity.

Your fear of death is but the trembling of the shepherd when he stands before the king whose hand is to be laid upon him in honour.

Is the shepherd not joyful beneath his trembling, that he shall wear the mark of the king?  
Yet is he not more mindful of his trembling?

For what is it to die but to stand naked in the wind and to melt into the sun?  
And what is it to cease breathing, but to free the breath from its restless tides, that it may rise  
and expand and seek God unencumbered?

Only when you drink from the river of silence shall you indeed sing.  
And when you have reached the mountain top, then you shall begin to climb.  
And when the earth shall claim your limbs, then shall you truly dance



## Passages of Time

Colette Hoff

We have the best Hospice care team: Melissa is CNA who comes the most often and is a wonderful and patient teacher as some of us learn the art of caretaking to keep John comfortable. In the last five weeks, we have met an occupational therapist, speech therapist, social worker, Hospice doctor and a caring nurse named Seth.

John continues to appreciate visitors and most recently a home concert by our old friend, Greg Garbarino. The days move quickly. Today, five friends came to visit at different times. We find these visits heart-warming and supportive.

**Hospice** care is a type of care and philosophy of care that focuses on the palliation of a chronically ill, terminally ill or seriously ill patient's pain and symptoms, and attending to their emotional and spiritual needs. In Western society, the concept of hospice has been evolving in Europe since the 11th century. Then, and for centuries thereafter in Roman Catholic tradition, hospices were places of hospitality for the sick, wounded, or dying, as well as those for travelers and pilgrims. The modern concept of hospice includes palliative care for the incurably ill given in such institutions as hospitals or nursing homes, but also care provided to those who would rather spend their last months and days of life in their own homes. The first modern hospice care was created by Cicely Saunders in 1967.

I am grateful to be living at a time when we have Hospice services available and I receive comfort and reassurance from the team.

John and I continue to appreciate all the support so freely given from Sahale residents and community members. Life in community is especially enriched in the passage toward the end of life. I am truly blessed with such supportive friends.

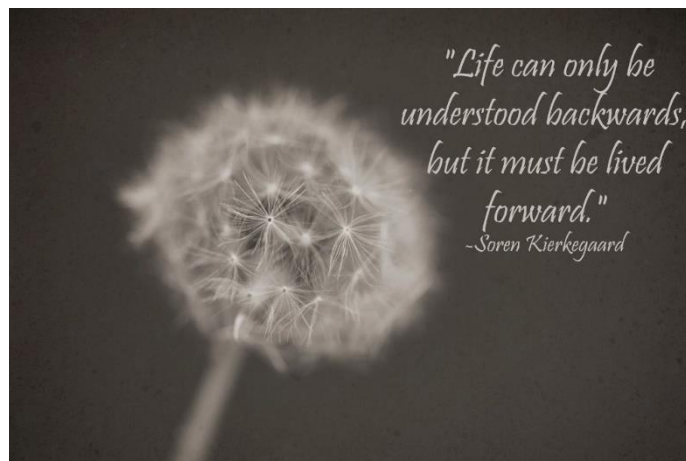


A wonderful evening with Greg Garbarino

*Our lives are like islands in the sea, or like trees in the forest. The maple and the pine may whisper to each other with their leaves ... But the trees also commingle their roots in the darkness underground, and the islands also hang together through the ocean's bottom.*

~William James, psychologist and philosopher (11 Jan 1842-1910)

Submitted by Hollis G. Ryan





**RUMI Poetry** sent in by Nancy Lanphear

### **SOMETHING**

Something opens our wings.  
Something makes boredom and hurt disappear.  
Someone fills the cup in front of us.  
We taste only sacredness.

### **THE WATERWHEEL**

Stay together, friends,  
Don't scatter and sleep,

Our friendship is made  
of being awake.

The waterwheel accepts water  
and turns and gives it away, weeping.

That way it says in garden,  
whereas another roundness rolls  
through a dry riverbed looking  
for what it thinks it wants.

Stay here, quivering with each moment  
like a drop of mercury.

### **Sanctuary**

"Remember, the entrance door to the sanctuary is inside you."

### **BIRDSONG**

Birdsong brings relief  
to my longing.  
I am just as ecstatic as they are,  
but with nothing to say!  
Please, universal soul, practice  
some song, or something, through  
me!





## Continuing our series about Council Leadership

### Leadership Bio, Hollis Guill Ryan

I have been a member of the Goodenough Community since I first met it, which was at Lab 1982. Almost immediately, I began attending the community's leadership training provided by John Hoff, and have remained in some form of leadership ever since. Although I took an extended leave of absence from most leadership when my son Sam became ill in 1999, I nevertheless continued in some leadership positions, before returning more fully to active leadership.

I often say I fell in love with the Goodenough Community; it was love at first sight. I immediately felt at home in a way I had never experienced, and quickly realized I was among family – a family of choice. Participating in the Goodenough Community social life and programs has grown me and developed me, and has helped me become a better friend, a better wife, a better mother, and a better professional. My colleagues beyond the community recognize qualities in me which I know have been honed by the practice of living by the community's covenant and by the effort of living up to the relational standards taught here.

Currently, my leadership roles include serving: as the focal person for the community's women's program; in the leadership group; on the board of Convocation; as the chair of the Sahale Aesthetics, Accessibility, & Safety Committee. One of my longest roles to date is as the coordinator of the "Feed the Leadership Team," which I have been doing – along with a faithful tiny crew of cooks – for at least a dozen years. **(Brief commercial break: We are looking for another cook to help feed the leadership team from time to time. Please say "Yes! I'd like to help!" – by sending me an email: [hollisr@comcast.net](mailto:hollisr@comcast.net).)**

Perhaps you'd like to know a bit about where I come from. Well, in brief ...

In my youth, because my father was in the Coast Guard, I moved frequently, and as an adult I continued moving from state to state and country to country until my 33<sup>rd</sup> birthday when I moved into my seventeenth home. That is where I live now, and in retirement I am enjoying my home and garden more than ever before.

My work life began formally when I became a home-based thesis typist in Pullman, Washington, in 1967, pounding on the keys of a brand new, bright red IBM Selectric. I continued through a variety of jobs, often working as a secretary, and always serving as the office's Grammar Gertie. To this day, though I am retired, I am a freelance proofreader and editor, and have a couple of regular clients whose comma placement and sentence structure I strive to improve. My most satisfying work, aside from editing and proofreading, has been, first, as a congressional assistant to a U. S. Congressman and to a U. S. Senator for 8 years and, second, managing the Patient and Family Advisory Program at the University of Washington Medical Center for 12 years.

In 1995, with the help of my friends in the Goodenough Community, I married my sweetheart Hal Smith and have been living happily ever after. Between us, we have 3 children:



my son Sam Staatz (who is now in good health, in case my earlier reference to his illness left you wondering), Hal's stepdaughter Jennifer Philbrook, and Hal's daughter Brittany Pettit. Our daughters have brought us 5 grandchildren, and Sam has brought us a charming step-dog.

My plans for the future include some travel over the course of the next year or 2, and lots of time in my garden. Plus, Hal and I are beginning to cull our belongings in preparation for moving to a smaller home sometime in the next 5 years. And I intend to remain active in my beloved Goodenough Community for the rest of my days.

LAUGHTER  
is timeless,  
IMAGINATION  
has no age and  
DREAMS  
are forever.

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### The deAnguera Blog: Passages



Life is a journey, a passage from birth to death for all of us. Change is never ending as a result. To me it seems like a brief interlude, a movie.

We like to remember the importance of each other to us. Draí Schindler holds a plaster cast of her hands intertwined with those of her husband, John. It seems like life's trials bind us more firmly together. That's especially true for life threatening conditions.

Thank you Irenen Perler for making Draí and John's cast possible. I took the left hand photo to show Irene and her friends at work making the component parts for the cast.

Religious folks would have us believe heaven lies beyond this mortal lifetime. I disagree.

For me what lies beyond this lifetime is another realm. Some might call this realm paradise. A place where no adversity exists. No growing old and no death. Everything and everybody is tender and loving. Others call it heaven.

But something is missing. Can you guess what it might be?



When have we had our happiest times? We bought Sahale just two days after 911. That gave this place special significance for me. A place of hope when the whole world seemed to be in the grips of something terrible.

If John Schindler didn't have a major illness would Draï have made a plaster cast of his hands?

I still keep a photo of Kathleen Notley on my counter. I love seeing her laughing face every morning. She occupies a special place in my heart.

Adversity brings us together. Ritual places us in the presence of Oneness. The oneness of all living creation. We center on a candle and are cleansed by smudging.

What would we be like without adversity? My feeling is that I would be shallow. No substance. Could I really know what it is like to be loved in a place where there is only love and nothing else? If there is nothing but light do I value my own light?

Would we come together in the same powerful way we do here? I think not for the incentive would be missing. That incentive is adversity in its many forms including death.

I struggled with loneliness for many years wishing I had a mate. If that had not been the case could I have been a good friend to Kathleen?

As a result of her friendship and death, Kathleen has taught me much about loving relationships. She was the teacher I needed. If I had known another woman before her would we have been so close? Probably not. The adversity of isolation and death has made it possible for me to connect with other loving friendships.

Can I trust my life process? I do have a clue now as to why I chose this lifetime. My basic needs have been taken care of. Thank you Goodenough Community and the VA. And thanks to the One for bringing people into my life to watch over me.



Greg Gabarino played a concert for all of us in John and Colette's bedroom. It gave all of us a chance to be with John.



# Sociocracy for Intentional Communities

**Save the Date!**

**Gather Thursday evening, Workshop begins  
Friday AM April 27 to Sunday, April 29, 2018**

**A Three-day Workshop**

**Led by Diana Leaf Christian**

**At Sahale Learning Center**



**Sponsored by The Goodenough Community and  
The Northwest Intentional Communities Association (NICA)**

## **Planning our Spring Workshop – Sociocracy**

Bruce Perler

I'm appreciating the process of collaborating towards a training event at Sahale, our Spring 2018 Sociocracy Workshop. Collaborating with Syd Fredrickson of NICA, the GEC Council and Diana Leafe Christian of Intentional Communities (.org), this project is addressing several areas important to the Goodenough Community's time of life, in its own story. Working together for a regional event, increasing our shared understanding about hosting and planning workshops with a national presenter and, building our connections as sister communities is great stuff to be doing together.

On-line registration at <https://sahale-sociocracy.brownpapertickets.com/>

Personally I'm anticipating an important and enjoyable experience for our community, one which represents positive action on behalf of our own sustainability and beneficial collaboration with the larger community's movement. What a great way to enter the spring of 2018!





Market Fresh Fruit is the creation of Tom O'Connor, a longtime friend of the Goodenough Community who has participated in many community events, including Human Relations Labs. Tom's daughter, Molly, has also been involved in the Goodenough Community, as a camper at the annual Summer Camp and now for many years, as a camp counsellor for the Summer Camp.

I asked Tom how Market Fresh Fruit came about, and this is his story:

"When I was a young man," Tom told me, "John Hoff taught me to have the courage to like myself. I repurposed that training to start my business."

About 8 years ago, Tom's only employment was working at a fruit stand in Pike Place Market, for \$10/hr. In his words, he says, "I learned to be humble and accept that this is the best I can do. My theory was 'a humble mind is a beginner's mind' – I could see possibilities and see the world in a fresh way."

Tom noticed that the same 2 administrative people came to the fruit stand where he worked, one every Monday and Wednesday and the other every Monday, buying a quantity of fruit each time. He learned that they bought the fruit to take back to their offices for the people working there. Tom got the idea of starting a business doing just that for many offices downtown – the birth of Market Fresh Fruit. He used GoDaddy, a do-it-yourself website program, to post his business; made calls to people; presented his business at various places; and built a highly successful business. Tom now employs 4 people, and his daughter Molly helps out in the summers. He has 150 clients and provides 6,000 pounds of fresh fruit to offices every week to locations as far north as Everett and south to Renton.

Tom says he "loves the Goodenough Community – it is so important to me." Thinking like the businessman he is, he came up with the idea of advertising in the eView and encourages others to consider doing the same. "I'm thrilled to be the first advertiser."

If you are interested in following Tom's lead by placing an ad here, contact Kirsten Rohde (krohde14@outlook.com) to discuss terms.



## Mark Nepo at Harmony Hill in May

*This path is a continuous inquiry into what it means to be human, to be here, and to care for each other. My hope is that through this workshop you will deepen your conversation with life. That through your own path of obstacle and surprise, you will be opened to your gifts and become somewhat freed of all you carry. My hope is that this time together will support you in becoming skilled at living with both effort and grace.” – Mark Nepo*



Beloved as a poet, teacher, and storyteller, Mark Nepo is a bestselling author and one of Oprah’s favorite spiritual guides, using his gifts and his talents to elevate humanity. He returns to Harmony Hill May 7-8, 2018 to lead a special two-day workshop, **The Struggle to Be Real: The Journey of Transformation.**

As a poet, philosopher and teacher, Mark Nepo has been breaking a path of spiritual inquiry for more than forty years. This workshop affirms how precious this one life is and opens the chance we have to be fully alive and to be of use to each other and the world. Drawn from his years of teaching, Nepo explores how our hard work and authenticity ready us for meaning and grace. He unfolds how our sincerity and labor help us to survive and thrive through the journey of transformation. Being human offers a path of soul work that can help us find our way, as Nepo puts it, “to discover the story behind the story, and to find what can last.”



## 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.



## NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.

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## Birthdays and Anniversaries

Dear Friends - we are recreating our birthdays and anniversary lists. Please send me birthday/anniversary information of you and your family so we can update our master list. Send to [Elizabeth](#) right away. Thank you!



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## 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](http://www.goodenough.org)



**The Third Age:** Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle.

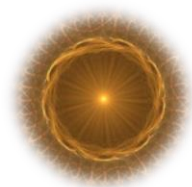


**Future meetings: March 2, June 1.** Contact Kirsten Rohde for more information:  
[krohde14@outlook.com](mailto:krohde14@outlook.com)

**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](mailto:hollisr@comcast.net). Dates: **Saturday 10 – 2 in West Seattle: March 3, June 9. Women's 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](mailto: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 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 service.

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: Jan 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](mailto: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](mailto: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 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Annual Community Day at Sahale: March 17<sup>th</sup>, 2018.** This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde [krohde14@outlook.com](mailto: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](mailto: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**



## True Holidays Celebration, Saturday, December 1, 2018

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](mailto: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](mailto:hoff@goodenough.org)



### **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.

