



The Village eView

April 11, 2018

Kirsten Rohde, Guest Editor

One of our Five Senses: Hearing

Spring brings up awareness of all our senses. We *see* buds and tiny flowers on shrubs, tassles hanging from Indian Plum, and yellow forsythia. We *touch* the earth for early planting – it is still soft and wet. Soon after we begin to *smell* early flowers, and *taste* fresh greens and *touch* daffodils, flowering quince and apple branches as we bring them inside – bringing spring indoors for our enjoyment through our senses. So in the eViews for a few weeks we will explore the senses. Also in this eView is an article about Rudolf Steiner's view that humans have *twelve* senses, some quotes from Diane Ackerman's book, [A Natural History of the Senses](#), and Mike DeAnguera's blog about the senses. And if you haven't *seen* it yet, our new website is up and you can read about it in an article from Deanna (Drai) Schindler, who is the graphic designer and creator of the site.

I decided to start with the sense of hearing because the birds have been so busy announcing spring. Birds arriving on their migration add their songs to the ones that winter over. The chickadee begins its mating call. Geese are honking overhead. Varied thrushes are whistling in the firs. Then there are the robins, usually pleasant birds that are actually one of my favorites, until they start hysterically defending their territory. On the other side of the spectrum, I saw a

Coming Up:

Women's Weekend, April 13-15 at Sahale

Sociocracy Workshop, April 26 to 30

Pathwork, April 22

Council, April 23

Annual Membership Meetings, Monday

May 7, West Seattle Community
Center

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

turkey vulture fly low over me and through some trees – a huge-winged bird but absolutely silent. It was startling to not hear a thing in that moment.

I'm listening to a couple of CDs that my sister sent me. They are recordings of the choral group she belongs to, the Greater Freeport Community Chorus. I've always been amazed that music is a never-ending source of new and unique sounds. Music can inspire us and generate a certain feeling tone. We can pick the music we want to give us the set of feelings and awareness to accompany whatever we're doing. It's a sound that comes through the air and affects us inside.



What we call "sound" is really an onrushing, creating, and withdrawing wave of air molecules that begins with the movement of any object, however large or small, and ripples out in all directions...Music, the perfume of hearing, probably began as a religious act, to arouse groups of people. Drums set the heart sprinting in no time, and a trumpet can transport one on chariots of sound. As far back as we can see, people made music.

- Diane Ackerman, *Natural History of the Senses*, pp 201-202

Rudolf Steiner from The Riddle of Humanity, LECTURE FOURTEEN: Dornach, 2 September 1916:

What Can You Tell me About the Twelve Senses?

Ask Kytka Archives: December 18, 1998

I can tell you that one of the most important contributions made by Rudolf Steiner was his description of the existence of twelve senses. Learning about the twelve senses opens up your view and level of understanding, especially when working with children... I cannot begin to go into the depth – and would highly recommend a much deeper look into the resources I have listed below. To give you a small taste, I give you Rudolf Steiner's list of the twelve senses of man....

"The I sense: Again I ask you to remember what has been said about this sense of the I . The sense of I does not refer to our capacity to be aware of our own I . This sense is not for perceiving our own I , that I which we first received on Earth; it is for perceiving the I of other. What this sense perceives is everything that is contained in our encounters with another I in the physical world.



Second, comes the sense of thought: Similarly, the sense of thought has nothing to do with the formation of our own thoughts. Something entirely different is involved when we ourselves are thinking; this thinking is not an activity of our sense of thought. That still remains to be discussed. Our sense of thought is what gives us the ability to understand and perceive the thoughts of others. Thus this sense of thought does not, primarily, have anything to do with the formation of our own thoughts.

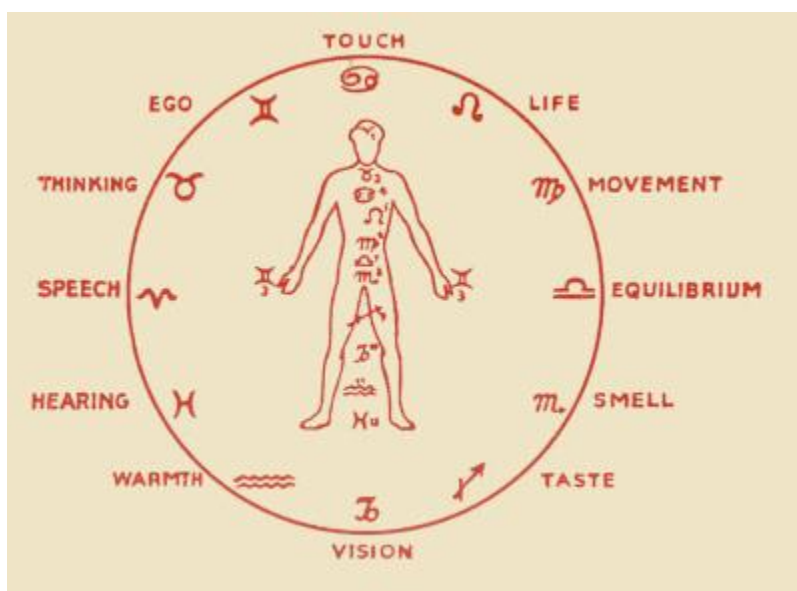
The sense of speech: Once again, this sense has nothing primarily to do with the formation of our own speech or with our ability to speak. It is the sense that enables us to understand what others say to us.

The sense of hearing, or tone: This sense cannot be misunderstood.

The senses of warmth, sight, taste, smell and balance: I have already characterized these senses on previous occasions, as well as in this course of lectures.

The senses of movement, life and touch.

Those are the twelve senses, the senses that enable us to perceive the external world while we are here in the physical world."



To begin to understand the gorgeous fever that is consciousness, we must try to understand the senses – how they evolved, how they can be extended, what their limits are, to which ones we have attached taboos, and what they can teach us about the ravishing world we have the privilege to inhabit.

To understand, we have to “use our heads,” meaning our minds. Most people think of the mind as being located in the head, but the latest findings in physiology suggest that *the mind* doesn’t really dwell in the brain but travels the whole body on caravans of hormone and enzyme, busily making sense of the compound wonders we catalogue as touch, taste, smell, hearing, vision.

- Diane Ackerman, *A Natural History of the Senses*, p.xix

“The exhilarating ripple
of her voice was a wild
tonic in the rain.”
— F. Scott Fitzgerald, The
Great Gatsby

“One of my principal
childhood memories is
hearing one of the Liszt
Hungarian Rhapsodies waft
throughout the house. “
—Katharine Graham

Hearing is a form of
touch. You feel it through
your body, and
sometimes it almost hits
your face.

~ Evelyn Glennie (deaf
percussionist), Touch the
Sound (2004



Phase A of the New Goodenough website is launched and LIVE!

You can find the site at the same address: www.goodenough.org

This means we have moved over existing content with very little editing and we have developed our brand and visual image further. Phase B starts now with a team comprised of myself, Kirsten, Colette, Marjenta and Elizabeth plus our ink slingers, Joan and Hollis (we hope – I have only dreamt it and have not asked those two yet ha)! We will be reviewing each and every article or story to verify it's viability, look for items to correct, determine if it is current or needs updated or decide if we shall remove something and or offer something other/else/new.

Goodenough friend Linda Martin writes:

"As one who worked on the website years ago it is great to see it evolving! WewHew!"

And want to share my response with you as follows:

"It is noteworthy that while adapting the site I spent a great deal of time thinking about those who came before me and their immense contributions... over the years... a huge commitment and undertaking, a labor of time and love. I know those were the bones I was building upon and I did so with respect and gratitude. Glad to know you were a part of that Linda. And a special call out to Pam Jarrett-Jefferson, Bruce Perler and Marjorie Gray who have been the most recent caregivers and gatekeepers ... the behind

the scenes unsung heroes! Thank you all and to those whose names I don't know... from your roots I was able to expand the flower."

From now on, you can access the current review at www.goodenough.org/eview

When you get to the just click the big green READ button. - Enjoy! Dra



Now is the time to register your plans to come!

For Peace of Mind, Change Your Mind

You are invited . . .

To join the women of the Goodenough Community's cultural program for the

Women's Weekend, April 13-15, 2018

Come to the Women's Weekend and spend a full weekend celebrating who you are as a woman!

In the company of other women, you will find time for deep and stimulating conversation, a chance to become better acquainted with yourself and with other women, and encouragement to reach a greater connection with your inner source of feminine strength. You will have the opportunity to observe thoughts and beliefs that trap you in unhelpful attitudes and behaviors, and you will receive guidance to introduce changes that can bring peace to your inner world.

This weekend workshop will take place at the **Sahale Learning Center**, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity. Our program will start with **dinner from 6:30 to 7:30 p.m. Friday evening, April 13**, and our weekend will formally end at **3 p.m. on Sunday, April 15**.

You can register by calling Elizabeth Jarrett-Jefferson at 206-313-9803



Our West Seattle Community Center, 3610 SW Barton St.

Notice the first opportunity is **Saturday, April 21**



Dedicated in March 2015, we are now letting go of our Community Center at 3610 SW Barton St. It has served us well and has held many gatherings. We will need help to clear the house by August 1, 2018, knowing summer is our busy season.

We are asking for all personal items to be removed by **June 3**.

Please let Pam and/or Colette when you can help: Pam, adventuredog@hotmail.com; Colette, hoff @goodenough.org

Work Party Schedule for Barton St Move

Phase 1: Packing, sorting, staging, dump

Sat April 21 4 to 5 people

Mon April 23 3 to 4 people

Sat May 5 (pre poker) Car loading for personal items especially for those going to the THC poker party

Mon May 7 Annual Meetings People attending will be asked to take boxes to Sahale

May 19, as many as possible

May 20 Pathwork 4 to 5 people

May 21 Monday as necessary

June 3 Please remove all personal items

June 16, Saturday, packing as many as possible

June 30, Saturday, cleaning, truck rental

July 16, Monday, as needed for cleaning and what's left



Goodenough Community Annual Meeting is scheduled for May 7th in Seattle

Kirsten Rohde

Originally scheduled for March 17th, we have rescheduled the community's annual meeting for **Monday May 7th from 6:00 - 9:30 PM** with dinner included. The meeting will be in **West Seattle at the community home, 3610 SW Barton St.**

This year we are having an in-town more brief annual meeting to cover reports and plans for Convocation: A Church and Ministry, The American Association for the Furtherance of Community, and Mandala Resources, Inc. This is a good time for everyone who is able and wishes to attend to come. Our community is entering into a new phase of its life. John Hoff, founder of the community has recently died. Colette Hoff has increasingly been assuming the central organizational role for our community life especially over the last two years. We intend to present an updated role description for her and provide all our support for her willingness to step-up even more. As the cofounder of the community, Colette demonstrates her commitment to community as a healing and activating focus for good lives.

The Community's cultural, financial, and spiritual life will all be brought present at this annual meeting. Sahale is entering into a busy season which include 5 events with a specific focus on community. This includes the Sociocracy workshop in April, a retreat by our sister community, Songaia, and a retreat for the Northwest Intentional Communities Association (June 1 to 3). In the fall two events are scheduled, one of which is the West Coast Communities Conference (Sept. 14 to 16). These are all events that will bring other communities and people interested in community together at Sahale. This will no doubt increase interest in our work as a community.

For a YouTube video about the West Coast Communities Conference go to: <https://youtu.be/Yq9Wu89dDM8>

This video was created by Elias Serras and Anthony Jepson

On May 7th we will also evaluate the program year that concludes with the Human Relations Lab in August and look at the upcoming program year 2018-2019. The Sociocracy workshop will be before this annual meeting and we can use what we learn at the workshop to look at our organizational life and method of governance. Your input on what you would like to see will help us shape our future. Please RVSP and for more information, please contact Kirsten Rohde, krohde14@outlook.com





The deAnguera Blog: Our Senses



We are each equipped with the 5 senses of sight, hearing, touch, taste, and smell. Altogether they deliver an impression of the world around us. I interpret the data my 5 senses deliver to me based on information I have stored in my brain. This allows me to make sense of the world around me. But what is really out there? A little bit of time elapses as my senses take data in. So I am not really seeing the present but rather the past. I am not really sensing what's there now but what was there may be a second ago.

The farther away something is the more in the past it will appear. Something 50 light years from Earth will appear as it was 50 years ago.

Notice the two photos above? They were taken yesterday and preserve an image now in the past. In each case something good was happening. Mason bees are getting a home and we are having grilled oysters.

Tyler, a Workaway was working on a house for mason bees. Kirsten Rohde told me she got mason bee cocoons in the mail. They came in a little wooden box. For me this is a sign that our native bee population has dropped and we needed to augment it.

You should have seen the oysters John Schindler and Tyler brought. I am told dinners with geoducks can cost over \$200. We eat well here.

My survival depends on how I sense the world around me. Is it an accurate perception? Sometimes I can totally misinterpret a bus schedule and not realize it until later. I am seeing what I expect to see not what's really there. That's why I try to wait a little bit after finishing an article before proofreading it.

When I rely on other sources to interpret the world around me are they trustworthy? My fellow community members are trustworthy. Some other players such as the news media however don't always tell the truth. This is hard to accept.

We are going through a time when much of what we take for granted such as our media will fall away. More and more we are discovering that we have to learn to interpret the world out there with a different perspective. As communarians we are learning to organize our individual and collective lives apart from mainstream society.

My challenge as a human being is actually having the courage to interpret the world around me directly rather than relying on the judgement of others who may not have my best interest at heart.

Community members are learning to rely more on each other as we build more structures for ourselves as well as society at large. We can offer an alternative vision when society's vision no longer works for us.

I know I can trust the VA for my healthcare because they have always been helpful to me. They let me know the very next day after my bone scan that there was no cancer in my bones. Thanks VA!



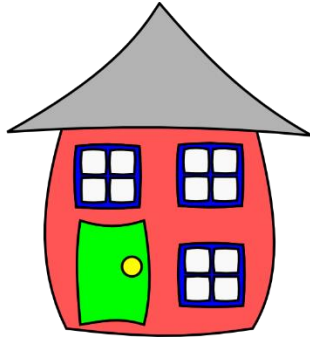
A perfect example of 5 senses in action. Cody and Cooper under full impulse power.

Pathwork

Our Pathwork Circle will meet again on **April 22**. Due to the nature of the time we are in, all are encouraged to come. Pathwork provides many with a feeling connection so necessary for a good life. We will continue to talk about our work with our selves as provoked by John's teachings. Please consider joining if you are a little curious.

We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.





Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton St. house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



Silence Meets Soma

Hosted by Jamie Renee Lashbrook & Grace Bryant

Thursday, May 3@ 5pm -Sunday, May 6@ 2pm

Located at Sahale Retreat Center, near Belfair WA

You are so much more than what you experience, see and know.

Your magnificent body holds all of the wisdom to heal and awaken,

to remember the spirit of your soul and let go...

*This weekend, let go
of what keeps you from your dream;
Let go - into the abyss of your Self.*

Join Jamie and Grace in 4 days of silence, community and nature to draw into your Self and your Source. This retreat will lead you to quiet your entire system in order to re-awaken your senses. Together we will unravel traumas and contractions as we engage our bodies in practices of drawing in, cleansing and moving through.

Group sessions include daily guided breathwork and meditation, tools to release stored traumas and contractions, movement, sound and ceremony. You will leave with a blueprint for integrating your *daily practice* - the foundation for healing. Come prepared to cleanse every dimension, seen and unseen, as we engage all systems in a conscious slowing down and reawaken our intuition to inwardly listen and heal.

Our food will reflect this intention to slow down and dissect our distractions. We will spend a day in digestive silence through fasting and cleansing practices. All other meals will be light, fresh, organic, vegetarian, gluten, dairy and allergen-free. And, of course, made with Love.

Held at the beautiful **Sahale Retreat Center** on the Washington Peninsula outside Belfair, participants will have ample time to explore the earth and water, take a hot or cold soak, and breathe and dance in the pristine natural surroundings of the rainforest. This is the perfect setting for you to remember your connection to the natural healing rhythms that live within and around you at all times.

The retreat will be held in a sacred container of silence with opening and closing rituals. We ask all attendees to arrive and depart as one group (times below) to honor this container. You will be fully supported as we guide you to re-discover your inner healer in this uniquely created weekend of deep connection.

With gratitude, Jamie & Grace

Cost: Shared Room \$595 (linens included); Camping \$545; **Regular Registration:** Single Room \$695 (linens included); Shared Room \$645, Camping \$595

Group discounts available!! Limited Partial Assistantships Available - Please inquire for details.

Includes: Accommodations & meals, all workshops & Sessions, full access to the Sahale facilities and grounds

Register at <http://wellbellyhealing.com/silence-meets-soma-retreat/>

Your Hosts

Jamie and Grace have a combined 35 years of experience helping to guide individuals in remembering the medicine in their heart through healing modalities of the body- mind-spirit.



Grace Bryant has been a whole life educator for nearly 2 decades, integrating drama, music, movement, meditation and yoga, mindful living, creative play, teamwork, conscious collaboration and leadership. Her Yogic path began in 2005 when her sister dragged her to a Yoga class in Federal Way. She fell in love with savasana and came back just for relaxation.

In 2007, she was inspired to start teaching informally and since then has studied and taught in 6 countries and devoted her entire life to the journey of awakening. Grace recently completed the Hridaya Teacher Training in Mexico and is beyond grateful to have received the teachings of Advaita Tantra and the Spiritual Heart. She believes these teachings can transform the consciousness of anyone who practices them sincerely.

Grace's favorite classes are those which expand consciousness and also incorporate how to live with more awareness, trust and compassion. She leads classes, discussion groups, workshops, women's groups, and retreats in the Pacific Northwest and abroad with a focus on living with an open heart. Through her many teachers she continues to unfold into a deep sense of peace and trust and hopes to share this in her teachings. More information can be found at her website, www.bewholebehappy.com.

Jamie Renee Lashbrook is a devotee to and warrior of the human spirit- lover of all creatures seen and unseen. She entered the world of healing with a simple desire to invoke remembrance in you. For you to remember your song, for you to remember, tell and transform your stories of love and pain. For you to feel that undercurrent of truth and wisdom that has walked with you every step of every day even when you have felt your most empty and alone. For you to feel connected deeply to your amazing body and understand the language it speaks. For you to remember Love.

In her private practice she blends Maya Abdominal and Clinical Visceral massage, healing breath work, mentoring, herbal wisdom and ancient healing practices based in shamanism and reclaiming traditions. She is highly versed in the functions of the body and dis-ease; specializing in trauma/stress disorders, digestive and reproductive health for men and women. She engages the wisdom of the body through touch, voice, breath, silence, prayer and the healing balms of the Earth.

Her own healing path is her greatest teacher. She commits to this path daily and finds her greatest healing in nature, in silent meditation, song, community and her family. She brings this all to you when ***Silence Meets Soma***. More information can be found at www.wellbellyhealing.com

All participants will receive \$40 off an in-person or Skype Breathwork Session with Jamie or Coaching session with Grace to help integrate the practices learned and to continue releasing any limiting patterns.





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.



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Once you appreciate one of your blessings, one of your senses, your sense of hearing, then you begin to respect the sense of seeing and touching and tasting, you learn to respect all the senses.

— Maya Angelou —

Calendar of Programs and Events, 2017 - 2018

What makes community meaningful and fun?. The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year's events. More information about programs and upcoming events can be found on our website: www.goodenough.org



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.com

The women's program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: 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





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.

Gatherings are at the Community Center in Seattle: Apr 22, May 6, 20, June 3, 17.

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



Summer Camp for Youth, June 24 – 30, 2018

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

Contact: Irene Perler, Irene_Perler@hotmail.com

Human Relations Laboratory, August 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



Annual Goodenough Community Meeting in Seattle: Monday, **May 7, 2018.** This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten

Rohde for more information. krohde14@outlook.com

The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org

Council meetings are Apr 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

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. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

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



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). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.