



## Village eView

October 23, 2019

Colette Hoff, Editor

### COMING UP

**Women's gathering**, November 2

**Pathwork**, November 3

**General Circle**, November 4

**Meditation Retreat**, Nov 15 to 17

**True Holidays**, December 7

Thomas Merton describes contemplation as the loving sense of this life, this presence and this eternity.

Because people use "contemplation" to describe especially profound qualities of prayer, we often associate it with silence and stillness--perhaps even withdrawal from the world. Classically, however, it means immediate open presence *in* the world, directly perceiving and lovingly responding to things as they really are. Perhaps the simplest definition is "**presence to what is**" according to Gerald May.

May continues in an article titled *Contemplative Spiritual Formation: An Introduction*. Contemplation is an all-embracing quality of presence, including not only our own inner experience but also directly perceiving and responding to the needs of the world around us. Rather than trying to balance contemplation and action, it is more accurate to see contemplation *in* action, undergirding and embracing everything. In this way, knowing, acting and feeling can all be joined together in prayerful openness and loving responsiveness. In Hindu spirituality, the joining of the three paths-- Truth, Goodness, and Beauty--with contemplation is *raja marga*, the "Royal Way."

. . . It is contemplation, in fact, that grounds each of the three paths in the real world. The direct seeing-and-responding of contemplation keeps each path centered in direct responses to real situations. Without this grounding in things-as-they-are, the way of knowing can lose itself in intellectual abstraction, the way of acting can succumb to blind missionary zeal or burnout, and the way of feeling can give way to sentimentality.

### ***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

. . . The contemplative traditions, however, maintain that we function more lovingly--and can be more in touch with our desire for guidance--when we're more widely open to what is going on. Thus, many contemplatively-oriented practices involve an "unlearning" of our habit of focusing attention. In its place, one hopes to nurture a simple willingness to be open to God's movements, leadings, and invitations.

The contemplative perspective sheds a radical light on spiritual formation and guidance. We may expect spiritual direction to both solve our spiritual problems and give us a clear understanding of where we are and where we need to go. In other words, we expect to "get something out of" all our spiritual enterprises, and we are likely to become impatient with ourselves if the results aren't forthcoming, if we feel we're not making sufficient progress.

We tend to look for results, whether in the form of insights, peace of mind, healing or some other substantial benefit. A contemplative perspective maintains that although such things may happen, they are by no means the goal of the spiritual life. In fact, whether they happen or not is almost irrelevant. **The spiritual life is about love**, not about particular accomplishments. Further, a contemplative view honors a sense of mystery and unknowing. <https://www.metanoia.org/martha/writing/geraldmay1.htm>

Thich Nhat Hanh suggests seeing yourself outside of your body. Allow yourself to point your finger at yourself, then turn it outward. Contemplate seeing your body present before you—in the trees, leaves and grass, the river. Be mindful that you are in the universe and the universe is in you: if the universe is, you are; if you are, the universe is. There is no birth. There is no death. There is no coming. There is no going. Maintain the half smile. Take hold of your breath. Contemplate for 10 to 20 minutes.

Whatever spiritual practices you choose, it is a process and not a product. No outcome is better than another. Strengthening our ability to be fully loving to ourselves and the world around us is the point. Contemplation is another method for mindful presence. I appreciate May's description of "contemplation in action."

**What we plant in the soil of  
contemplation, we shall reap in  
the harvest of action.**

Meister Eckhart



CONVOCAATION: A Church & Ministry Invites YOU!

# Quiet Your Mind, Open Your Heart A Meditation Retreat

NOV 15-17, 2019

Sahale Learning Center



[This picture was taken by Al Brown, a recent guest.]

**This retreat will help you build or renew  
your own personal mindfulness practice.**

**Being fully present to life... opening to and allowing what  
is, without judgment... This is mindfulness. And the central  
practice for achieving mindfulness is meditation.**

**WHAT.** Unique to this retreat is the long-established sponsoring interfaith community which is dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. You will be supported and encouraged by the community's open and inviting ambience.

During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be encouraged to try a variety of forms of meditation:

- 🌸 Periods of silence when you can become centered in yourself
- 🌸 Experiences of heart-opening connections with others
- 🌸 Conversations where you can share your experience, ask questions, and learn from others
- 🌸 Skillfully led guided meditations, sensory experiences, chakra toning, and movement, with time in the natural world.

**WHO.** Your central leader is Colette Hoff, M.Ed., a pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by the team of Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. Contact Colette Hoff ([hoff@goodenough.org](mailto:hoff@goodenough.org)) or call 206-755-8404 with questions.

**WHEN.** The retreat will begin with dinner Friday, November 15, at 6:00 p.m. and will conclude at 3:00 p.m. on Sunday.

**COST.** Your registration fee of \$220 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, AND

**2 nights lodging     Abundant meals     All learning materials**

**Register Today Space is Limited!**

Please register online. [www.goodenough.org](http://www.goodenough.org). Select the Convocation link.  
The registration button is at the top of the Convocation page.



*Right understanding, with true longing, absolute trust, and sweet grace-giving mindfulness*  
~Julian of Norwich

## We're close -- You can help!



The roof on our gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings, other organization's retreats and conferences, and The Goodenough Community's programs including Children's Summer Camp and the Human Relations Laboratory.



A generous donor has pledged \$1000 in addition to an original donation when we reach \$5000. We are close to that mark. You can help compete this fund drive and ensure a new roof for the tent.



Here are some details about the tent and new roof:  
Manufacturer: **Rainier Industries**  
\$14,000 when originally purchased in June 2002 with a life expectancy of 10 years.  
40 X 60 with a wood dance floor 30 X 30.  
Aluminum structures are in good condition!  
3 top sheets will cost: \$6,700.00.



Please donate now at [www.goodenough.org](http://www.goodenough.org)  
Scroll down to the donate button for Goodenough Community.  
in comment section, please note tent roof.





## Women's Culture

Hollis Ryan

**Our next women's gathering will be on Saturday, November 2, from 10:00 a.m. to 2:00 p.m.**, followed by a shower at 3:00 p.m. for Brittany Pettit, who is expecting a baby boy at the end of November. Congratulations to Hal and Hollis too!

As is usual, we will mingle over coffee before settling in for conversation, laughter, introspection, movement, companionship. We'll serve a light lunch toward the end of our time together.

I hope you will plan to attend! Please put the date on your calendar now, and let me know whether you intend to come. RSVP [hollisr@comcast.net](mailto:hollisr@comcast.net)



## Save the Date

**"A Joyful Celebration of the Holidays"**

### ***The Goodenough Community's annual True Holidays Celebration***

**Saturday, December 7, 6:00 to 10:00pm**

**Mercer Island Congregational Church**

***Come and spread joy this holiday season! We will once again have Sherry Nevins joining us, guiding us around the (contra) dance floor and accompanied by a new musical group, the Geoducks. There will be a silent auction, a raffle, storytelling, and treats/libations aplenty.***

***It's not too late to be Happy! We'll help you choose it.  
For additional information, contact  
Elizabeth Jarrett-Jefferson, Colette Hoff, or Kirsten Rohde.***



How important is a  
constant intercourse with  
nature and the  
contemplation of natural  
phenomena to the  
preservation of moral  
and intellectual health!

Henry David Thoreau

**Joyfully Announcing the return of a traditional event . . .**

## **Winter Bus Trip to Leavenworth Saturday, January 11, 2019**

*Dashing through the snow, fun for all ages...*



Eagle Creek ranch <https://www.eaglecreek.ws/>

***Join friends and family*** for a day-long journey into the mountains. By passing the traffic we encountered a couple of years ago, and although it will not include a Solstice celebration, we are choosing January, to bring this cherished experience back! We will acknowledge the New Year!

Colette Hoff will be our guide. Be sure to wear and bring extra warm clothing, a packed lunch, bottled water and snacks to enjoy and share. We encourage you to bring sleds, skis, inner tubes, or other equipment for snow play

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

**\$95 – Adults (18 and older)**

**\$75 - Children (13 to 18)**

**\$55 - Children (3 to 12)**

**Children under 2 free**

For more information or to register by phone, please call Elizabeth Jarrett-Jefferson at 206-313-9803 or email at [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com). Family rates are negotiable.

### **A time of play and relaxation with family and friends!**

- At the Eastgate Park & Ride, we board a heated bus and travel through snow-laden trees, craggy mountains, and iced streams over Snoqualmie and Blewett Passes



- Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- A horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
- We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
- You will be informed what time to return to the bus.
- Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM



### **Mindful Mike's Blog: Halloween Fun**

Contemplation means looking at things from all possible angles. I have had many chances to do just that over the last several weeks. I don't always have to live life the same way as before, especially if the former life has not brought me much happiness.

Hey look! I am playing with children, particularly Wiley Aylward, son of Amie and Collin Aylward. This totally unlike the way I have felt about children in the past. I used to go out of my way to avoid their company. They always seemed too noisy, too out of control. Their world was totally separate from mine.

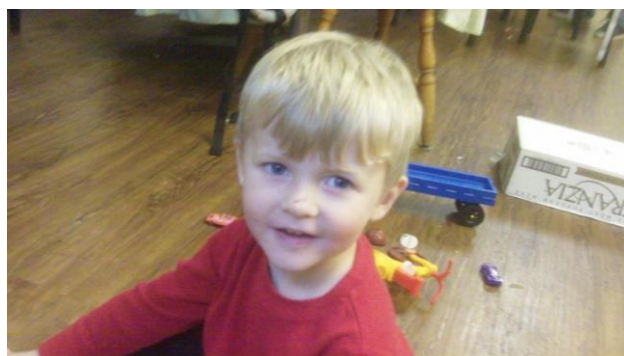
This weekend was set to be a True Holidays Silent Auction offering of Art with children with Angelo Bergs and was also a time for the Hoff family and their friends to come together around their kids.

Did you know Wiley is nuts about ferryboats like I am? Now the magic ingredient is to join Wylie in his pretend world. I can't work with children unless I play with them. This is something I sorely need as an adult. I need to get as good at playing as Wiley.

So I am going to build him a ferryboat. I will be the marine architect while he will be governor of the State of Washington. Don't you think he would make a great governor? The ferry will of course be constructed out of cardboard. Wylie's toy cars and trucks should fit on the ferry even if they are out of scale.

When I was a few years older than Wiley, I also had a toy ferryboat complete with its own cars. It had extendable ramps on both ends.

Real ferries with extendable ramps raised them up into a locked position as the ferry pulled away from the dock. Wiley's ferry will do the same.





Last Saturday I joined him in painting Halloween pumpkins at our local Tahuya St. Nicholas Church. Lots of kids were there with their parents.

Very few pumpkins actually had faces painted on them. So after putting on the scary face I used the back of the pumpkin to paint a meadow scene. As I played with mixing the colors, I felt like I was channeling Vincent Van Gogh, my favorite artist.

Vincent was known for his original use of color and texture. Society was not ready for his radical work. Social skills were a challenge. I wondered if he was autistic, perhaps an ASPI like me?

ASPIs need loving friendships. Social skills can be learned. That's what community is for.

We also celebrated birthdays for Lili and Sophie Hoff. Lili and two of her friends blew out the candles on the biggest birthday cake I have ever seen. Such joy!



So many older adults often live alone like I once did. Maybe one of the major ingredients of a loving happy life is finding kids even if all of yours are grown adults. In my case I could just play with them without having all the worries of a parent.



*"CONTEMPLATION IS NOT THE AVOIDANCE OF THE PROBLEM, BUT A DAILY MERGING WITH THE PROBLEM, AND FINDING ITS FULL RESOLUTION."*

~Richard Rohr



## Programs and Events of the Goodenough Community New Dates are included.

**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 **General Circle** meets Monday evening for light dinner & business at hand. The schedule is as follows: November 4 , 18; December 2, 16.

**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. We meet Saturday mornings from 10:00 to 2:00 with lunch included. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal’s daughter Brittany. In 2020, our first gathering will be January 25 at Hollis’ home. For more information, contact Hollis Guill Ryan, [hollisr@comcast.net](mailto:hollisr@comcast.net)





**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. **November 8** will be the next gathering. Contact Kirsten Rohde for more information:

[krohde14@outlook.com](mailto: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. For more information, contact: [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 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** -- October 20; November 3, 17; December 1, 15. Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)  
A meditation retreat, **Quiet your mind, open your heart**, will be offered **November 15 to 17, 2019**

### **Summer Camp for Youth**

***New dates for Summer Camp 2020 will be announced.*** 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](mailto:Irene_Perler@hotmail.com)



### **Human Relations Laboratory, August 2 to 8, 2020**

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](mailto: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](mailto: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.