



The Village eView

March 22, 2017

Colette Hoff, Editor

The Promise of Spring

Colette Hoff

These last few days of constant rain have made spring even more desirable. I hope spring comes soon! With it comes the promise of light-filled days.

In researching metaphors for spring, I found an excellent article from Psychology Today with several metaphors for spring and a lot of HOPE. I hope you find it lifting.

Coming Up:

Third Age – March 31

Pathwork – Sunday, April 2

Council – Monday, April 3

Women – Saturday, April 8

Why Spring Is the Season of Hope

Hope springs eternal.

Spring and hope are intertwined in the mind, body, and soul. In spring, nature conspires with biology and psychology to spark the basic needs that underlie hope: attachment, mastery, survival, and spirituality. It is true that hope does not melt away in the summer; it is not rendered fallow in autumn nor does it perish in the deep freeze of winter. But none of these other seasons can match the bounty of hope that greets us in the spring.

My reflections on hope and the spring season are cast in terms of metaphors.

Mind Metaphors

More than three decades ago, linguist George Lakoff and philosopher Mark Johnson

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

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Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

demonstrated how metaphors can reveal the inner structure of private feelings. For example, when we refer to "high hopes", we are revealing something about the phenomenology of the hope experience, that it is "buoyant", "uplifting", even "energizing".

Metaphors of Hope

My research as well as that of psychologists Shlomo Breznitz and James Averill has identified a number of hope metaphors. Below are the four most striking examples.

- **Light and Heat** Hope has been compared to light and heat. Karl Menninger called hope the "indispensable flame" of mental health. English writer Martin F. Tupper wrote, "though the breath of disappointment should chill the sanguine heart, speedily it glows again, warmed by the live embers of hope".

Spring also brings added light and heat, sometimes so suddenly that we speak of a virtual "spring fever". The first day of spring marks the vernal equinox, a balance of daylight and darkness. In the Northern Hemisphere this amounts to an average increase of three hours of light since the winter solstice, roughly a 20 percent gain. With increased light come a host of direct and indirect effects that improve mood and engender hope. Most directly, increased serotonin is produced. Serotonin is a major excitatory neurotransmitter in the nervous system, and the target of many antidepressant drugs. Among the indirect effects of spring on mood are increased exercise, and the physically related but psychologically distinct activities of gardening and farming.

Like spring, hope is also a 50-50 proposition. If our odds of achieving a particular outcome fall to less than fifty percent, we tend towards "despair". If we are more than fifty percent certain of an outcome, we are apt to become "optimistic". When psychologist James Averill and his colleagues surveyed individuals about their chances of realizing various hopes, the average response was fifty percent. For this reason, I believe that some kind of faith, not necessarily the religious type, but something essentially "spiritual", must be present to ground our hopes.

- **A Bridge** Hope has been likened to a bridge that can actively transport the individual from darkness to light, from entrapment to liberation, from evil to salvation. Aristotle likened hope to "a waking dream". Samuel Johnson observed that "the natural flights of the human mind are not from pleasure to pleasure, but from hope to hope". The French writer, François de La Rochefoucauld added that hope can "lead us to the end of our lives by an agreeable route".

Spring provides a bridge from the barren darkness of winter to the bright warmth of summer. The increased light points us toward the summer solstice. The softening earth



Sahale Wish List

A refrigerator for Potlatch with ice maker
Brown and aqua double sheets
Bed side lamps
Brown, blue, gray, green towels

invites us to plant seeds that will be transformed into flowers and fruits. The dormant grass comes alive to dot the fields and hillsides, and jogs our memory of the greener tapestry to come. Buds adorn the trees and bushes, with the promise of an even lush backdrop.

True hope is never passive; it is always ready for "spring-time". The philosopher Gabriel Marcel referred to the "active waiting" that is sometimes required as part of the work of hope. In my own research, I have found that more hopeful individuals are more likely to be in the active stages of change with respect to incorporating a healthier diet and more exercise into their daily routines.

- **A Healing Agent** Hope has been touted as "the best medicine". Norman Cousins opined "the patient's hopes are the physician's secret weapon. They are the hidden ingredients in any prescription." While anecdotes outnumber rigorous empirical studies, there is enough evidence to suggest that a hopeful attitude has a real and measurable impact on health.



The healing potential of spring is undeniable, from effecting the remission of Seasonal Affective Disorder to the increased production of Vitamin D. Once ignored, Vitamin D has become a staple of annual physical exams and a critical part of the healing regimen for cancer survivors. Vitamin D is involved in promoting bone health, proper cell differentiation, and boosting immunity.

*if you watch how nature deals with
adversity, continually renewing itself,
you can't help but learn.*
— Bernie Siegel MD



Like spring, hope is a potent ally in sustaining health and recovering from illness. This is because hope is made collectively from the same bio-psycho-social "stuff" that investigators have separately associated with wellbeing (perceived control, social support, self-regulation, and spirituality). A survey of oncologists revealed that more than 90 percent cited hope as the primary psychological factor that impacts mortality. In one of my studies, I found that HIV+ individuals who were more hopeful, were less likely to miss doses

of medication, and were independently rated by their case manager as more committed to sustaining their health.

- **A Harbor** Hope can also refer to a safe harbor or haven. In the Oxford English Dictionary, one of the earliest definitions of hope is that of "a protected island in the middle of a wasteland". American writer Barbara Kingsolver advised, "The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance, but live right in it, under its roof".

Spring restores nature's niches, calling out the hibernating land animals, and offering a homecoming to hundreds of bird species as well as the humpback whales that left their breeding grounds for the winter. As human beings, we too are called back to nature, to walk, hike, work in the yard, and prepare the deck or patio for a second home under the open sky.

Hope is also linked to a **trusted bond**. A good attachment is the linchpin which fuels all of the other hopes of humanity (mastery, survival, and spirituality). Until quite recently, psychology has paid little attention to the human need for contact with nature. A rare exception was Rollo May who suggested there is inevitable regret when human beings go too long without an immersion in nature. In an intriguing book on

personality theory, Robert Hogan noted that humans often go to great lengths to recreate a replica of the green temperate context from which they evolved. Environmental psychology, a relatively new field, is now reinforcing these insights. One study showed that children attending a school with windows overlooking nature were less aggressive, less likely to be labeled as "ADD", and more attentive in the classroom.



"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."

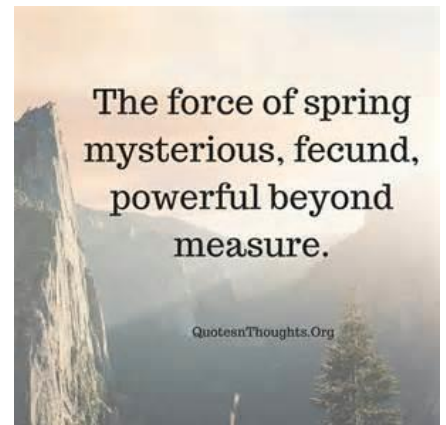
-Harriet Ann Jacobs

Concluding Thoughts

Spring calls us back to nature, fills our sails with warmer winds, soothes our weary bones, and lifts our spirits. Spring is full of psychic potential because it satisfies the four basic motives that underlie hope. Perhaps this is what prompted Bern Williams to offer one of most succinct reflections on hope and spring: "The day the Lord created hope was probably the same day he created spring."

Note: **Anthony Scioli** is professor of psychology at Keene State College and adjunct member of the graduate faculty at the University of Rhode Island. He is the author of *Hope in the age of anxiety* (Oxford, 2009) and other publications on the nature of hope. He also maintains a hope website:

www.gainhope.com. He can be contacted at tscioli@keene.edu



From Psychology Today: <https://www.psychologytoday.com/blog/hope-today/201203/why-spring-is-the-season-hope>

The philosopher William Lynch described hope as a process of "collaborative mutuality." The psychologist Paul Pruyser wrote that when one is "immersed" in hope, the ego is not experienced as an isolated center of power.

Editor's note: *There is an interesting "Hope Test" at this web site as well as interesting information about the importance of hope.*

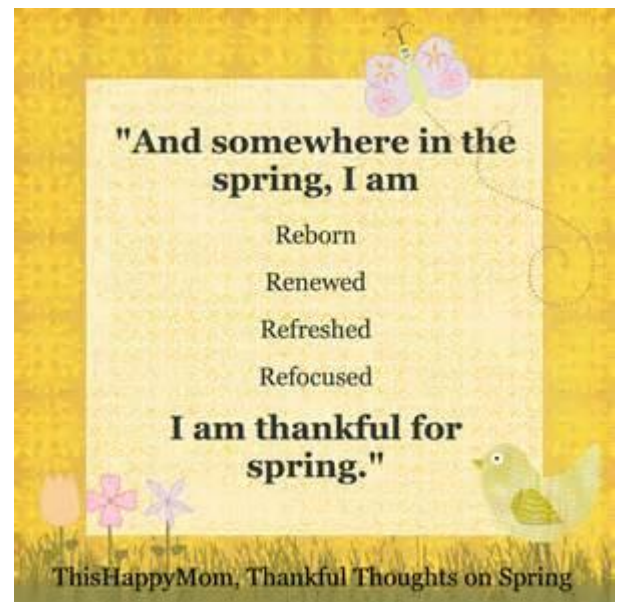
GainHope.com

A Place for Hope in the Age of Anxiety

Renewal – same and different at the same time

Kirsten Rohde

Reflecting on the theme of renewal as we move into spring, I was thinking about the same things that happen in nature each spring, for example at Sahale. We hear more birds and familiar spring time bird calls, we see bulbs coming up and the earliest flowering trees just starting to bloom. Trees and shrubs start showing their first leaves. There's the feeling of lots of activity in nature as everything starts to warm up. Nature is renewing itself. We can count on this every year – it's reliable. And there's also new and different things showing up. The trees and shrubs we've planted are a little taller and more filled out; the river has changed its course as it does every year. Some flower seeds that I planted last spring and never grew are coming up this year. The changes we have made in the land – gardens, tree felling, construction and repairs, pruning, create a new look. It's comforting to see the same things each year and it's stimulating to see change.



I'm thinking it's the same for our community. As a result of two weekend gatherings we've had this winter (Friends of Sahale weekend in January and the community Annual Meeting earlier in March), we are affirming what works and visioning new things to come. It's comforting to know that many of the same retreat groups are coming back this summer. We have developed and are continuing to refine a month by month calendar of what needs to happen for gardening and land and what needs to happen in maintenance and infrastructure – the same every year. And it's stimulating to think of what will be needed five or ten years from now. What do we need to do or design or envision now to help these future needs come to fruition? We have developed goals – some of them are similar to ones we've had in the past and some are new. Both kinds of goals will need attending to as we move forward.

Renewal is like this then I think. In my life, there are some things that I need to routinely do for my own sense of order in my life and for my well being – exercise, meditation, socializing, etc. I'm not so happy with life when my days are filled with random events and I don't do these helpful activities for myself. And even though a part of me would like to sit

for long times in an easy chair (which can be a good thing too) at a certain point I know for my own sanity, I need to put my energy into some of the changing and new things in my and our life.



An opportunity to become a member of our community

Kirsten Rohde

We are offering a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define some rights and responsibilities of membership. While we generally use a form of consensus for decision-making, having membership formalizes decision-making for community issues. Our Community Covenant continues to guide us.

Belonging: membership of a group or organization offers

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com



Community Voluntarism

Elizabeth Jarrett-Jefferson

Jf ever there was a cause to celebrate or be inspired, it is that of being able to quantify—and therefore see—the amount of time, energy, elbow grease, and love that individuals contribute to charitable organizations in this country. Over the course of the years, members of our own Goodenough Community have taken on the intentional task of identifying and tracking even the smallest effort that is devoted to the benefit of our organizations. The results add up to show a remarkable devotion to our community and its mission. Goodenough Community members are currently undertaking a similar task for the months of April and May of 2017.



There are other very important, practical reasons to stay involved in such a project that pertain to the organizations' viability. Some of those are:

1. Volunteers appreciate appreciation. We count what we value, so tracking is recognition that volunteer time is important.
2. Recognition is a good investment, and it pays off spectacularly.
3. Tracking volunteer hours is one of the key tools to keeping a volunteer force engaged and empowered. Why? It empowers volunteers and at the same time provides data. Data shows your volunteer engagement level and proof that you are engaging your community.
4. Donors see volunteer inputs as a measure of effectiveness.
5. Volunteer time can help organizations meet requirements for matching funds.

We plan to let you know the results of our tracking effort in a couple of months. In the meantime, feel free to join us in the experiment! Here are things you could track:

- Driving to community meetings wherever they are
- Time in community meetings, such as community annual meetings
- Time spent in programmatic events (membership weekends, women's or men's weekends)
- Phoning about community
- Writing articles on voluntarism ☺
- Time emailing about community events or registering for events
- Attending community events, such as the True Holidays event or the Solstice bus Trip
- Mowing lawns, trimming, composting, seeding, pruning
- Community center cleaning.
- Guest bar tending at the swamp!
- Donating goods and services
- Attending leadership meetings
- Cooking for community in any capacity

- Splitting wood
 - Performing community chores
 - Trainings (community website software training or leadership training as examples)
 - Planning for community events
 - eView writing, planning, publishing
- And many other ways . . .

[Track and let me know your hours!](#) Use a note card, your phone, your computer, an excel spreadsheet to track them—whatever works for you. [There are also tracking apps on line that you can download.] I will be collecting hours at the first of the month, so I will put out the call **on April 1**. I think we may have a remarkable story around our “social capital.” Warmly

Elizabeth



The Third Age – meeting Friday March 31st at the Community Center in West Seattle

Kirsten Rohde

The Third Age is a gathering of those of us 60 (or so) and older. We gather about every other month in Seattle at our community home, 3610 SW Barton St in West Seattle with potluck dinner at 6pm and good conversation from 7-9pm.



As a 67 year old, I value getting together with others who are in the same age range and older. I find that my perspective on life and issues changes, partly due to retirement but also due to having more of my life behind me than ahead of me. This is a strange concept still to get used to. One of the things that continues to impress me is that trees that we’re planting now at Sahale will come to their full height long after I’m gone. This impresses me with the relatively short time a human spends on the earth in one life. It also annoys me – I want to see those trees fully grown!

I’ve been reading a book by Edmund Sherman, Contemplative Aging: A Way of Being in Later Life. In it he talks about how philosophers have thought of the later years of life in terms of reflection and memories. He quotes James Hillman who “felt that the last years of life were so valuable for reviewing life, for ‘cosmological speculations’ and for sensory enjoyment of the ‘world’s images.’ The soul is replenished by the richness of images, as well as absorbed into another imagination that goes beyond the limits of one’s actual conditions. Yet when it comes to memories and reminiscence, it is wise not to get stuck in the past with static and repetitive recalling or ruminating.”

I encourage anyone to join us in conversations that range from checking in about our current life, the legacy of children and grandchildren, how we can support and help each

other in many ways, and our reflections about aging. At our meeting on March 31st we may watch a relevant movie that is both fun and could lead to a good conversation.

To RSVP, please contact Joan Valles, joanvalles70@yahoo.com



Evelyn's Story

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

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

→|→|→|→|→|→|→|

Josh's Story

It's been 10 years since, at age 24, I left my job as an EMT in Boston, and left the country for the first time - flying to India in search of something. I came back three months later not

because I found what I was looking for, but for other reasons - reasons which led my life down a road I wasn't really ready for, despite knowing in my heart it was coming. So this time I hope I find it, whatever it is, and can bring it back with me to share with y'all. Wish me luck!



Hello, Women!

April 8, 2017

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

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

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

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



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

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

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

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

Greetings from Tahoe

Barbara Brucker

It's hard to believe I've been here for four weeks and I'll be home before the next eView comes out. Jim was here for a visit and left last Wednesday. I'm attaching a picture from the beautiful day that we skied while he was here. While he was in the area, I went to Grass Valley to catch up with Jim, his brother and sister-in-law, and Jim and I went to Reno for an evening with my step-brother and his wife. Jim and I had a good visit with each other and fun visiting with family and friends.

It's been an interesting month weather-wise. First we have winter, then we have spring, then we have a blizzard and it's so windy the lifts can't run, then we have spring, and so on. Never a dull moment and the snow's different every day.

Thinking of everyone at home. It's always hard to leave here when the skiing is still great, and it's also good to get home. I'll head home on Monday, April 3 and anticipate being home on April 4th. See everyone soon.



Men's Weekend and Tent Raising

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

This year, different than we've done before, we're combining our annual raising of our Big White Tent with our men's retreat. The tent

raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.



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

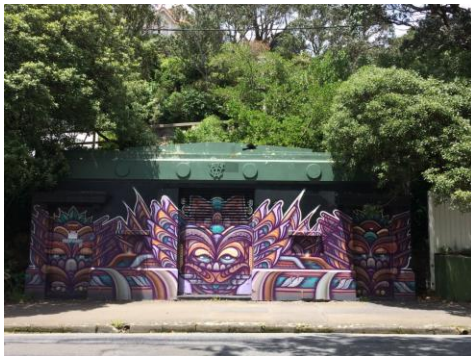
What aspects of this theme would you like to explore? What about the structures of patriarchy would you want to explore together? For me, the notion that I'm part of the problem and the solution continues to ring. I want to urge on my own wake up to my unconscious gender bias and the ways I act out old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

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



Travel Log New Zealand

Irene Perler



A picture is worth a thousand words...but they are so hard to upload so I'm hoping to send a few photos and just a few words and mostly let the images tell a story.

This week I am reflecting on various forms of public art and expression. New Zealand is famous of course for its natural beauty but it is also a very open and expressive arts culture. There are the Maori arts, which I will show more of in another article, and there is fashion, which I didn't capture well but saw lots of fun free expression on the streets including a lot of men wearing skirts and high heels and then there's food, music, sculpture, gardens and street performers. I was particularly captivated by the graffiti; by how it is honored and encouraged. The works seem to last and not be

defiled and of course they are sometimes political or activist in nature, like the hundred versions of sharks that were protesting the harvesting of shark fins in local waters. The David Bowie heads were created shortly after he died as an honoring memorial. Note the ones below of the native flowering trees, a *national treasure* named “Pahutakawa” which always blooms in December for Christmas with its bright red flower clusters. It is gorgeous and truly iconic. Many buildings are painted to camouflage the building and make it look like it is a different building with flowers, windows and patios all painted on. Don’t you think we could make some of these giant beanbag chairs for Sahale?



A picture of a sculpture of Gandalf comes from a visit to

Miramar pictures studios on the Miramar peninsula near Wellington. My Dad and I enjoyed learning more about the creative think tank that created the famous Lord of the Rings series and Avatar, another art form which is very successful and originates in New Zealand. Did you know that most costumes including the armor and the swords are made of painted plastic? Very convincing. And in the airport there are beautiful models of the flying eagles from



the movies swooping down from the ceiling ready to grab an innocent traveler.



The deAnguera Blog: Hard Work Together



Can we work together? Especially hard work? That's the real test of any community. That's the time to watch how well we've come together. We don't give management a bad rap because we know they really care about us. They are actually willing to get dirty along with the rest of us. Some of the hardest working people I know here are Josh DeMers and Evelyn Cilley. You can see Josh pruning the grape vines on the trellis right by the Kloshe hot tub. Both Josh and Evelyn pruned off a lot of grape vines. I helped Josh dispose of the cuttings. They were really hard to get out of the back of the Blue Truck.

Josh and Evelyn also loaded most of what we needed to pave the broken up area in front of Kloshe by the hot tub into the back of the Blue Truck. The heaviest parts were the 60 pound bags of concrete mix and the roller.

Yesterday I spent moving laurel branches to another pile in the Walnut Grove in the driving rain. I had to put my pants in the dryer three times and used two pairs of boots. Did I complain? It's easy to do in these conditions but I always keep my service to Sahale upper

most in my mind. After all I am a strong believer in community knowing that I cannot live a healthy life without it.

Whether living as a couple perhaps with children or alone, community provides a necessary foundation. I wonder how people live without it. Many do and suffer as a result. Maybe it could just be feeling unappreciated and wondering if anybody cares.

When we eat, we usually eat together. It's always nice to see a cheery face behind the counter with something good cooking in the background. I love the service especially with a smile. I like it when people actually enjoy the work they are doing. This is something I have seldom run into in the outside world.

We are journeying towards something nice together. We value our togetherness. The young Work aways love our company. We have something of immense value to offer the world.

It isn't enough to just talk about our experiences. We have to share our lives out here at Sahale. Then our guests can understand the experiences we share with them.

Lab is a great starting point but try to stay in touch with us the rest of year. Come to our parties, especially the work parties. That which is oiled with sweat goes the deepest.

You might just catch the Sahale bug. Life in the anonymous city won't be the same afterwards. You will hunger for more realizing what you have missed. And you will want to come again and again not because of the ideals but because of the people.



Spring comes again
with daffodils just
behind St. Francis all
aglow. In any winter
season we have to
keep the joy of spring
always on



Making Choices about Medical Care in Later Life

Submitted by Hollis Ryan

Would you like to know how geriatricians are thinking about your choices? Let's discuss! Speaker **Wayne C. McCormick**, MD, MPH, is a Professor of Medicine at the University of Washington, Department of Medicine, Division of Gerontology and Geriatric Medicine, Harborview Medical Center. He is a graduate of Washington University Medical School in St. Louis and of the University of Washington School of Public Health in Seattle. He is a former

Robert Wood Johnson Clinical Scholar and is board certified in medicine, preventive medicine and public health, palliative medicine, and geriatrics. **Date, time, location:** **Wednesday May 3, 5:15 – 6:45 p.m.**, Odegard Undergraduate Library. **Register [HERE](#)**, or click through on the event announcement at uw.edu/uwra/calendar.

Birthdays & Anniversaries

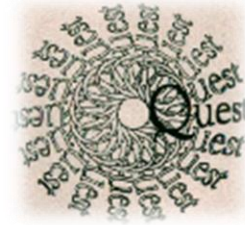
- ✚ **Happy birthday, Chris Harshman – March 30**
- ✚ **Happy 28th Wedding Anniversary to Phil and Rose Buchmeier – April 1**



"You missed our anniversary again."

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.



Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

What makes community meaningful and fun?

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

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

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

Women's Culture

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

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

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

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

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



A weekend for men is being planned for **June 9 to 11**. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

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

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



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

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner. Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

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

Annual Organizational Meetings **March 2018** This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde 206 719-5364 for more information.

