



December 30, 2015

*Colette Hoff, Editor*

## *The Village eView*

### *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

This week the eView will feature excerpts from the top 10 themes of 2015.

How have these themes touched you over the year? Do you have suggestions for topics to cover in the future?

You will find the complete texts in the archive section of our web site.

#### **Top Ten Themes for 2015**

- 1. Integration**
- 2. Freedom**
- 3. Ritual**
- 4. Peace and Love**
- 5. Health**
- 6. Choice**
- 7. Perspective**
- 8. Voice**
- 9. Expectation**
- 10. Order**

#### **Upcoming Events:**

**New Year's Eve – Sahale, December 31**  
**Pathwork – Sunday, January 10**  
**Women's Gathering – January 23**

#### **The New Year, A Time for Reflection**

This is basic to growth and learning as an individual that we don't have to make ourselves do it. It is natural for us to want to take time to think back on a year and access what has been most valuable in our lives. One of the most useful ways to do this is to invite a close friend to sit down and talk with us about what goes on our list of important events. Another is to take time to journal.

To let one year to slip into another without reflection marks the loss of an opportunity to learn about your life. Take your learnings from the past into the new year!  
Happy New Year, *Love John*



## Integration May 6, 2015

1. An act or instance of combining into an **integral** whole.
6. **Psychology**: the organization of the constituent elements of the personality into a coordinated, harmonious whole.

### Jungian Psychology: Personality Integration

Personality integration is embracing the things that are hidden or blocking our growth and turning those weaknesses into strength. Healing ourselves psychologically.

The idea of integrating elements of our **personality** or of delving deeply into our subconscious is not new. Freud would have said that it was an exploration of the unconscious mind and that the conscious mind was just the tip of the iceberg. However a colleague of Freud's, Carl Jung was an eminent Swiss **psychologist** with his own school of thought on the concept of **healing** the whole self through self **examination**. Carl Jung gives us an idea of his philosophy and **school** of thought in psychology when he states:

"Your vision will become clear only when you look into your **heart**. Who looks outside **dreams**. Who looks inside awakens." C.G. Jung

The exploration of your inner self is a vast **uncharted** territory but one that can ultimately and dramatically change your life. While it is sometimes difficult to analyze the things we hide from ourselves this article will examine how we can bring our hidden shames into the light and how we can turn many of our weaknesses into strengths. The article will examine some basic Jungian concepts in theory and then present practical methods to assist any individual in their own explorations to improve their self concept and develop a more complete, whole self.

Metaphorically Freud explained the conscious and subconscious mind in a sense as different parts of the same ice berg. The tip of the iceberg was the conscious mind, the smallest part that could be seen and understood easily. While the remaining part of the iceberg was submerged underwater where it could not be easily seen. This metaphor nicely matches the concept that many of our issues about sex, and self worth, many of our issues or blocks, remain hidden in the depths of the caverns of our minds. Psychotherapy in many cases can help us talk ourselves into exploring those caverns. Unfortunately the subject matter in question in many cases prevents us from approaching another individual with that sense of trust and willingness to discuss many of these issues.

Classically one must realize that there are issues, or blocks or hidden things in order to bring them into the light and work on them. The first step is admitting you have a problem or issue. Then from that a variety of different methods can be applied to help the person. Taking a look at accepting your weaknesses and working on them, turning them into strengths is a very empowering concept. One that says that we are not mistakes but that we make mistakes. One

that removes the stigma of guilt and allows us new strength and vitality in pursuing our own mental health, and positive growth. One that allows the opportunity to expand our horizons. One should choose to explore inner space and grow. **It is only in growth that we do not stagnate.**

Excerpted from <http://www.essortment.com/jungian-psychology-personality-integration-16771.html>



## Free•dom May 20

(ˈfri dəm) *n.*

1. the state of being free or at liberty rather than in confinement or under physical restraint.
2. exemption from external control.
3. the power to determine action without restraint.
4. political or national independence.
5. personal liberty: *slaves who bought their freedom.*
6. exemption; immunity: *freedom from fear.*
7. the absence of or release from ties or obligations.
8. ease or facility of movement or action.
9. frankness of manner or speech.
10. a liberty taken.



### Freedom for and freedom from

John Hoff

*Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry his/her own weight, this is a frightening prospect.* ~Eleanor Roosevelt

Colette and I have been discussing how we have tried to write about freedom over the past few years and in doing so we have found it necessary to differentiate freedom for something freedom from something: There is a freedom that is *freedom from* distractions, old ideas, caring about what other people think, and inner conflict. *Freedom for* has to do with goals and objectives, dreams and plans. Freedom is actually being who you want to be in your own future. For most of us being freer has to do with having more time, freed up; to do what is called for in the moment. Eleanor was right! Freedom requires human development and discipline. It takes inner and outer work to be free.

To spend much time around communitarians is to be exposed to people actively talking about freedom. The intentional communities movement which has become an increasingly strong since the Second World War. As soldiers returned from other countries, cultures, and conversations they found that there was a lot of interest in what helped us feel freer as individuals. There was much agreement that freedom was easier to attain and celebrate in a country that had known the loss of its freedom. In the United States we talk a lot about

freedom yet we act as though our freedom is fragile and that we could easily let go of it. As you explore this issue of the Village eView, let yourself know how free you feel and notice how quickly you give your freedom away to others.

*Sometimes people get very rigid  
and tense trying to be good,  
disciplined, and ethical.  
Tension can also arise  
when we become more aware  
of the immense amount of destruction—  
seen and unseen,  
intentional and unintentional—  
that our mere physical existence causes.  
From a spiritual point of view,  
however, this is what it means  
to be born into suffering,  
and this is why we need  
to attain freedom from suffering.*

*~Khandro Rinpoche  
(1967 to pres., Tibetan Buddhist Lama: one of only 3 or 4 dakínis, female  
tulkus, in the Tibetan tradition)*

Submitted by Bill Kohlmeyer

*There are hundreds of ways to kneel and kiss the ground. Rumi*

## **Ritual: A Request for Blessing, March 18**

John L. Hoff

The term *ritual* reaches all the way back to the 16<sup>th</sup> century when the word designated a flow of activities that were symbolic of the way the Divine entered our consciousness and our lives. A ritual is a detailed method of doing something and may be interpreted as a religious act or simply an important public gesture. A ritual is generally created to accomplish something such as the dedication of an object such as a house or church. I was once at a dedication of a park that was dedicated to the strength and happy release of citizens who came to picnic and play there. A ritual does not require a religious context yet, a ritual is always taken seriously as a human attempt to introduce the Divine or larger perspective into a secular society. A ritual at the very least points to the way human hearts make things important by asking for the Divine's blessing on public events and places. In the centuries from 1200 AD to the 20<sup>th</sup> century the world was being explored continent by continent and culture by culture. It was during this time that comparisons were made among rituals and certain acts such as prayer and blessings were

accepted as having both religious significance and public empowerment. The most common ritual acts are blessings and prayers; the laying on of hands for healing or ordaining; and “making special” such as in a marriage or welcoming an infant.

*Ritual is routine infused with mindfulness. It is habit made holy.* Kent Nerburn

Ritual may also refer to any activity that has been declared by the majority as a customary way of doing something. For instance, a customary greeting ritual is to hug a person and perhaps kiss them on both cheeks. The word “Namaste” is an illustration by referring to a brief ritual. (See eView for more information.) The reason we are focusing on the word **ritual** this week is that we are preparing a **ritual of dedication** of our new community center as it gathers us for meetings and empowers our service through the Goodenough Community. It is the desire of many of us that this new house will be a site where we continue the work of the Community and also have some shared experiences in our rituals and activities far into the future.

*My healing rituals help me to repair the frayed fabric of my life.* Caren Goldman

## Announcing ...

### The Dedication of our new Community Center

**Saturday, March 21, 2015**

**6:00 PM to 9:00 PM**

**3610 SW Barton Street SW, Seattle 98106**

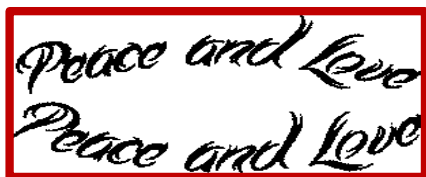
**F**or almost 40 years, the Goodenough Community utilized a big home at 2007 33<sup>rd</sup> Avenue South in Seattle—it was our Community home and a center for meetings of all kinds. We moved out of that home this past year and for a few months we have been without a community center. This has now changed and we have chosen a site that is south of the west end of the West Seattle bridge in the Fauntleroy neighborhood.



You will have an opportunity to visit our new community center this coming **Saturday, March 21**. At this time we will be formally dedicating this new place to the task of bringing us together on a regular basis. We will be making this place more comfortable by bringing from our homes some memento, object of art, wall hanging or picture.







**December 2**

**Peace:** *The absence of war or other hostilities; inner contentment; serenity*

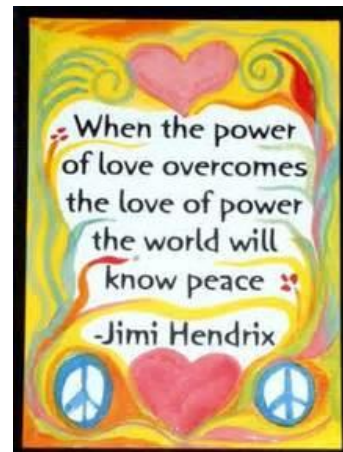
**Love:** *A strong predilection or enthusiasm; an intense emotional attachment*

*Love cures people—both the ones who give it and the ones who receive it.*

~Karl Menninger

*Love is not something that we create, it is us. Love is our essence—the fundamental energy that nourishes us. It is our birthright.* ~Benjamin Shield

*Once we touch peace, we will be healed and transformed. It is not a matter of faith; it is a matter of practice.* ~Thich Nhat Hanh



**HEALTH** **November 11**

*Health is a state of complete harmony of the body, mind and spirit (B.K.S. Iyengar).*

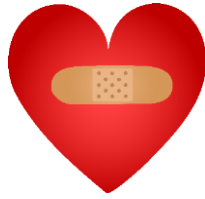
## Healing and community

John L. Hoff

It never ceases to surprise me how themes for the eView can become personal and experiential over time: most recently I've encountered open heart surgery at the same time that this theme of "health" has emerged. My first take on it is that I am very impressed with both the talent and the skill of medical people. I'm appreciating the surgeon, and all the staff, and the medics too. I also appreciate my friends and family who have been very kind and helpful to me, as well as everyone who has sent wishes of a good healing recovery. In fact I was talking with my eldest daughter Laura in Phoenix today and realized how special it is to live in a community where we are all more aware of how we help each other with health crises.

While I was not active in the conversations this past weekend (our community weekend at Sahale), I was impacted by them in social times with people. I have felt warmly held and supported in just being present in the larger fellowship. I am convalescing this week at Sahale and I'm appreciating that being around people that are having a good time is healing in itself. Colette is on the East Coast at her 50<sup>th</sup> high school reunion and I am both missing her and wishing her a joyous time of reunion. This is a wonderful opportunity to wish all of you a happy

and healthy future. And should you ever have a health issue know that there are people around who want to help and your job is simply to receive the offerings of support and healing.



## Choice April 29 Elizabeth Jarrett-Jefferson

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*The act of choosing; selection; the power, right, or liberty to choose; option.*

From *Healing Words for Body, Mind and Soul* by Caren Goldman

**W**hen a defining moment comes along, you can do one of two things: Define the moment, or let the moment define you. –  
*Tin Cup*

**B**efore my accident, there were ten thousand things I could do. I could spend the rest of my life dwelling on the things that I had lost, but instead I chose to focus on the nine thousand I still had left. *W. Mitchell*

**O**ne cannot get through life without pain....What we can do now is choose how to use the pain life presents to us. – *Bernie Siegel*

**One day, my mother asked,** “Do you want to take ballet or music lessons? It’s your choice.” I was five years old and didn’t know. So I went outside to sit on our stoop and think. Later, my mother came out and found me sobbing. “Why are you crying?” she asked. “Because it’s really hard to make a choice,” I wailed.

Almost five decades later, I still wail over hard choices. Sometimes I feel like I’ve been stoop-sitting for days, weeks, or even years before both my heart and mind agree on a decision. I know it felt that way when after two years of saying, “Should I or shouldn’t I?” I suddenly woke up one day and knew I had to ask my first husband for a divorce.

I also spent time stoop-sitting when my surgeon told me to choose between having a mastectomy without further treatment or a lumpectomy and thirty-three radiation treatments. For days I struggled in the tension of painful opposites: “To keep or not keep my left breast? What a #\$\$%&!@!% choice.”

Just months after my lumpectomy, my mother lay in a Florida hospital attached to life support equipment. A doctor’s defiant decision to put her on a respirator defiled her living will. I wanted the tube removed so she could die as she wished---peacefully and with dignity. However, my mother’s rabbi, her authority on the Jewish law that she dearly loved, said, “No. Now God must decide what to do.”

“But the Jewish Kabbalah says, ‘Man was created for the sake of choice,’” said the voice inside my head.

Throughout the night, I sobbed as ambiguity pulled me from one side the stoop to the other: "What's the cost and promise of removing the life support? What's the cost of not removing it? What should I do?" The next morning, I entered the hospital tallying the pros and cons and finally knew.

#### AFFIRMATION

I am responsible for my own well being.  
My choices influence the quality of my days.

**No choice is also a choice.**

*Yiddish Proverb*

## On Choice

By Evelyn Cilley

**T**he cedars in Fauntleroy Park have new growth: the sun accentuates the bright green tips, contrasting with the cool darkness that typifies a cedar stand. Not every branch has new growth: some remain dark and shaded: not dead, just not reaching towards the light. Something in the tree is choosing: yes, this way, this will help me grow- and this way too, and always up, up, up. Noticing that only some branches had new growth got me thinking about choice; how we, too, must choose what direction we want to grow in. I made one of these choices a year ago, while staying for a couple days with a lady I had just met on Orcas Island. At the end of one night, I was writing a bit, about to go to sleep- and it dawned on me. Love! I have to LOVE myself! I didn't really know what that would look like, but I knew it was something I had to do. I was ecstatic. I ran back up the stairs in a flurry and told Amanda: I know what I have to do! I know what's next! Self love!

With this knowing I went to Lopez Island, and, two days later, happened upon a man- an acquaintance of an acquaintance- who has showed me, time and time again, how to choose the path of self love. Perhaps it was coincidence, perhaps not. This new path has taught me that in every challenge there is choice: to act out of love for yourself and others, or not. This choice will always be with me, at every challenge I meet. There's something really powerful about choice; about choosing how you will be towards yourself and others. It's powerful because it is mine to make. It is up to me to be a happy and loving person, though I have certainly had help along the way! Here's to choosing my (and yours, if you like) new growth to be towards self love.

- **Evelyn**



**Perspective** June 10, 2015 Colette Hoff



**Definition:** *The relationship of aspects of a subject to each other and to a whole, a viewpoint or vista*

*Life can only be understood backwards; but it must be lived forwards.*  
Soren Kierkegaard

*Tragedy and comedy are but two aspects of what is real, and whether we see the tragic or the humorous is a matter of perspective.* ~Arnold Beisser

*We don't see things as they are, we see them as we are.* ~Anais Nin



If we are truly to gain perspective when something shakes our foundations and turns our world upside down, we must carefully choose the **lens through which we view our experiences. Only then can we truly honor what we feel in our bodies, minds, and spirits and what, in their infinite wisdom, they might want us to know about our pain, joy, suffering, and depression** and means turning our world right side up. ~ Caren Goldman from *Healing Words*

*Nothing's beautiful from every point of view.* ~ Horace

*Every man takes the limits of his own field of vision for the limits of the world.* ~Arnold Schopenhauer

*You are responsible for choosing your own perspective. Having perspective is a lot like owning an attitude you have. Your perspective and your attitude toward other people is something we are usually quite secret about.* ~John L. Hoff

*One person's craziness is another person's reality.* ~[Tim Burton](#)

From [Carl Sagan, \*Pale Blue Dot: A Vision of the Human Future in Space\*](#):

*Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there-on a mote of dust suspended in a sunbeam.*

*The Earth is a very small stage in a vast cosmic arena. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.*



*Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.*



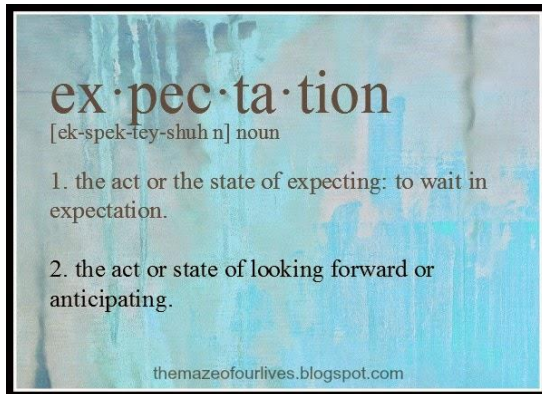
**June 17**

*A medium or an agency of expression; the right or opportunity to express a choice or an opinion . . .*

*The body is truly the garment of the soul, which has a living voice; for that reason it is fitting that the body, simultaneously with the soul,*

*repeatedly sing praises to God through the voice.*

~Hildegard von Bingen



**December 9**

*. . . Expectations we have can lead down the path where that devil discouragement lives.*

~Tom Dundee

ACT  
WITHOUT  
EXPECTATION.

—LAO TZU

## **Expectation: A Challenge for the Mind**

John and Colette Hoff

Sometimes expectations motivate and guide you as you proceed and at other times expectations can distract and undermine energy and goals. Expectations function paradoxically by encouraging us toward achievement and goal setting and on the other hand, low expectations undermine effort.

At the holiday season, we often have both experiences: the anticipation and the possibility of disappointment. Anticipation can be positive as we look forward to holidays traditions that help prepare for a variety of seasonal experiences. It can be a distraction when expectations are unrealistic and cause difficulty in relationship. Effort is not motivated and expectation can take us away from the present moment. You will find quotes throughout this issue that exemplify both perspectives of expectation. Joan Valles offers some wisdom about perfection from a newsletter she receives.

John and I hope your holiday season has the appropriate blend of expectations that lift and guide and motivate without disappointment and regret.

Blessings, *Colette and John*

## **Is everything perfect?**

Excerpted from a Newsletter by Rick Hanson: <[news@rickhanson.net](mailto:news@rickhanson.net)>

### ***The Practice***

#### **Relax anxiety about imperfection.**

##### ***Why?***

"Imperfections" are all around, and they include: messes, dirty clothes, weeds, snarled traffic, rain during a picnic, wine stains on carpet; injury, illness, disability, pain; problems, issues, obstructions, losses - including with others; objects that are chipped, frayed, broken; mistakes, errors; confusion, lack of clarity; war, famine, poverty, oppression, injustice.

In a nutshell, an imperfection - as I mean it here - is a departure from a reasonable ideal or standard (e.g., dog poop on your shoe is not ideal, nor is the hunger that afflicts one in six people worldwide). These departures-from-ideal have costs, and it's reasonable to do what you can about them.

But we usually don't leave it at that: we get *anxious* - uneasy, nervous, troubled, stressed - about imperfection itself, rather than recognizing it as a normal, unavoidable, and widespread aspect of life. Instead of dealing with conditions as they are - weeds, injuries, conflicts with others - and just handling them, we get caught up in worrying about what they mean, grumbling, feeling deflated, becoming opinionated and judgmental, blaming ourselves and others, and feeling woe-is-me and yet again disappointed/ mistreated/wronged.

These reactions to imperfection are major second darts (as described in the previous chapter). They make you feel a lot worse than you need to, create issues with others, and make it harder to take skillful action.

Here's the alternative: let the broken cup be a broken cup without adding judgment, resistance, blaming, or worry to it.

##### ***How?***

Make appropriate efforts to improve things, but realize the impossibility of perfecting anything; even the most sophisticated technology cannot produce a *perfectly* flat table. You just can't perfect your personality, thoughts, or behavior; trying to do so is like trying to polish Jell-O. Nor can you perfect others or the world. Open to this fact: you cannot perfectly protect your loved ones, or eliminate all of your own health risks, or prevent people from doing stupid things. At first this opening could feel poignant or sad, but then you'll likely feel a breath of fresh air, a freedom, and a surge of energy to do the things you can now that you're not undermined by the hopelessness of making anything perfect.

We need standards and ideals - from the strike zone in baseball to the aspirations in the world's sacred teachings - but we also need to hold these lightly. Otherwise, they'll take on a life of their own in your mind, like petty tyrants barking orders: "You *must* do this, it's *bad* to do that." Watch out for righteousness, for self-important moralizing insistence on your own

view of how you, others, and the world should operate. Know if you have tendencies toward perfectionism; I do, and I've got to be careful about them or I become a difficult person to live with or work for, as well as unhappy inside.

Further, many things transcend fixed standards. For example, could there ever be such a thing as a perfect rose or a perfect child? In these cases, anxiety about imperfection is absurd - which applies to trying to perfect your body, career, relationships, family, business, or spiritual practice. Nurture these, help them blossom, but give up on perfecting them.

Most fundamentally, all conditions, no matter how imperfect, are perfectly what they are: the bed is perfectly unmade, the milk is perfectly spilt. I don't mean morally or pragmatically "perfect" - as if it would be just perfect to tear a shirt or start a war - but that all conditions are utterly, thoroughly themselves. In this sense, whatever is the case - from dirty diapers and everyday hassles to cancer and plane crashes - is the result in this instant of the perfect unfolding of the entire universe. Try to see that unfolding as a vast, objective process in which our personal wishes are as consequential for it as a patch of foam is for the Pacific Ocean. In this light, perfection and imperfection vanish as meaningful distinctions. There are only things in their own right, in and of themselves, without our labels of good or bad, beautiful or ugly, perfect or not. Then there is no anxiety about imperfection; there is only simplicity, directness, engagement - and peace.



## **ORDER**, Elizabeth Jarrett-Jefferson

### ***Noun***

1. The arrangement or disposition of people or things in relation to each other according to a particular sequence, pattern, or method.  
"I filed the cards in alphabetical order"

sequence, arrangement, organization, disposition, system, series, succession

2. An authoritative command, direction, or instruction.

"He was not going to take orders from a mere administrator" synonyms:

command, instruction, directive, direction, decree, edict, injunction, mandate, dictate, commandment, rescript

### ***Verb***

1. Give an authoritative direction or instruction to do something.

"She ordered me to leave"

synonyms: instruct, command, direct, enjoin, tell, require, charge;

2. Request (something) to be made, supplied, or served.

"My friend ordered the tickets last week"

synonyms: request, apply for, place an order for

## On Order

As I think about our theme this week—*Order*—I cannot help thinking of the word *community* and how to me it represents the perfection of order—or the order of perfection!

When I came to community almost 35 years ago and to the teachings and help of John and Colette Hoff, my life was in disarray. Looking back at my own story, I can see that I was wrestling with a personal fragmentation of an order of magnitude that only a careful, systematic, sequenced, intentional, comprehensive, and creative way of life could help put my life back together. It was a very tall order and one that only the social context of community and a very remarkable order of leadership could undertake. I was hungry to learn and dived into the work with a personal sense of urgency.

My first order of business was reordering my weeks by prioritizing seeing John and Colette and, similarly, trusting and prioritizing their suggestions and recommendations above all others as I understood that little in my life would work well unless I did. That work involved an intense study of my inner life, guided by the Hoffs on a weekly basis, sometimes twice weekly, and involved my participating in almost every community event available. The human development curricula of community programs and offerings were (and still are) carefully intended, planned, and shaped. My friends and I were (and still are) immersed in a community life of learning and honoring our inner lives and how they were shaped by our early years. We learned (and still are) about the Self, the guiding force in our own inner and outer lives. We learn (and still are) that Community is synonymous with Self, helping us become the best we can be.

My intention here is to say that community continues to help me reflect and shape my life, how to organize it inside and pass it forward to my “outer” life. When I think about helping an 80<sup>th</sup> birthday party take shape, for example, I draw upon the Mandala model of organizing created by John: discerning, with others, the dream of the event (first quadrant), identifying appropriate leadership (second quadrant), what needs to be accomplished and who could help (third quadrant), how we did in the final analysis and how we could do it better—or express it better—next time (fourth quadrant, along with the “expressive” elements.) The Mandala, as applied, is a method of thinking about a life event, planning for it, and internalizing it as a



*"It's always 'Sit,' 'Stay,' 'Heel'—never  
'Think,' 'Innovate,' 'Be yourself.'"*



behavioral model---organizing the inner cast of characters who want to help (and making a contingency plan for those who don't).

**I invite you to** look at the priceless gift that our community offers us during the upcoming **Community Development Weekend at Sahale (Sep 11-13)**---where we will be reminded that community is all about making order and making whole. Events like the Human Relations Laboratory are the products of intentional, creative efforts by many people and provide the well springs of our lives. I plan to be there---how could I not? Please join us.

With affection,

- **Elizabeth**

**Send me (Colette) your thoughts and suggestions for future eView themes and any other feedback at [hoff@goodenough.org](mailto:hoff@goodenough.org)**



## **New Year's Eve Weekend at Sahale**

*Kirsten Rohde*

This year New Year's Eve is on Thursday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together, and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Of course, we will have our 9th annual Train Dominoes Tournament. Time will also be given for some personal and shared reflection and for joyful celebration.

This year, there is the opportunity for relaxing at Sahale through the weekend, and time to enjoy creative expression.... art, poetry, trying out a recipe, music, reading, conversation, hot tubbing and simply enjoying Sahale, of course. You are welcome to come for any of these days-- please let Kirsten Rohde know of

your plans ([krohde14@outlook.com](mailto:krohde14@outlook.com)).

Recently I took a class on using oil bars to paint. I'm offering to share what I've learned in the Weavery on Friday (New Year's Day) and Saturday. It's a fun way to paint with oils and I'm learning about it too. If you think you might like to join in, bring some old clothes to wear because it's messy! And there are lots of other materials for artistic expression available, including for kids.

## **An Opportunity for Year-End Giving**

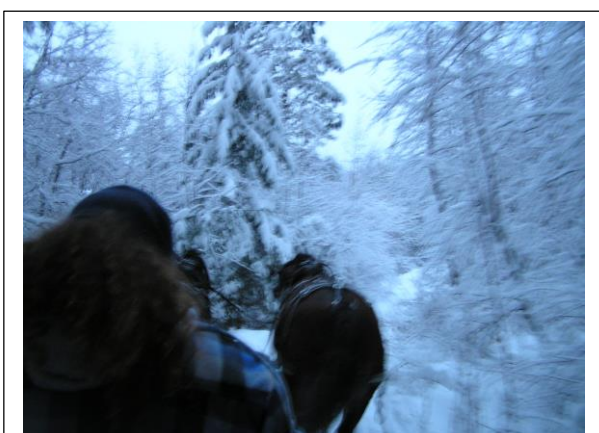


At the end of this eView are two donation forms for your use: The American Association for the Furtherance of Community sponsors **the Goodenough Community**, Sahale, cultural and educational programs, and seasonal events. Donations also support our Scholarship fund for the Children's Summer Camp and the Human Relations Lab

Donations can also be made to **Convocation: a Church and Ministry** which provides individual and group counseling through **Quest: a Counseling and Healing Center**, and a Sunday circle which helps people learn about and strengthen spiritual practices for healthy living and relating. Convocation helps people find spirit in life, without having to be connected to a particular religious belief. Convocation sponsored a well-received "quiet retreat" weekend at Sahale this year. Donations to Convocation also support the Sahale mortgage and we continue to appreciate all who continue to pledge to our Sahale Mortgage Fund.



The deAnguera Blog: Winter Solstice Surprises 2015



Every year we do a bus trip up into the snowy mountains during Solstice. Every trip is different. There are so many variables that can change the experience of the trip. Do we want exactly the same experience every time? Is the possibility of risk part of the journey? Is this what it takes to make a journey into an adventure?

As you can see from the photo on the left everybody had fun tobogganing down the slope. Some do roll over crashes. Others shoot down as cannonballs.

I do a simple slide down a slope. I can go quite a ways. Cold wet snow sprays into my face. My boots are caked with snow. As I climb back up the slope for another ride down, my feet sink in over a foot of snow. I have a ton of coats on, enough for an expedition to the South Pole but my boots are not waterproof and they started to absorb moisture from packed on snow.

On to Leavenworth. We were all hoping for another visit to this Christmas fairyland but were held up by an accident 5 miles down the road for over 3 hours. The hazards of wintertime driving.

We did arrive in time for our sleigh ride and that's what I look forward to the most. I joined one other person on a four seater sleigh pulled by two horses: Nellie and Ellie. Delightful ride as always and I discovered something I had never noticed before: both horses actually had two jangling sleigh bells each! I have ridden the sleigh many times and never noticed them before.

After the sleigh ride we stopped in Leavenworth for one hour. It certainly looked impressive lit up at night. Much better than the daytime so we didn't miss anything after all.

Christmas can be so commercial and alienating but we do Christmas right. If you don't have a Christmas family or even if you do, you are always welcome to join ours. It is one of the best decisions you can make.



Christmas tree at Sahale

We had a gift exchange at Sahale on Christmas Day. We each were assigned a number and when that number was called that individual picked a gift from under the tree. Or he could take a present from somebody else and that somebody could go to the tree for another present. I got a nice travel book with a story about Lawrence of Arabia. In just a few pages it told a lot about the Middle East I did not know. Fascinating what the British and the French were up to when they divided up the Ottoman Empire amongst themselves.

From my niece Anna I received a nice book on permaculture by Jenni Blackmore. It's about abundant living on less than an acre. It looks like a nice guide for those of us just getting started. Since I don't have to worry about buying land or other problems I can get right into it.

My niece Alice sent me a book on Deep economy, another favorite subject of mine. I remember when Mike Pilarski first got us interested in it years ago.

Christmas still is not over. We have New Year's just coming up. It seems like we have been in holiday mood for the last two weeks.

My brother Paul and his wife Pat got me a nice backpack with lots of good compartments. It should come in handy for next year's hikes.



Josh DeMers is doing a wonderful job representing the Sun. His action is apparent. This picture was taken without a flash.





**Christmas Day Dinner at Sahale**

**Pictures from the 2015 Solstice Bus Trip to Leavenworth**



## Community News

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### Birthdays

- 🐣 Happy birthday, **Virginia Stout-- January 5**
- 🐣 Happy Birthday, **Arianna Zebold—January 6**
- 🐣 Happy birthday, **Mari Scott --January 6**

### An Offer

Ladies and Gents,

I will be making a trip to AZ this coming April, and am short in the fund department. Colette has given me permission to post on the e-View some tasks I am capable of and am willing to perform for pay.

In part, but not wholly, they consist of:

Car detailing, which you would be better off bringing here so I have all my accouterments,  
Wood splitting and stacking, it would be better for both of us if it were cut already,  
Moving, or cleaning out a storage locker,  
House detailing, to include vacuuming or anything along house cleaning,

I am sure there are more, I am not able to think of them all right now.

It would work best if I had a 3 days heads up so as to be able to plan rides etc. And the detail of either contract or per hour we can work out before-hand.

In AZ, I will be visiting a friend of mine and assisting her and her husband on their farm for at least a year. The funds are for 'emergencies' you could say.

Thank you, and the number I am most likely reachable at is the landline, 360-275-3957.

Pharaoh

*Pathway  
As a single footstep  
will not make a path on the earth,  
so a single thought  
will not make a pathway in the mind.  
To make a deep physical path,  
we walk again and again.  
To make a deep mental path,  
we must think over and over  
the kind of thoughts  
we wish to dominate our lives.*

*~Henry David Thoreau  
(1817-1862 American Philosopher-Poet)*

## New dates for 2016 are highlighted

### Cultural Programs & Events in 2016

*All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.*

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

*The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.*

#### Programs & Events:

Third Age Gatherings

Women’s Culture

The Men’s Culture

Human Relations laboratory

Family Enrichment Network

Sahale Summer Camp

### Women’s Culture, Upcoming Next Gathering: Saturday January 23



The women’s culture meets on Saturdays: January 23, and March 26 from 10am to 2pm. There will be a weekend May 13 to 15. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It’s a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us **Saturday, January 23, from 10:00 a.m. to 2:00 p.m. at the Community Center at 3610 SW Barton St in West Seattle** where we will gather to share our lives and to learn from each other.

As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn’t respond!!

We appreciate a contribution of \$20 toward the women’s program, and trust that you will give what you feel is right for you. Contact [hollisr@comcast.net](mailto:hollisr@comcast.net) for more information.



## Third Age Gathering: Next Meeting Friday, February 5, 2016

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.

*Third Age will also meet on Friday, April 22, 2016.*



We meet at the Community Center at 3610 SW Barton St in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com)

## Annual Membership Weekend, March 11 to 13, 2016

Where are we now as the Goodenough Community, The American Association for the Furtherance of Community, Convocation: A Church and Ministry, Sahale Learning Center and the EcoVillage at Sahale? The weekend will begin at 8:00 Sahale and conclude at 3:00 p.m.

## Men's Program

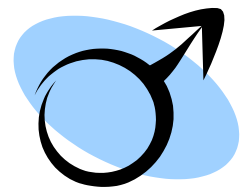
**Theme: Friendship among Men**

The men of the Goodenough Community will be meeting for a weekend this spring, **March 25 to 27, 2016**. Please let Bruce know of your interest.

Men's reading I'm using and recommending:

- The Way of the Superior Man\_ by David Deida>
- Iron John\_ by Robert Bly
- Integral Life Practice\_ by Ken Wilber, Terry Patten, Adam Leonard & Marco Morelli

[bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



## MEMORIAL DAY WEEKEND, MAY 27 TO 30 AT SAHALE LEARNING CENTER

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

## Sahale Summer Camp for 9 to 12 Year Olds

**June 26 to July 2, 2016**

<http://www.goodenough.org/camp.htm>



**Sahale Summer Camp is entering its 10th season!** We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.



We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com).

## Human Relations Laboratory

August 7 to 13, 2016

### *Freedom as a Mature Adult*

***The best event to experience the Goodenough Community***

Seven Fun-filled Days of Social Creativity & Experiential  
Learning about Friendship and Effective Relationship

**Sahale Learning Center**

A 68-acre retreat on the Kitsap Peninsula

[www.goodenough.org](http://www.goodenough.org) (360) 275-3957

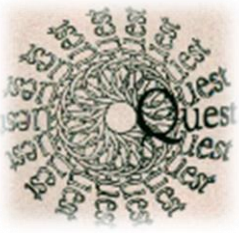


### **An event designed to encourage human development**

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

*We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.*

**To register:** [www.goodenough.org](http://www.goodenough.org) or call (360) 275-3957 to find out more



## Quest: A Counseling and Healing Center

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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 (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle,** John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

## Yes, I want to support the work of Convocation!

**Donations to Convocation support the work of providing a spiritual focus to human development, and provide support to professional staff, Quest Counseling, and Sahale property expenses.** *(A form for donation to the Association is on the following page.)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

\_\_\_\_\_ I support the work of John and Colette Hoff and of Convocation. I pledge a monthly amount to support all the work of Convocation

☐ \$25 ☐ \$50 ☐ \$75 ☐ 100 ☐ Other \$ \_\_\_\_\_

\_\_\_\_\_ I wish to make a one-time donation of \$ \_\_\_\_\_

**Payment Method** Check \_\_\_\_\_ (amount) made out to Convocation

Mail this page and check to: 2007 33<sup>rd</sup> Ave S, Seattle, WA 98144

☐ Mastercard ☐ Visa \_\_\_\_\_ (amount)

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Convocation is a 501(c) 3 non-profit organization. Tax ID: 91-1386758

## Yes, I want to support the work of the Goodenough Community!

**Donations to The American Association for the Furtherance of Community support cultural and educational programs, scholarships for attending programs, Sahale operations, and the creation of educational materials for broad availability.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**email:** \_\_\_\_\_

I would like to make a donation to support the work of the Association and the Goodenough Community.

\_\_\_\_\_ \$20    \_\_\_\_\_ \$100    \_\_\_\_\_ \$500    \_\_\_\_\_ \$1000    \_\_\_\_\_ other amount

I pledge \$ \_\_\_\_\_ per month to support the work of the Association and the Goodenough Community.

I am interested in learning more about levels of membership: please contact me.

*Payment Method*    Check \_\_\_\_\_ (amount) made out to AAFC

Mail to this page and check to: 2007 33<sup>rd</sup> Ave S, Seattle, WA 98144

☐ Mastercard    ☐ Visa \_\_\_\_\_ (amount)

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Pay online to the Association: [www.goodenough.org](http://www.goodenough.org) "click to donate" button.

The American Association for the Furtherance of Community is a 501(c)3 charitable organization, Tax ID number 91-1187421