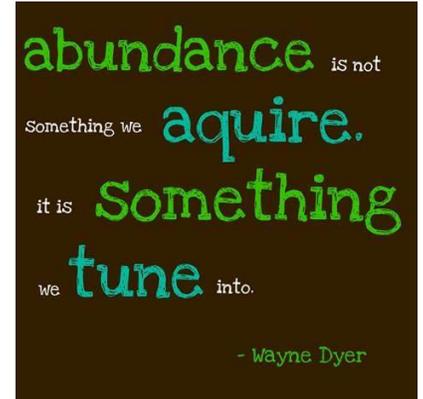


# Village eView

September 4, 2019

Colette Hoff, Editor



## Abundance

Colette Hoff

*When we choose not to focus on what is missing from our lives but are grateful for the abundance that is present . . . the wasteland of illusion falls away and we experience Heaven on earth.*  
~ Sarah Ban Breathnach

A great or plentiful amount; fullness to overflowing is a working definition of abundance. This past weekend, Sahale was abundant with people, food and great energy. Meals for 100 people were plentiful and well-received. The Cascadia Tantric Festival was well-executed with wonderful leadership, small groups, and many interesting offerings. Sahale made many new friends with many people talking about when they can return.

The most beautiful aspect of this gathering is the good energy that was left on the land. This group was respectfully loving of each other and the Sahale staff. With gratitude for our space, participants appreciated the land and the valley that holds all who come. Even when we lost power for five hours after a big storm on Thursday, no negativity was apparent.

I am especially grateful to our Sahale residents for stepping up in many ways. Draï, Amanda,

### ***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

Kirsten, Pedge, Mike, Irene, Bruce, John, Josh and Marley all helped with chopping mounds of vegetables and washing many dishes. Julie Wolf came everyday and also helped with chopping and cooking. Julie and Russ also opened their home to Mike who had to give up his room. Pam and Elizabeth returned to Sahale and offered their hearts and hands to the effort. It takes a village to successfully host 100 people!

Abundance  
is a natural  
state of being,  
anything else  
is unnatural.

Author Henry Miller writes that the one desire that grows more and more is the desire to give. "Giving and receiving are at bottom one thing, dependent upon whether one lives open or closed. Living openly one becomes a medium, a transmitter; living thus, as a river, one experiences life to the full, flows along with the current of life, and dies in order to live again as an ocean." *Healing Words*, Caren Goldman

*Abundance is not a question of how much one has but of what one's attitude toward what one has . . . The experience of abundance cannot be found in the discursive or even the emotional level. It must be experienced within the body.* ~Rick Jarow

*He who knows enough is enough will always have enough.* ~Lao-Tzu

*Riches are not from abundance of worldly goods, but from a contented mind.* ~Mohammed



## Celebrating Elizabeth Jarrett-Jefferson



*Where:* Homestead Lounge  
at Sahale Learning Center

*When:* Friday, Sept. 6.  
Happy Hour starts at 5 p.m.

*You are welcome to come  
earlier and spend the night  
or the weekend. RSVP to  
[joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com).*

Our dear friend Elizabeth Jarrett Jefferson is celebrating her **70<sup>th</sup>** birthday this coming Friday (Sept. 6, the very day)!

You are invited to join her and her friends on this happy occasion at the new home she and Pam share at Sahale.

Happy hour starts at 5 p.m. at the Homestead Lounge. You're welcome to arrive earlier and to spend the night or the weekend. Please bring snacks and beverages to share.

In lieu of things, Elizabeth would appreciate gifts of experiences. We will be taking contributions for experiences as well.

Please RSVP to [joanvalles@yahoo.com](mailto:joanvalles@yahoo.com).



### Third Age Schedule Change

Kirsten Rohde

Who would think that scheduling could be so complex? Well the truth is that our community and personal calendars have collided to make it not possible to have a Third Age meeting as soon as we'd like. We are looking at a date in November! I enjoy our gatherings very much and look forward to being together again. A new date will be announced soon. In the meantime, let's exchange interesting articles, poems, movies or stories that relate to our decades of life. Send them to the eView [hoff@goodenough.org](mailto:hoff@goodenough.org)



*I would like to create a healthful entertainment for older years. A lot would focus on being as free as you really are, to enjoy memory, to enjoy some inner work around accepting yourself, simply getting free of all the voices that would take away from your life (that wasn't good enough, you can't enjoy that etc.). My experience is we do that for each other when we get together and agree not to judge.*

- John L. Hoff

*According to Buddha, impermanence is one of the three marks of existence, along with suffering and no fixed self. Impermanence is what gets us old. And thank goodness for impermanence. If we just stayed the same, like a plastic flower that gathered dust and never wilted, how attractive would that be? How much fun? I'm here now, petals curling, alive.*

- Susan Moon



## Calendar for 2019 -2020

*Please let Hollis Ryan know of any conflicts.*

**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. Proposed schedule is September 8, 22; October 6, 20; November 3 ,17; December 1, 15.

Convocation is proposing to sponsor a meditation retreat at Sahale on the weekend of November 15-17 led by Colette Hoff and the Lifeways Circle.

The **General Circle** meets Mondays at 6:30 for light dinners & business at the home of Tom George. The suggested schedule is as follows: September 9,23; October 7 , 21; 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. The next gathering will be September 28 at Hollis' home. 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.



### **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. The weekend of September 27-29 is proposed for the Men's Weekend/Tent Take-down.

**The Third Age** - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. The next meeting will be November 8. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)

### **Thanksgiving**

Thanksgiving at Sahale will be held Thursday November 28.

### **True Holidays Celebration**

Our annual True Holidays Celebration will be December 7. Mark your calendar!



## **Beaver update on Jiggs Lake creek.**

Kirsten Rohde

In an article a few weeks ago, I wrote about what I was finding out about beavers. More recently I surmised that the reason there were no salmon last year coming up from the Tahuya River to Jiggs Lake creek is because the beavers are great engineers and from their perspective they have correctly dammed up the creek before it flows into the river. Two really well-built dams now mean there is only the tiniest trickle getting down to the Tahuya River. The hatchery north of my home was in place for 10 years to build up the salmon run of these endangered chum. So with official permission and while some of us cheered them on, John Schindler and Joshua DeMers notched the two dams at the outflow of the creek (not on the Tahuya River itself) to get some flow going for the summer chum that will be coming up the Tahuya looking to get to their own spawning territory on the creek.

Of course, the beavers will repair quickly but we'll just have a little tussle with them over this to let the salmon come up to spawn. I'm working on getting the wildlife camera out there and soon we'll maybe see those beavers at work.



### **Mindful Mike's Blog: Abundance**

I am resting. All our guests are now gone. Everything is slower around here. Not so much clean up to do. Colette Hoff made dinner which the two of us ate while we watched the evening news. Another hurricane, Dorian just leveled the Bahamas. Another mass shooting, one of several this year. Nice way to start the evening, huh?

I can react and get upset. Or I can insist I am still in rest mode. That's where I choose to be as I type up this blog.

Sahale is a place of abundance. I think back to the casual conversation I had with Amanda Lovett this morning at breakfast. So wonderful to share meal times with each other. What a contrast to my breakfasts in my condo. In fact I can't think of a single time prior to Sahale where it was so easy to find others to share with in the kitchen.

You should have seen the tea party we held yesterday in the Walnut Grove to celebrate Amanda's birthday. We all dressed up in silly costumes to have a silly time. Our neighbor, Susie Allen brought her award winning scones and raspberry spread. Oh my! Marley Long was dressed up as Alice in Wonderland. She and Susie looked great among the dahlias. Our table was set with gorgeous dahlias; huge fantasy flowers. They were from the dahlia farm of Susie's daughter, Elizabeth.



Then we had skits of our favorite scenes drawn out of a hat. Hilarious! We all had the chance to play comedy for each other. Now, that's the way to be a star.

Is it possible we are all living in an Alice in Wonderland without realizing it? I believe so, especially when I saw those dahlias. We live in it yet our machine world turns its back on it. We cover it over with buildings and lots of concrete. Cities with glass and steel towers predominate the landscape. Is that not a strange way to

live? We send rocket ships to explore dead worlds like the moon. I would rather explore a living world like the Earth, especially the doorway to the fairy wonderland of dahlias.

For me true wealth is in my friendships. We can manifest tea parties! Best of all we don't take ourselves too seriously.

We could serve over one hundred people for over a week and make new friends. New friends mean new opportunities. All the folks that were here really had a good time.

When I could, I stole away with a beach towel to the Cedar Grove. I could lie down on the towel and look up at the ancient cedars towering over me. If that is not abundance, what is? I have never done this before in my whole life.



Russ and Julie's home became a refuge for me during our busy time. I learned to play with their cats, Boots and Tigger. They still run and hide when they see me but I can play with them if properly equipped. Oh, how they could jump! One night Tigger sneaked into my room and got trapped when I closed my bedroom door. I heard this scrabbling. But when I turned on a light, no cat. Russ later told me Tigger was in my room and he let him out.



Here you can see Boots appearing to stand on two feet!

If I am not mindful of the good times around me, might they pass me by?





At the “OUR” Ecovillage – in  
British Columbia

September 13 - 15

Friday 2:00pm - Sunday  
5:00pm

<https://ourecovillage.org/5th-annual-west-coast-communities-conference/>

**T**his conference is an intentional experience of community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change. The Goodenough Community is a sponsor for this event!



### **Spatialist for Hire**

*Pam Jefferson*



***Do you need help*** with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.



abundance



Today my wish for you is to live a  
life of abundance...in health, wealth,  
and love

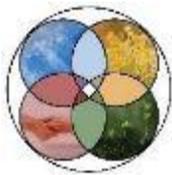
## Programs and Events of the Goodenough Community

### New Dates will be listed next week!

**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. Fall schedule to be announced.

**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. 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. Stay tuned for the fall schedule! 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.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

### 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 4 to 10, 2019

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.

