

The Village eView

May 4, 2016
Colette Hoff, Editor

Calendar of Events:

Women's Weekend – May 13 to 15
Pathwork – Sunday, May 22
Council – Monday, May 23
Relational Group – May 24
Memorial Day weekend—Friday May 27 to Monday, May 30

Transformation involves a complete change. The Human Relations Laboratory has been promoting change and transformation for 47 years! This year the leadership is choosing to highlight:

- Increasing one's maturity
- The conscious intention for dealing with mental health
- Becoming an active force in your own life
- Applying creativity to all areas of life including relationships and work life.

*Maturity + Sanity +
Proactivity + Creativity =
Transformation*



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

A Postcard from the Lab Leadership Weekend

Looking in the Rear-View Mirror

Barbara Brucker

What a weekend. A group of about 20 people gathered to prepare for lab leadership. It was an incredibly rich weekend filled with personal sharing and learning. A wonderful way to prepare for lab – just do it!

One of the metaphors that became important on the weekend was the rear-view mirror. It has stayed with me. When I'm driving, if I look in the rear-view mirror I see where I have been. I also see what's going on behind me. In driving that can be important, but not where I need to stay focused. I need to pay attention to where I am now and to the path ahead. So it is with adult development. It is so easy to be focused on how I saw myself in the past that I am not aware of who I am becoming. This situation also limits who I am today. When I don't recognize my own progress and stay stuck with past perceptions, I limit my effectiveness, my ability to grow, and my joy. It is a piece of the human story.



On the weekend we spent time reflecting back how we saw each individual functioning now. You could say we were updating the mirror. In me this is an important part of what lab is about - **Transformation**. It happens as we share our goals, experiment with new ways of being, receive feedback, live into who we are becoming, and update our self images. It is an opportunity to get unstuck from self-limiting beliefs and behaviors. The exciting thing is, there's always more to learn. It's not a one-time stop.

After the lab preparation weekend I'm excited for lab and the prospect of working together for transformation within, between, and among participants in the community of the lab of 2016. I hope to see you there. I'll be the one with the Windex.



Taste of Lab

Bruce Perler

Preparing with a team for our Human Relations Lab is something I've been enjoyed and been part of for at least 15 years. Since I had my first small group leader training as Fran Minietta's co-leader back in 1999, I've been involved each year in the designing and preparing process. Some years the team really gels early in the spring and keeps an energy and focus that carries us to and through lab. Other years our start feels a bit later and a little slower but, we always seem to get there.

This year, both from feedback we received and out of our own desire to prepare well, we had our usual weekend training intensive with an important difference. As a team, all of us went through the process of self evaluation and group discussion about our individual lab learning goals. We spent all of Saturday and most of Sunday working our way through the group of leaders in training, each person sharing their goals then listening as the group talked together about what was shared as well as other appreciations, hopes and concerns.

Recalling the experience, I'm in it - the powerful, accepting, compassionate and insightful friends sharing in this non-ordinary reality, this was a true taste of Lab at its finest, our finest. For me, and I think us, this was an important ritual and effort that blazes a trail of truth, honesty and compassionate action. We've taken our own medicine as Lab leaders and come through feeling closer, more connected, worthy to offer the Lab experience, and better for the trial of it. I'm feeling proud of myself and us for the effort and tenacity under Colette's wise guidance. We've each earned our place on the Lab team and had a genuine dunking into the love and power that makes Lab what it is, a place where transformation happens.

Process and Transformation

Kirsten Rohde

It is a privilege to be part of the Human Relations Lab 2016 leadership team. It is a way to “live Lab” all summer long leading up to August 7th when everyone comes together for the Lab week. Those of us in leadership are fully Lab participants ourselves and additionally we enjoy working together to offer a really creative week for everyone, full of friendship, learning and fun.

Two weekends ago the Lab leadership met for a training weekend at Sahale. We practiced a process similar to ones we offer at Lab: first some time alone, then talking to one or two others, then joining in the larger group. I appreciated that time of solitude first to make engagement with others go well.

Since we were in a training process, we focused on four specific questions:

What are the strengths I bring to my leadership?

What are the issues I am dealing with where I need growth?

What do I include in my learning contract as a leader at Lab?

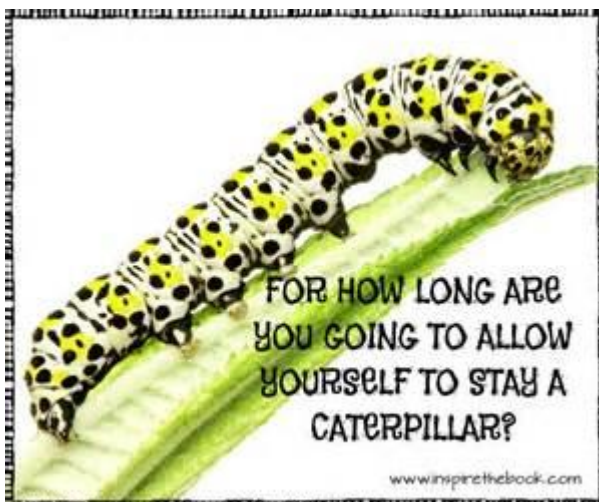
What gifts do I have to offer to the Lab community culture?



Using a technique that enabled each person to share and then hear reflections from everyone else in the room, we found that we entered into a space that was loving, confirming and truthful all in one. Individuals reported during the weekend that the relational space we created together felt trustworthy, caring, loving, encouraging and challenging. And this is how a process that we all joined in created transformation. There was general agreement of feeling cared for and drawn out. We listened with care and chose our words sensitively. Increasingly the room felt full of connected people – connected through feeling and truthfulness. The air felt thick with the connection and it seemed as though anything could be said, and that new group understanding was present.

In the interest of being personal, I'm sharing some of what I learned about myself. The first thing that happened then was that I wrote only about the things I could improve; I noticed I felt more shy about saying anything about positive feedback about what I do well. So here is my re-write: I personally learned more deeply about my strengths; I can relax into knowing that I am seen as offering a relationship to others, good to talk to, "caring that goodness prevail." (Wow!) I also learned that my presentation of myself could be more joyful, that I sometimes have too many ideas coming out at once, and that I still suffer from a residual grumpy self from the past, a "recovering grump." In such a caring group, I found it easy to recognize myself in these areas for improvement and laugh about it.

The theme this year, "[Transformation Happens Here](#)," is simply an accurate reflection of the potential that is available to each person who comes to Lab. I had a taste of the power of transformation on this weekend. We are adding to the theme of transformation the words sanity, maturity, proactivity and creativity as essential elements along the path to Self and Community. As often happens each year, I believe this Lab will be the best yet. Make it even better by registering soon and inviting some friends to join you!



NEXT WEEK'S
eVIEW THEME:
Reverence

Human Relations Laboratory

August 7 to 13, 2016



Transformation Happens Here

**Seven rich days of experiential learning and social creativity within
a community setting**

Transformation: *Change in form, appearance, nature, or character.*

Metamorphosis - By Doe Zantamata

On the journey between caterpillar to butterfly,
the caterpillar encloses itself into a cocoon.

Within that cocoon, the entire caterpillar is
broken down into a soup-like mixture.

Just about all of the major structures are broken
down and then rebuilt, including the heart.

Soon, the butterfly emerges. Hardly a trace of the
caterpillar remains. The butterfly becomes free to fly.

Personal transformation is much the same. Tired of
just eating, working, existing, we go within and close
off somewhat from the outside world.

We re-examine all of our beliefs; what we were told,
what we learned. The process takes much longer
than a few days, but sooner or later, we rebuild. We
replace false beliefs, held in our minds, with truths,
held in our hearts. We shed the old, and begin to
emerge anew.

Released from our limitations and
negative beliefs, we become...free to fly.



www.thehiyl.com



Now is the time to make plans for our **14th** annual work/Play party,
Memorial Day Weekend at Sahale Learning Center

May 27 to 30, 2016

The Mission

The **mission** of Sahale Learning Center is to provide sanctuary, relationship, and learning experiences for the people; and, sustainability for the land which lives up to the meaning of its Chinook name,

Sahale-- *Heaven on Earth!*

The Vision

As an intentional demonstration of The American Association for the Furtherance of Community, Sahale Learning Center, a growing ecoVillage within a community dedicated to personal development, provides 68 acres and heartfelt service for retreats, workshops, family gatherings, educational and special events.

The supreme accomplishment is to blur the line between work and play.

-Arnold J. Toynbee, historian (14 Apr 1889-1975)

Well-organized work parties will have plenty to do for all abilities and we will seek a balance between work and play.

There will be wholesome meals, outdoor play, hot tubing, and relaxation.

The only charge will be a donation for food.

Let Colette know your plans:

When you are coming, how many in your party, when you are planning to leave, and any food issues

hoff@goodenough.org



The deAnguera Blog: Transformation



When does transformation happen? For me it starts with a change of perspective. It comes from taking my work out here at Sahale seriously. For 8 years I have lived out here at Sahale rather than Bellevue. I no longer have any desire to go back to my condo. I share a way of life with a group of friends. We have a shared vision.

In the left hand picture you can see Josh DeMers and Evelyn Cilley weeding a garden together.

The right hand photo shows Hal Smith and his good friend Gary Fingar building a deck on the Meadow Cabin. *(editor's note: This cabin was moved from the Ravenna property and was an office, now it is transformed into a lovely guest space.)* I can actually hear them hammering away from my bedroom in Khlawie. Friendship is an important ingredient of our working together here at Sahale.

Transformation happens for me when I see that what we are doing is part of a larger global movement. We have May Baka-Bering, a guest from an ecovillage in Spain with us for 10 days. She is part of a program called Workaway. This is one of many projects that have evolved over the years to enable people to experience the ecovillage way of life. May can help around our place and is very good company. And today is her birthday!

I can remember a time when we had no interns. A time when I was mostly alone during the week except for when Jim Tocher came out to help with maintenance every Wednesday.

Now Irene Perler calls us together 9:30 most mornings. First we do some stretching exercises followed by a brief meditation. Then we work intensively together for the morning hours. Each of us usually has individual projects to do in the afternoon. I am digging a ditch to expose a length of black PVC pipe bringing water into the main house. A large apple tree root has pushed it up over the years until it finally cracked. That portion of the pipe will need to be replaced with another going under the root rather than over it.

Imagine thousands of ecovillages like ours spreading across nearly every country on the planet. More are being started all the time. Even though some go out of existence a culture is growing. Unlike competing nation states we are supportive of each other. Unlike the crazy stuff on Wall Street where bankers seem to make up numbers, our relations with each other are our most important investment. Our stock can only improve. Do you suppose that's why people support our work? We want to share and have no reason to war with each other. Our security lies with helping each other.

As more of us create ecovillages, we can begin trading with each other. We can reduce our dependence on oil in all kinds of ways. As we reduce our need to import resources from abroad and teach others to do likewise we will become less dependent on competing nation states. The building of empires will no longer be an objective. Thus the incentive for war will be reduced and hopefully eliminated.



Guess what we found? A Seahawks football! What's transformation without football?



Community News

By Elizabeth Jarrett-Jefferson

Save the Date: **Saturday, June 4, 2016**



You're Invited to Celebrate the 60th

Birthday of Nan Krecker-Scott

6:30 PM until Who Knows When

At the home of Pam and Elizabeth Jarrett-Jefferson

3446 77th Place SE, Mercer Island 98040

Appetizers, Dinner, Dessert

RSVP to Elizabeth –

Elizabeth.ann.jarrett@gmail.com

Birthdays & Humor Department

By Elizabeth Jarrett-Jefferson

Happy Birthday, Tod Ransdell! May 17

Happy 70th birthday, Hollis Ryan! May 19

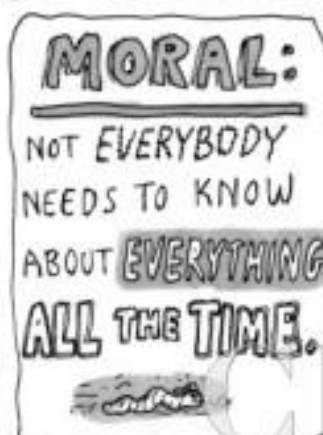
Max Fain Featured artist



I am a featured artist this month at the Columbia City Gallery located at 4864 Rainer Ave S. The opening is from **5 til 8 PM on Sat May 21st**. I hope that you can come, I'll be there!

There will be plenty of art to see as the gallery is a cooperative and as such there are lots of different styles shown. Jewelry, hand crafted goods, sculpture, and paintings. My work features archaic alphabet letters layered in translucent medium so as to give the viewer a sense of depth or of time as if flowing from one eon to another, with different cultural imprints layered one over another. Many of the works are about community stuff, relationships betwixt and between, communication happening on many levels with messages going every which way. Personified characters emerge from the context and creates the stuff for a variety of story lines as imagined by viewers who query, what dah? Hope to see you there then.

EDDIE'S FABLES
presents:
"THE WORM AND THE CATERPILLAR"



CONNECTION

“ Our whole spiritual transformation brings us to the point where we realize that in our own being, we are enough. ”

— Ram Dass —

OkDay.com

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

Goodenough Community Women’s Program Further Along the Path to Freedom

The women’s program of the Goodenough Community 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.

As a centering point, each gathering builds upon a theme which, this year, is “Further Along the Path to Freedom.” The theme opens up a way for us to look inside ourselves and to share whatever we want our companions to know.

Our gatherings throughout the year include a time of introspection, a time of gathering and joining with others, and plenty of time to listen to others and to share your heart. We often sing, chant, and dance. We find that opening ourselves to other women is indescribably satisfying and uplifting. Each woman is free to participate to the extent that is right for her.

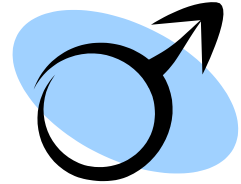
You are invited to join us at our women’s weekend in May at Sahale, the community’s retreat center near Belfair, Washington. We begin on Friday evening, May 13 and conclude on Sunday afternoon. Accommodations are comfortable, the food is delicious, and the company of women is refreshing, relaxing, and energizing.

We look forward to welcoming you soon.

Men's Program

Theme: Friendship among Men

Men's Program



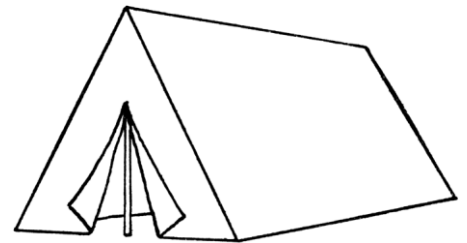
We're an open gathering of men friends, some old and some new. Have a look at our (slightly outdated) [men's page](#) on the website to know a little more about our culture.

Let me know of your interest: bruce_perler@hotmail.com or 206.419.8361

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.

Putting Up the White Tent one more time!
On the weekend of Friday June 10 and Saturday June 11 we will put up our Gathering Tent. Mark your calendar and let Norm know if you can make it!



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 11th 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 and being part of small clans that spend time each day getting to know each other and together.



care of camp
together
working

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.

Save the date and invite friends:

47th Human Relations Laboratory

August 7 to 13, 2016



Transformation Happens Here

**Seven days of rich experiential learning and
social creativity within a community**

Sahale Learning Center on the Kitsap Peninsula

Register now at www.goodenough.org – space is limited

An event designed to encourage human development

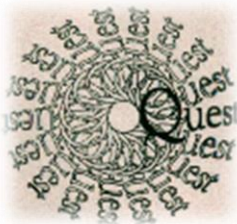
- Inspire your desire to be a better person.
- Facilitate your personal mastery and relational development.
- Practice interpersonal skills and experience community formation.

“Transformative and rejuvenating!” Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

To register: www.goodenough.org

To learn more: (360) 275-3957



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.