



If there's goodness in me, there's goodness in you too.

Goodness

The word good is descended from the Indo-European *ghedh*, which means to unite or join (echoed in “to gather” or “together”).

To be good, one has to intend what is good for the other, for one's neighbor. That is very difficult to do in any pure way. ~Jacob Needleman

Simple, genuine goodness is the best capital to found the business of life upon. It lasts when fame and money fail, and is the only riches we can take out of this world with us. ~Louisa May Alcott

This eView was shaped when reading the Winter 2014-2015 issue of the Parabola Magazine (which is a valuable resource for wholesome people). The issue with the theme of Goodness includes an article titled, **Seeds of a New Humanity**, written by Joan Chittister. Jacob Needleman also has an extensive article and both are included in this eView and James George describes the need for greater consciousness in order to deal with ecological issues as well as articles and poetry. The Parabola reminded me again of the importance of bringing our inner and outer realities together. (Editor)

For Goodness Sakes!

John L. Hoff

If you are interested in goodness or being a good person, it is probably because you find such people attractive, valuable, or helpful to the world, or at least your world. My experience is that

The Village eView

April 8, 2015

Colette Hoff, Editor

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

Upcoming Events

Relationship Group – Tuesdays – 7:30pm

[Pathwork, April 12](#)

[Planning Workshop for HRL 2015 – April 17-19](#)

[Third Age – April 24](#)

[Annual Meeting – April 27](#)

Women's weekend – May 1-3

my conscience and regrets about what I have done, has motivated me to be a better person and to be more authentically good. In other words it is my conscience and my desire to be good that makes me aware of good, better and best. It is my inner sense of things that causes me to know whether something is goodenough or not. I think it is best if we start thinking about goodness with our feeling and by paying attention to what our bodies want us to do so that we feel better or “gooder.”

Some start reflecting on goodness by listing out for us rules we should live by and ways we should behave and appropriate people to help us. I’m saying you can start the journey to self-improvement by paying attention to external rules and ideals. Yet I am suggesting that it is better to be guided by your desire to feel well and to be a wholesome person and make a positive contribution to others. I am proposing that we are made to be guided inwardly by a mechanism of mind and soul that is often called “The Self. ‘ I have learned to accept that all beings have an evolutionary urge to become the best version of themselves. Becoming a better person is what “goodness” is really about. It is not coerced by others yet can be longed for if supported by others. Not until we turn away from the external definitions and requirements do we find our own motivation and inner standards for goodness.

We can live as humans committed to goodness. Most of us feel that we cannot be good all by ourselves but need the support of others. The ultimate solution is that the human community clarifies what is good and right and just. We can improve our world if we will train each generation that comes along in the application of this longing to improve various areas of life. Thus it is that the first good thing we can do is to allow ourselves to be guided and supported and then seek to do what is good as a means of support of others.

On the whole, human beings want to be good, but not too good, and not quite all the time!
~ George Orwell

In the course of preparing for this eView, I had a conversation with someone who sees my leadership as playing down the importance of rules and legislators and valuing instead freedom and choice as the precondition of true morality, spirituality and for that matter, morality. I

"Good people
bring out the
good in other
people"

Anonymous
Saturday - July 21, 2012 00:00 pm

acknowledged that freedom can be abused yet found myself having concluded that moral development and educational accomplishments require critical thinking, and identifying what works and what doesn’t – separating right from wrong. Over the 40 years of history in the Goodenough Community we often come to conflict when someone wants us to create some rules to **make** people behave in a better way.

I have discovered that at all ages and levels there is value in enabling individuals to think through what is right for them and to make a free choice to do the right thing—or at times –the wrong thing if this is what needs to be learned. We see our community as a learning opportunity and that freedom is the precondition of human learning and development.

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Goodness

Seeds of a New Humanity

By Joan Chittister

The mystic Julian of Norwich, holding an acorn in her hand in the fourteenth century said of it, “In this is all that is.” The Earth shakes at the thought of the simple truth of it.

In every seed lie the components of all life the world has known from all time to now.



In every seed is the reckless, electric, confounding power of creation made new again.

In every seed is the gift of life to those seeking life, wanting life, denied the kind of life that is full of energy, full of hope. But the hope is a tenuous one, a sacred one, one to be treated with awe for fear of our own failure to protect it.

Seeds are the one thing that are the only genuine promise we have of the future. “Even if I knew the world would end tomorrow,” Martin Luther wrote, “I would plant an apple tree today.” It is an insight that defies despair, that promises new life in the midst of the old. It is a beacon that cries out for commitment in an age such as ours when the seeds of destruction among us—greed, power, and control—are in mortal struggle with the seeds of life.

In our time, death is king. The forests die for the sake of loggers. Great fish die for the sake of caviar. The fields die for the sake of fracking. The air dies for the sake of oil. Humanity dies for the sake of money. And people die for want of the food that all these things threaten.

And now, so accustomed have we become to destruction in the name of progress, we are on the brink of commercializing seed, of politicizing seed, of monopolizing seed, of genetically modifying seeds for the sake of someone’s control of creation, of making seed the new military weapon of the twenty-first century.

It is all a matter of valuing the money we can make today more than we value the life that is meant to come.

But the problem is that we ourselves are all seeds, too. We are either seeds of universal love or seeds of exploitative racism. We are seeds of eternal hope or we are seeds of starving despair. We are seeds of a new humanity or we are the harbingers of humanity's decay.

It is a choice. A conscious choice that depends on what we see in seeds and how we treat them and whose we think they are and what we will do to keep them free and available. Or not.

We are the seed of our own life to come and the life of the planet as well. Indeed, "In the seed is everything that is."

--from *Sacred Seed*, a new book of essays from spiritual leaders around the globe on the sacredness of the natural seed, published by The Golden Sufi Center in partnership with the Global Peace Initiative of Women and Dr. Vandana Shiva and the Navdanya community.

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... The story of the seed can also give us hope in this darkening time. As we live in the wasteland of a materialistic culture, where amidst its images of abundance we have to search hard for fragments of meaning, the story of the seeds tells of a regeneration through darkness. If we can stay true to the sacred substance and sacred meaning of the seed, it will help us to be a place of rebirth; a place where the inner and outer worlds meet, where real nourishment can once again be born and flower. Working together with the Earth, with its wonder and mystery, we can help in its healing and regeneration. ~ Llewellyn Vaughn-Lee Seeds and the Story of the Soul, Parabola, Winter 2014-2015



Thoreau

Philosopher Jacob Needleman asks in his latest book, '**Why Can't We Be Good?**' (Pt 1)

David Ian Miller

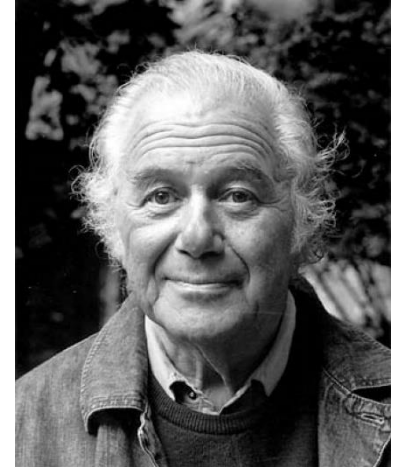
MY RELIGION / asks in his latest book, 'Why Can't We Be Good?' (Pt 1)

We've got self-help programs, sensitivity training and easy access to the wisdom of all of the world's greatest thinkers and spiritual traditions. We know exactly how to be rational, caring, honorable human beings -- most of us, anyway. So why do we act in stupid, soul-hurting ways, fully aware that we're being awful and always vowing to do better next time around?

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So why do we act in stupid, soul-hurting ways, fully aware that we're being awful and always vowing to do better next time around?

Religious scholar and social philosopher **Jacob Needleman** addresses that quandary in his latest book, "Why Can't We Be Good?" (Tarcher, 2007). Needleman digs deep into the writings of philosophers, religious leaders, scientists and psychologists to understand why we humans are so often seemingly incapable of doing the right thing. It's a sobering subject, but Needleman's book is far from a dull, accusing tome -- his humor enlivens both the insights he shares and the exercises intended to strengthen one's moral muscles.



Needleman is a professor of philosophy at **San Francisco State University** and the author of many books, including "The American Soul," "The Wisdom of Love" and "Money and the Meaning of Life." In this first part of a two-part interview, I talk with him about what he's learned about good and evil during the 40 years he's spent studying religion and philosophy. In part two, which will run next week, he speaks about his own faith and the people and ideas who have inspired him in his search for goodness.

The obvious answer is, "Read the book," but can you give me a short synopsis? Why can't we be good? Why do we do things that we know aren't right?

This is one of the eternal questions of human life. We have a sense in ourselves of what's right and wrong and we constantly, or, I should say, often betray it. This disconnect is an intrinsic part of the human condition, one that every religious and spiritual leader has tried to address and in some way repair. It's as though there's one part of us that knows one thing, and yet it's another part of us that acts. And the two parts don't speak to each other very well.

So there's a part of us that wants to do the right thing, and then there's another that just doesn't give a damn?

Doesn't care, doesn't know and is overwhelmed by the selfish aspects -- the fear, the anxiety, the resentments, the sensitivities that are part of what you call the ego.

It's like we're two people inhabiting one body, all of us, and there's no real connection between those two halves. One part has a tendency toward the good -- to what is noble, to what is related to the sacred, to what wishes to love -- and the other part is in the service of desires that are socially conditioned into us by the illusion that just getting what we like or want will make us happy. Those two parts need to come into relationship with each other.

You write in the book that we know what is good, yet we do the opposite. But I'm wondering if we really do know what is good. Isn't that part of the problem?

That's a good point, and that's what Socrates and many other great teachers have said. Personally, I think we do know what is good, but it's in the deep part of ourselves that's very deep down in us and is all covered over by self-deceptions. We don't know it in a way that enables it to touch our feelings, our reactions, our muscles, our nerves.

(Continued page 21)

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A person, to be greatly good, must imagine intensely and comprehensively; he must put himself in the place of another and of many others; the pains and pleasures of his species must become his own. ~Percy Bysshe Shelley

How do you relate to the Goodenough Community?

Kirsten Rohde and Elizabeth Jarrett-Jefferson

How do you see your connection to the Goodenough Community and its related organizations? Do you say, "I'm a member of the Goodenough Community" when you describe your participation to others? What does that mean to you? What would you like it to mean to you and others? Maybe you think of yourself as someone who has attended programs and events, helped out at work parties or on committees, or perhaps you support the community and want to see it succeed yet you live further away or participate from time to time. Do you see yourself as a friend of the community?

We've been studying membership categories since the community development work of the Renaissance Project in 2012. We've looked at ways to invite involvement for the community, its sponsoring nonprofit, the American Association for the Furtherance of Community, and Convocation: a Church and Ministry. Some folks are clear that they want to be involved on a regular basis, take on roles in the organizations, and have a role in decisions. Others care very much for the community and feel a connection while not participating as much on the organizational level. This is how we've come up with terms such as being a "friend" of the Goodenough Community, and "member" of the Association and a participant in the congregation of Convocation.

At our upcoming annual meeting at our Seattle Community home, Monday, April 27, we will be talking about these issues and others. Please come and share your thoughts about community participation and help us shape levels of involvement. This will help each person who feels a connection to our community choose a clear way to be involved.

We have had our annual meeting at Sahale over a weekend for many years. This year we're hosting our meeting in town to make it possible for more people to attend. It also honors our community's presence in Seattle.

Please join us! We're want to let you know what's happening in the Goodenough Community and invite your comments and questions. We always have fun!

Annual Meeting of the Goodenough Community and its supporting organizations **Monday, April 27, 6:30 – 9:30 PM, at the new Community Center in Seattle**

Our annual meetings are integral to our community and formally mandated by the charters of the Association for the Furtherance of Community and Convocation: A Church and Ministry. Our annual meetings are a wonderful opportunity to see members and friends and to lend our energy and good will to the **vision** and ongoing work of our community.

Announcing: A Very Special Event!

Yako's Mom, Arji Cakorous and her partner, Laraaji

Tuesday, April 28th at the Community Center, 7:30 p.m.

3610 SW Barton

This event will be sponsored by Convocation

An open-hearted donation is suggested

Please RSVP

"Welcome to the Peace Garden" or "A Meditative Tone Journey to Inner Space"

This experience promises to be an exquisite sound immersion of expansive dimensions. World-renowned innovative Zither/Harp master, composer & sound healing musical presence LArAAji NadaBrahmanada is joined by collaborative partner, sound healing musician/Reiki master Arji OceAnanda, for an evening of celestial sound making. They will transport you on a wave of bliss, emphasizing the beauty of the electric open tuned Zither/Harp, Kalimbas, Chimes, Ancient Wind Gongs, Voice and so much more, in a sound offering that is Celestial and Beyond....

The Inner voyage Nadam experience will also be preceded by an introductory Laughter release segment...part of Laraaji's signature Laughter Yoga Playshops that these two Light Beings have delightedly offered together in many venues world-wide.

Arji "OceAnanda" Cakouros, is a Sound Healer, Musician, Usui Reiki Master, & Dreamwork Teacher with a private counseling/healing practice based in Niskayuna, NY. Over the last seven years, she has enjoyed the deep joy and honor of collaborating Laraaji NadaBrahmanada in many venues worldwide, offering Healing Sound events and Laughter Immersion experiences, as well as a great variety of musical performances in conjunction with other artists.

Arji has also served for the past seven years as faculty for both the prestigious international Sound Healers Intensive in Colorado, developed by internationally recognized Sound Healing Pioneer Jonathan Goldman (for which she and Laraaji recently released a highly acclaimed two Cd set entitled "Laughter & Consciousness"), as well as on the faculty for the Sacred Sounds Institute Intensive held annually at Olympic National Park, Washington state created by the multi-talented pioneer Sound Healer Vickie Dodd.

Other recent releases with Laraaji include a trilogy of live concert events offered as single CDs or a 3cd set. They were recorded at DubLab in Los Angeles (Nov. 2013), the historic Bijoux Theatre in Knoxville (2014 BIG EARS festival), and most recently at the Indianapolis Museum of Art (May, 2014).



"LArAAji" (Edward Larry Gordon) pursued his dream of becoming a Musician and humanitarian artist from a very early age in the Coastal town of Perth Amboy, New Jersey. Learning to play Piano, Violin, and Trombone along with singing and performing in church and school choirs, bands and orchestras. His high school scholastic talents and enthusiasm for creating new music won him scholarships to study music at Howard University School of Fine Arts in Washington, DC during the mid 1960's .

Following 4 years at Howard, he moved to New York city to pursue a double career in comedic acting and music. During these several years of mild success in both careers he received a strong inner call to explore alternative spiritual practices including transcendental meditation, mind science, yoga-meditation, trance journeying and contemplative creativity. Eventually his lifestyle became one of devotional inner practice and creative inspiration.

During the mid 70's following an inner sound vision, he set out to create a new musical sound involving a modified 36 string AutoHarp, alternative tunings, and innovative music Electronics. This new musical expression captured the heart and stimulated the imagination of a very appreciative and warm New Age following.

He has since traveled extensively throughout the USA & internationally sharing his musical sound vision in both Solo and collaborative adventures.... many of which have been documented in classic quality recordings

Laraaji has also developed over the past 25 years his signature style of Meditative Laughter Playshops presented in a wide array of venues in the USA & abroad. Visit his blogspot <http://laraaji.blospot.com/>or, to enjoy a wonderful mini documentary on his extraordinary career, go to the VIMEO link entitled "Eternity or Bust" <http://vimeo.com/75415290>

Lights, Camera... Relationships!

Yako

Here at Sahale Ecovillage, bees are buzzing, birds are chirping, and hundreds of seedlings are growing in the greenhouse. A couple of turkey vultures has been spotted circling above, which according to Kirsten is a sure sign that spring has truly arrived. Despite the allure of these beautiful surroundings, I've been spending much of my time happily holed up in the Homestead Cabin to read, write, and brainstorm. The reason being that I am in the midst of preparation for a film project that will focus on the remarkable story of The Goodenough Community and its members. I'll be working in collaboration with a fellow Evergreen student and Ecovillage enthusiast, Anthony Jepson. Anthony is an aspiring documentarian with more than 10 years of experience behind the camera, and a background in traveling to and documenting community projects around South and North America.



We are given this wonderful opportunity by means of an academic contract, through which we'll be presenting research of Ecological, Social-Economic, and Cultural-Spiritual elements that contribute to communal resilience. Through our film we hope to tell the Goodenough story by utilizing both new footage of workshops, gatherings, and interviews, as well as archived materials and historical research. Inspired by a request from John, a big part of the filming will be focused around the Human Relations Laboratory. In addition to serving as a promotional and educational resource, we hope that this project can help to draw out meaningful reflections that will serve the community during this time of transition and reinvigoration.

We invite you each to contribute personal experiences, learnings, and memories from your time with The Goodenough Community, to help us build a rich and multi-perspective narrative. We intend to proceed with lots of transparency and sensitivity to individual comfort levels, so that this project feels good for everyone involved. We are very excited to get the camera rolling, and will begin filming during the upcoming training weekend. We'd love to start scheduling interviews as soon as possible. Also, please feel free to bring or E-mail any pictures, videos, or writings that you think might add to this evolving project! My E-mail is ThisIsYako@gmail.com.

Editor's note: This is a wonderful gift and we want to take it seriously.

Lab Planning

April 17 to 19, 2015

Sahale Learning Center

Lab planning and training provides an effective experience of leadership development. The training experience can be likened to a mini-lab that includes personal sharing, team building, collaborating and group leading. This is a wonderful opportunity to see how the lab works!



Anyone interested in shaping this multi-layered learning event is encouraged to contact Colette Hoff at hoff@goodenough.org

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

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

Sahale Learning Center

Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)
360-275-3957



Useful for your marriage, a resource for your family and a kick in the pants for your personal development.



Watchcare & Member News

And the journey continues...By [Janet Walker](#) —

Apr 3, 2015 10:03am

Hi All,

Not a lot of news to report, but just wanted to touch base.

Since my first Yervoy treatment 3 weeks ago, I have been free from the possible side effects, except that I had a lingering cold (barely begun before my first treatment), that seemed to turn into a sinus infection/bronchitis. Unfortunately, after my ears began to hurt last weekend, my oncologist prescribed antibiotics on Monday. So, by Thursday morning (yesterday) I had diarrhea (sorry if this is TMI!). My Dr. opted to postpone my 2nd scheduled treatment, since diarrhea can become a severe Yervoy side effect, and there was no way to tell if this was a result of the antibiotic or my first Yervoy treatment. We rescheduled for Monday April 13.

I am doing my best to adjust to this new way of life with cancer. Trying to stay positive and keep laughing.

My housemate has been concocting these amazing fresh veggie juices with lots of cancer-fighting ingredients for me to drink several times a day.

I have found a local Qi Gong energy healer and accupuncturist to work with here in Gaithersburg. I received a profound lesson from him this week on relaxation, trust, and just letting myself receive.

I have been reading multiple books about cancer and healing, and doing my best to become informed on the subject.

The most positive part of this whole process has been re-connecting with all of you - my friends and loved ones, with whom I have been out of touch for way too long.

Thank you for being an amazing part of this amazing life I am living!

Love, Janet



Berlin and a Residency in Ceramics, Anyone?

Pictures & News from Claudia Fitch

The *Relaxing Squirrel* (in case you couldn't figure out what it was). Encountering a virus from another continent- what a challenge. Some improvement w/German pharmaceuticals but if no definite improvement tues or wed (day 12), then it's off to the doc! Taking time to rest and do some office work. My room here is beautiful - don't mind being confined for this while, but I am starting to feel stir crazy.

More to come-***Claudia***





The deAnguera Blog: Goodness



What does it take to be good? To show goodness? One must come from a state of love. A heart connection.

Our nature is capable of exhibiting both good and bad traits. That is how we are each made up. This allows us to create story because stories require some kind of conflict, something to challenge us.

How does one show goodness? That takes practice and the best way to practice is with other people around. When we do good we are accomplishing something of benefit to others.

As you can see last Friday we all had an opportunity to practice goodness when we spent two hours cleaning up the garden area around Kloshe.

We were all in a good mood when it came to trimming around the bushes as well as raking stuff up. We all worked off each other's energy as well as enthusiasm. I enjoyed the two hours we spent together. I honestly believed we all had open hearts. Nobody was taking advantage of anybody else. No grudges came to the surface. This makes it easy for me to get the work done.

In the past I have been in work environments where we didn't trust each other and often competed with each other. Goodness was not present. I was doing my work as a fearful person. I was coming from a fearful place. I didn't have a good relationship with the people around me including myself. I was not coming to my work with good intentions.

When I don't come to my work with good intentions, the results are rarely good. The work does not build me up as a person. If it is conflict ridden I walk away feeling less good than when I began.

Unfortunately in the past I have tended to approach most things from a fearful place. That's not a good way to build relations with people.

How do I make loving choices allowing me to be a good person in relation to people around me? By habit I have been a fearful person and tend to make fearful choices. Fearful choices eventually lead to my isolation because nobody likes being around a fearful person. It's impossible to generate any good ideas from a fearful place.

How do I build loving friendships with others? By showing the loving side of myself. It sounds simple but in fact this has been one of the biggest challenges of my life. If I come from a fearful place I will tend to look to see what I can get from other people. This is especially true for loving relationships. The result does not make me good company.

I cannot be a good person by myself. That is why I need your help. As I relate to the rest of our community members I help reinforce the expression of our goodness on the part of all of us. It is a common endeavor.

To me being good has little value unless I have others to practice being good to.



A good 'after' shot. Note how nice and clean it all is now.

A Time to Gather as Men



(Liberally paraphrased and shamelessly plagiarized from Ecclesiastes 3)

To everything there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to reap;
A time to kill, and a time to heal; a time to break down, and a time to build up;
A time to weep, and a time to laugh; a time to mourn, and a time to dance;
A time to cast away, and a time to gather together; a time to embrace;
A time to get, and a time to lose; a time to keep, and a time to let go;
A time to keep silence, and a time to speak;
A time to love, and a time to hate; a time of war, and a time of peace.

May 8, 9 & 10

Hosted at Sahale Learning Center

Sponsored by the Goodenough Community

Contact

Bruce Perler

bruce_perler@hotmail.com

206.419.8361

Community is an organized social response to authentic human life. Last year a number of men asked to begin gathering again in the context of the Goodenough Community, an intentional learning community. Bruce Perler, Douglas DeMers and Norm Peck have agreed to organize a response to that request, with the help of our consulting elder John Hoff. We are inviting the men who made the request and others we would like to share time with as men, and others who have expressed interest.

For as long as bands, clans, tribes and cultures have been, it's been true that men have gathered together with men, and women with women. In the larger American culture, some traditions such as this have faded or become splintered. We believe there is merit in the perennial wisdom, which encourages us to gather as men, that is worth exploring and enlivening in our modern context.

*Somewhere there must be **a balance that organizes around the goal of men supporting men in becoming the best version of ourselves, facing what our lives present us with, and learning better ways of being while moving through life's circumstances.** That is the kind of men's culture I seek to support in this community.*

~ Norm Peck

This week end gathering is a time to spend talking, catching up with each-other's lives, working together and designing together a Men's Culture we want and need in our lives.

We'll be gathering first on Friday evening around 8:00 PM, and closing our weekend at around 3:00 PM on Sunday.

New to gathering as men? See if it's a fit by talking with Bruce. [206-419-8361](tel:206-419-8361)



Celebration of Gratitude

Sunday, May 17, 2015

With Barbara Brucker who is grateful
as we are for her!!

3:00 p.m. to 6:30 p.m.

3610 SW Barton St.

Please **RSVP** by emailing Elizabeth Jarrett-Jefferson
<elizabeth.ann.jarrett@gmail.com>

Good girls go to heaven, bad girls go everywhere! ~Mae West

How far that little candle throws his beams! So shines a good deed in a weary world.
~ William Shakespeare

Upcoming Events

15th ANNUAL

Fairy & Human Relations Congress

Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms

JUNE 26-28, 2015

Skalitude Retreat, Twisp, WA.

<http://www.fairycongress.com/>

**Michael Pilarski's North Cascadia Workshop Tour,
April 2015**

April 22, North Seattle, *Wildcrafting Edible and Medicinal Plants*. Wednesday 9:00 - 5:00. At Discovery Park with special afternoon guest Arthur Lee Jacobson. Directions to the meeting place will be sent upon registration.

April 22, North Seattle, *The Emerging Alliance between Humans and Nature Spirits*. Tuesday. 6:30 – 8:30 pm. Dandelion Botanical, 5424 Ballard Ave. NW (*to be confirmed.*)

April 23, South Seattle, *Wildcrafting Edible and Medicinal Plants*. Thursday, 9:00 - 5:00. At Seward Park. Contact Laurie Horne, 206-856-1396. emberglow8@hotmail.com Directions to the meeting place will be sent upon registration.

April 23, South Seattle, *The Emerging Alliance between Humans and Nature Spirits*. Thursday. 6:30 – 8:30 pm. At Horneholdia Urban Permaculture Homestead, Seattle, WA. Contact Laurie Horne, 206-856-1396. emberglow8@hotmail.com

April 24, Tacoma, *Wildcrafting Edible and Medicinal Plants*. Friday. 9:00 - 5:00. Swan Creek Park Food Forest. 2820 Pioneer Way, Tacoma, WA 98404. Contact Kelda Lorax, kelda@riseup.net

April 24. Tacoma, *The Emerging Alliance between Humans and Nature Spirits*. Friday. 6:30 – 8:30 pm. At Crystal Voyage, 3802 South Cedar Street, Tacoma, WA 98409.

April 26, Oakville/Olympia, *Wildcrafting Edible and Medicinal Plants*. Sunday. 9:00 - 5:00. At Wild Thyme Farm, 72 Mattson Road, Oakville WA 98568.

April 27, Olympia, *1000 Crops for Northwest Growers*. Monday, 10:00 - 5:00. At The Woman's Club of Olympia, 1002 Washington St SE.

April 27, Olympia, *The Emerging Alliance between Humans and Nature Spirits*. Monday, 6:30 – 8:30 pm. At The Woman's Club of Olympia, 1002 Washington St SE.

For further details (unless indicated otherwise) contact:
Michael Pilarski, friendsofthetrees@yahoo.com
406-493-4691 cell

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"Greening Our Neighborhoods With Permaculture."
Permaculture Convergence, the weekend of August 28, 29 and 30.

This year's Convergence will be in the River Road Neighborhood, 3 miles northwest of downtown Eugene, Oregon.

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LARAAJI's Laughter Meditation Work/Play Shop

[Saturday, April 25](#) at 5:00pm [Urban Yoga Spa](#)

1900 4th Ave, Seattle, Washington 98101
(206) 420-0222 info@urbanyogaspa.com

Known globally for his awesome healing Laughter and Celestial music presentations Laraaji offers this Interactive, playful, educational, empowering and Deeply inspirational Laughter work/play shop to transport us inward to refreshing states of Energization, Hilarity and Meditative Attunement. This experience will include guided laughter-cises for Stimulating the brain, heart, abdominal organs, immune system, positive hormones and for expanding lung capacity, oxygenation, blood circulation, and for reducing stress, tension, and negativity.

There will be some creative movement, singing and deep relaxation to live music. Dress comfortably and expect to have some serious fun.

\$25 / \$20 with Elevator.9 ticket

Cultural Programs & Events in 2015

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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 in 2015

Third Age Gatherings

The Conscious Couples Network

Family Enrichment Network

The Men's Culture

Women's Culture

Human Relations laboratory

Sahale Summer Camp

Relational Weekend, page

Third Age Gathering: Next Meeting April 24, 2015

Joan Valles

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.



April 24, Sept 18, October 23, and November 20 are the remaining 2015 dates.

Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings 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

Women's Culture, Upcoming Gathering: May 1 to 3, 2015

Hollis Ryan



The Women's Culture meets on Saturdays, and our upcoming dates are **September 11, October 24 and November 21, from 10am to 2pm.** There will be a weekend **May 1 to 3.** *Mark your calendars!*

Spring is 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.

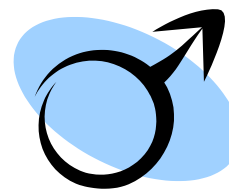
As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more fully into spring, what changes are taking place in your life?

Our meetings will take place at our new community center, 3610 Barton St 98126
Come join us!

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, **May 8 to 10, 2015**. Please let [Bruce Perler](#) know of your interest.



Memorial Day Weekend, May 22-25, 2015

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 22 to 28, 2015

<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.

Human Relations Laboratory

August 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957

*Useful for your marriage, a resource for your family,
and a kick in the pants for your personal development.*

Sponsored by

The Goodenough Community –

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.

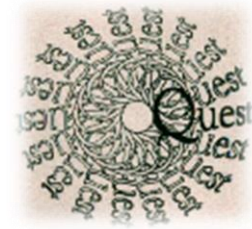
To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 **or email** irene_perler@hotmail.com. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

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 (206 963-4738), Colette (206-755 8404).**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.

FINDING MY RELIGION / Philosopher Jacob Needleman asks in his latest book, 'Why Can't We Be Good?' (Pt 1) Continued from page

Can you give me an example?

Just look at how we knowingly behave counterproductively. We say, "I know I shouldn't smoke, but ..." or "I know I shouldn't eat all this stuff," or whatever it is. Put the pastry in front of me, put the cigarette in front of me, and there I go.

People often explain this sort of behavior by saying: "Well, human beings. They're just not rational." Is that the problem?

We are rational, but we're not always intelligent. How's that for a paradox? You can think very cleverly or rationally about how to do something bad, but that is not the same thing as real intelligence. A thief, a murderer can be very rational, in the sense of plotting things out. But intelligence is when the part of ourselves that is the deep mind that we all potentially have really governs our life.

Do you think that part exists in all of us?

I think it does. It's very covered over in many of us, but it's there.

Where does that part come from? Is it something we're born with? Is it something we're taught?

I think it's complex. It comes from our essence as human beings, and sometimes it also comes from our influence and environment, from **education**. And, in a sense, it comes from who knows where. It defines a human being that we have this potential, this power. We don't have the awareness of it or the ability to articulate what it is, but down in our essential nature there is something called conscience, which is not necessarily just a socially conditioned ego.

Do you believe that human beings are basically good?

Yes, basically. We are built to be able to care and to love as part of our essential nature.

What is evil, then? Are some people evil?

Yeah, they sure are! And maybe all of us, relatively speaking, are sometimes evil.

How do those two things coexist, that we are basically good, and yet evil also exists?

There's at least two kinds of evil. There's the evil that just covers over the deep voice of conscience, and the whole society sometimes does that, free of charge, as it were. By the time we are 4, 5 or 6 years old, the voice of conscience becomes covered over, and we only hear it on special occasions when someone dies, or when we do something that we suddenly realize is against all that is good and right. Then the voice of conscience is heard, and it's very clear and very painful.

The other kind of evil just comes from the ego, basically, when we're identified with this picture of ourselves, of, say, our country or religion or ethnic group or social class, and we become so attached to these things that we build our identities around them. If somebody threatens that image we have of ourselves, we get frightened. And when man is frightened, he gets angry, and when he is angry, he often becomes violent.

Why did you decide to write this book now?

As a philosopher for many, many years, I've studied the great spiritual traditions of the world, and I'm convinced that they all converge -- they have one and the same message down in their depths. And the books have to do with what light these spiritual truths can throw on the problems of our culture. It seems to me the burning question of the day is the question of ethics. And trying to care for each other and for the Earth, and anything else that's good.

So it was a challenge to me: Can I really find something in what I've come to understand as the spiritual core of all the religions, that can really be realistically applied to this terrible question of ethics? And I found it in the most unexpected place -- what I consider the beginning of a bridge between what we know down deep and how we act, and I found it in my classroom. And what's what I write about in a large part of the book.

What, exactly, did you find?

I saw that what I've been trying to do is listen to my students and help them to listen to each other when they speak, especially when they disagree, and I found that the work of listening, of thinking together, is the beginning of morality. It's a very practical step towards real ethics. It's what I call in the book "a rehearsal for morality."

You write that we need to listen to each other more -- that's part of what will help us find our own goodness and be good. What does listening have to do with being good?

Usually, people don't really listen. They are just waiting for the other person to catch their breath so they can go in with their own point of view. If you really listen to someone, you will have to detach yourself from your own opinions, your own views, your own ego, in order to let the other person in, let their thought in. That's not so easy. It's not so obvious. Most people don't do it.

It doesn't mean you have to agree with the other person. You just have to separate from your own mind for a moment and let them in. And that separation is really the beginning of being free from your ego. Of course, it doesn't last, and going through your life you become the same dang fool you always have been, but it's the beginning of understanding that it is possible to separate from my own picture of myself, which is often governed by my opinions on things.

What about when people disagree strongly with each other? Does listening really help?

When two people disagree upon something -- when they passionately disagree, say, about abortion, which I talk about in the book -- if they try this exercise of listening and not responding until they can summarize what the other person has said to their satisfaction, it's an amazing path. They may never agree, but they wind up regarding each other as human beings. They disagree with the other's point of view, not with the person. And they don't hate each other. In fact, sometimes they go away arm in arm.

You point out in the book that you've got a lot of people right now who either subscribe to moral relativism, on the one hand, or they have some sort of kind of absolutist, fundamentalist view of the world. How is it even possible to get those two sides to listen to each other?

It's very difficult. I would say that's the philosophical, spiritual crisis of our era. People no longer do it. They shout at each other. How to get free? It's hard to do, but in a way, it's easy, if you know what it serves. Just to take a moment sometimes and let yourself step back from your own thoughts. I tried this with my students, and this is powerful.

One student who tried it -- most of them sort of resisted it -- when she got angry with somebody at a dry-cleaning place, and she said: "Oh, this is what Professor Needleman said! I'm going to look at my anger, look at my annoyance and step back from it." And she was amazed that she became two people, the person who was angry and the other person who was calmly looking at her anger. And then when that happened, the anger itself subsided. Now, what she said after trying that stunned me. She said: "I had no idea my mind could do that." Are we raising a nation, a culture, of people who don't know this fundamental power of the human mind to step back from itself, to just look at itself? That power is the source of the beginning of the freedom from the ego. But we don't value that as a culture. We value it when people get very so-called committed and passionate and are ready to strangle the other person. Do you see what I'm saying?

That sounds like a Buddhist approach.

It's not just Buddhism. If you look at the core of many spiritual traditions, you will find that practice being emphasized.

Having written this book, do you think you are better at being good than you used to be?

No. I would say I'm a beginner.

Why do you say that?

To be good, one has to intend what is good for the other, for one's neighbor. That is very difficult to do in any pure way. The ego almost always sneaks in selfishly for personal gain and deflects the good that was intended. I would say I'm a beginner in the sense that I see more and more clearly the power of the ego to control our actions. But I also realize that seeing this, in and of itself, can detoxify the ego.

During his far-flung career in journalism, Bay Area writer and editor **David Ian Miller** has worked as a city hall reporter, personal finance writer, cable television executive and managing editor of a **technology news** site. His writing credits include Salon.com, Wired News and The New York Observer.