



# Village eView

August 1, 2018

Kirsten Rohde,  
Guest Editor

## Anything is possible!

### Miracles

Anna M. Alkin  
(divinity scholar, shamanic spiritual  
guide, social activist)

*Miracles, like love itself, can never be forced upon us. Miracles require our participation to germinate and grow. No matter what our situation, we have a choice. Continue to open to the heart-rending action of love? Or shut down, harden, and ossify. Why do you think so many people walk around virtually dead in this world? Because reaching for life is scary. You have to be out of your mind to do it, and I mean that literally.*

*What kind of miracle are you in the midst of now, at this very moment in your life? No matter what kind of miracle, the aim of a miracle is new life. Not a continuation of your prior life, but a radically changed, altered life. A more expansive life, a life that was impossible to reach from the roots of the old life before. That's why the death, the darkness, the disruption, the pain.*

*A miracle is the action of a new seed being planted in the soil of your current life. Much has to be cut, removed, and cleared away, to make way for this new life, this miraculous life of more.*



**UPCOMING:  
HUMAN RELATIONS LABORATORY – AUG 5 -11  
FALL SCHEDULE TO BE ANNOUNCED SOON!**

### **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

Our Human Relations Laboratory provides an opportunity to create such miracles. Guided processes will lead participants to discover personal “miracles.” What changes have you been struggling with? What do you need to feel supported by others? What “seeds” would be good to enforce?

The Lab can help you make your intentions realized. Learning with others is a very powerful way to build heart connections that enable change.

There is still time to register for Lab, which begins Sunday, August 5. Will you join this experiential learning event?

### **Introducing Dr. Jessica Tartaro**

Colette Hoff

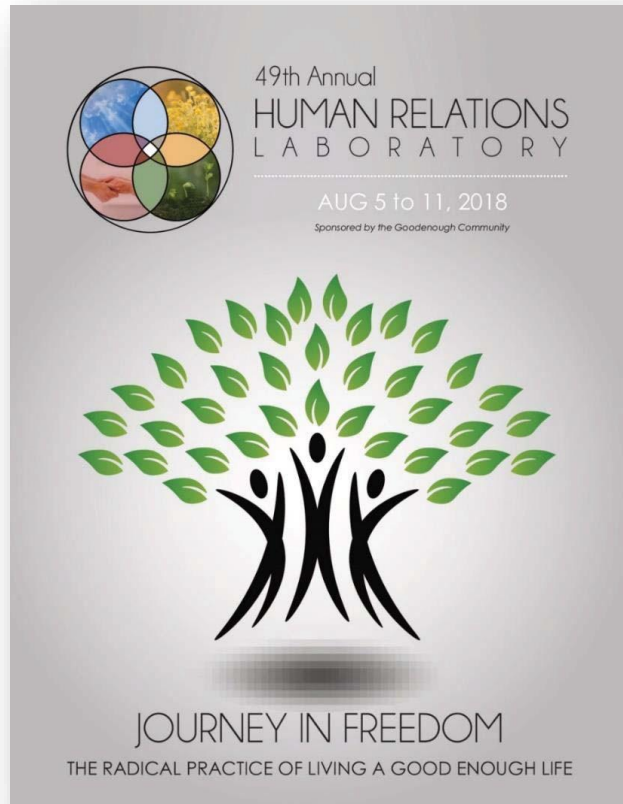
Elias Serras met Jessica at a festival he attended and introduced us via email. We have spoken on the phone and met in person. I have invited Jessica to join us at Lab and I know you will enjoy her presence.

Dr. Jessica Tartaro is an Orgasmic Intimacy Therapist with nearly 20 years experience working with individuals, couples and groups. Former Fulbright scholar, she has traveled the world conducting research on growth through trauma as well as studying with leaders in the authentic relating and circling movements. Her gift lies in embodying vulnerability as an invitation for you to find the most authentic, alive, vital and creative parts of yourself through which to connect with others. Compelled by the beauty of the land and people, Jessica recently migrated from Dallas, TX, to Port Townsend, WA, where she has re-opened her private Intimacy Coaching practice and launched her signature, weekly connection games called "SpeakUP". Look for her dance events, coaching groups, workshops on orgasmic connection and wherever community connection is flourishing. Book her for a complimentary consultation for private coaching or schedule her to speak at your event at [www.DrJessicaTartaro.com](http://www.DrJessicaTartaro.com).



Take a seven-day journey of experiential learning that encourages the freedom and human development fundamental to a good life.

- **Experiment** with living from your true nature.
- **Draw on** large- and small-group processes to open your heart, mind, and body.
- **Open your heart, mind, and body** in expertly designed large- and small-group processes.
- **Deepen human connections** and practice interpersonal skills in a supportive environment.
- **Enjoy freeing experiences:** Laughter yoga, dance, singing, artistic expression, and social creativity.



**Transformative . . . Rejuvenating. . .Healing. . .**

*Held within the magical 68 acres of Sahale Learning Center on the Kitsap Peninsula*

<https://www.goodenough.org/human-relations-lab>

## What might be happening at the 49<sup>th</sup> Human Relations Lab starting this Sunday?

*This is a letter Marjenta Gray sent to Lab leadership in her role facilitating creativity at Lab this year. We're sharing it to give you a preview of what the Lab offers you:*

Hi, All You Creative Leaders,

I'm looking forward to playing with you at Lab! It's coming up so quickly!  
I want to let you know I will be supporting you with your creative ideas at Lab, and hoping we can all include lots of other Lab participants in a bounty of creative possibilities

### **Overall:**

The themes of this year's Lab are Freedom, Intimacy, and Skills for Living a Good Life. If you can all think of ways of incorporating these themes in your expression, that would be great!

Here's what I know and what I'd like:

**Music:** There will be music, and I know you musicians know what to do. Dyanne and Chris, Sommer, Phil, Elias, Bruce, and Douglas will be there. Of course there will be music.

I look forward to hearing it!

I have a few requests for you awesome musicians:

- Help individuals who have a dream of creating music actualize that dream?
- Invite and offer help to people who are less comfortable/ talented than you are?

**Art:** Deborah and Kirsten will be hosting art under the walnut trees. There are a wide range of materials similar to last year. Visit the art area and play! D & K could use volunteers to assist and spell them here and there. Let them or me know if you are interested, or if you know anyone who might be.

**Sewing Table:** Elizabeth will host an embroidery table. We know this is double (triple?) duty for our Swamp Proprietress and Registrar, so other needle-and-thread enthusiasts would be welcome to assist. The long-in-production Women's Table Runner will be available to work on. Other small-scale sewing projects could also join.

### **Skits:**

Is there anyone who would like to facilitate skits? I was thinking Pam or Chris might be good with this. Let me know if you are interested, or if you know anyone else who might be. I've heard a rumor a dragon costume might be coming...Anyone want to be the tail of the dragon?

Phil B. will be our Heyoka, and I know he will provide shenanigans, irreverance and also play.! I can also imagine you with a dragon's tail, Phil. And, of course drums.

**Movement/Dance:** I'll be offering movement sessions on several days, during free time. This will be opportunities for participants to get in touch with their bodies and explore movement. Open to all, including those with physical difficulties and those who tend to steer away from anything related to dance.

**Drumming:** There is our new awesome Mother/Father drum, waiting to play in a big way at her first Lab!

**Poetry:** I know we have poets among us, including Pam and the magic Lab Poets Society. I look forward to hearing them!

**Newsletter:** I have a template for a Lab newsletter, called The Good Life News. It is waiting to be filled with stories, articles, poetry and photos from Lab. Please join me during the week by writing even brief descriptions of your Lab experiences. Send me photos, stories, limericks, haikus... I'll have my camera available to document all I can!

**Story-telling:** I heard Colette say this Lab could be a place where we could inhabit a new, more positive life story. I could be a resource for writing updated life stories.

I hope you all are brimming with ideas! Let me know your thoughts. I look forward to working with you each soon.

In anticipation,  
**Marjenta**



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## **Pathwork Exploration, Open to All**

This fall facilitated by Tom Gaylord with Colette Hoff

Tom Gaylord of the Seattle Shambhala Meditation Center has come to us with a proposal related to his own training process and desire to offer service to our community. You may remember Tom and his colleagues were present at Pathwork three times in the winter of this year helping us with death and dying before and after John Hoff's passing. We have accepted his proposal for the fall with gratitude and anticipation.

This coming Fall, Pathwork will explore the deep, long term vision of the Goodenough Community, Pathwork, and the Sahale land. Using methods developed in the Contemplative Psychology program at Naropa University, we will explore our hopes, dreams, and longing for the health and wellbeing of our community. Our first intention is to re-vision our True Holidays Celebration. We also intend to advance our work with the site plan for Sahale as part of our vision for sustainability.

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we will use. Pathwork veterans will intuitively know these methods, perhaps with a different name. In all cases, the exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness. It is said that in this work we become like a tuning fork: by listening to our own senses and feelings, we experience the resonance, the sympathetic vibration of our community and our world. In this way, the wisdom and sanity inherent in all situations is revealed.

**Please join us. Pathwork is a program of Convocation: a Church and Ministry, founded by John and Colette Hoff in 1986. Many people have come to Pathwork evenings over the many years since its inception. For this series we encourage all who are interested in the future of the Goodenough Community and Sahale to attend. This is an opportunity to join in a unique**

**blending of spiritual and community contemplation and planning for our future.**

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

**Dates and Times:**

Sundays, 7:00 to 9:30

- August 26
- September 9 and 23
- October 7 and 21
- November 4

November 16 and 17 are scheduled for a weekend program at Sahale.

**Place:**

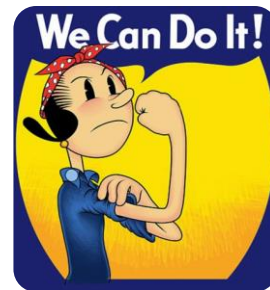
Seattle Shambhala Center  
3107 E Harrison St  
Seattle, WA 98112

For more information: Colette Hoff at [hoff@goodenough.org](mailto:hoff@goodenough.org)



~~Moving Party and Final Cleaning This Saturday,~~

***DONE! Thanks to Pam for your coordination and to all the volunteers (Grace, Pedge, Mike, Elizabeth, Hollis, Hal, Marjenta, Jim, Kirsten and more) who helped move ever so much stuff from the Barton St. house to Sahale or dispersed elsewhere. And then cleaning cleaning.... Thank you to Barbara for maintaining a good relationship with the rental agency and facilitating the final cleaning. And thank you to Steve for being such a good housemate and caretaker for most of these three years. And thank you Colette for helping determine where all the pieces of stuff at Barton St. would go and how. The house served us well and we're all grateful for the three years we had there. Sad to leave, so it goes.***





## The deAnguera Blog: Lopez Trip



This week my brother Paul and his wife Pat took me to Lopez Island where we had a chance to connect with caretakers living at a house some friends of theirs used to live at. The home, a log cabin in the woods belonged to the Andersons a family Paul and Pat knew well in the past.

The nice thing about a vacation is it gives experiences of different people and places. Also a different rhythm of life. This helps reset internal stuff and gets me out of my groove. I appreciate Sahale and my friends more and I am also more fun to be with.

For many folks the vacation rest can come at the Human Relations Lab but really, I don't want to be doing any deep thinking. Vacation is a chance to put my mind out to pasture and, yes, read a disaster movie book.

The book Volcano is about Los Angeles getting buried by a volcano as if movie script writers haven't done enough to that poor city. Mind candy. Maybe, that's why I came into this lifetime in the first place? But of course I am supposed to forget that and believe I am a helpless victim just being pushed along life's river.

Hey, Mike? Maybe you should just concentrate on being Mike. Being Mike. What's like being Mike? It certainly isn't being like my brother Paul. I am not the least like him. His life was nice and predictable. Mine wasn't.

But I find myself wondering....was a nice predictable life what I really wanted? If something is beyond doubt, it is dead and has nothing for the living. The true art of life, the exciting part of life for me maybe is the unpredictable.

Mike wants to be Mike...whatever that means to me. Maybe I should listen to what Mike really wants. What does it take to have a successful life? Freedom is about stepping outside boundaries. My whole life has been about trying to have a predictable life but knowing that does not feed me.

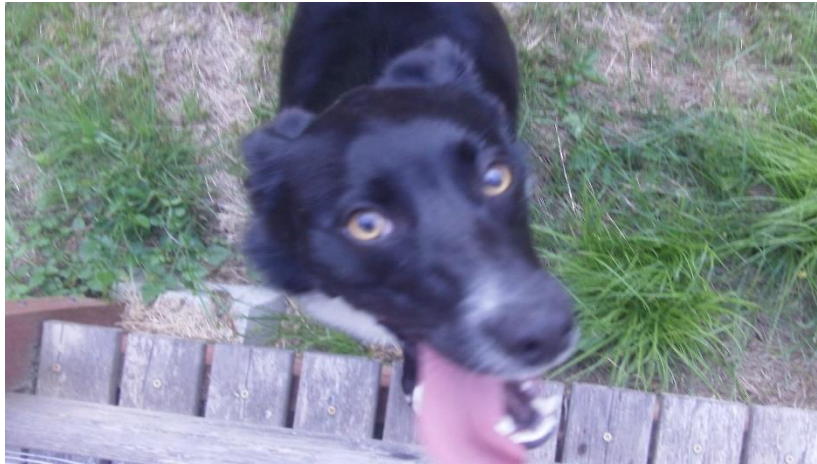
Do I really want to go bicycling around Lopez? There are many hills and my endurance is not that great.

Ahh....we are going to have hog dogs tonight and we have a perfect grill and a deck with a great view of McKay Harbour. No beach because it is all privately owned.

Well, every vacation spot has its own challenges. None is totally perfect. Hmm...maybe that's how life really is. It's not a question of having it be what I really want but rather having my

desires met by whatever is there. That's what makes my life the unique work it is. It has taken me many years to see this truth and what gets in the way is my ego. Perfection is more or less an internal thing.

How does one work with people, places, and experiences? That's an art for there are no right answers. It's all about finding harmony with each other. Is it possible that what I am really hearing is an orchestral piece playing out? The Divine always knows harmony and the key for us is to forget that so we can all work back to harmony.



Part of being on vacation is meeting interesting folks like Kulip, the Anderson caretaker's dog. Unlimited enthusiasm!

## The Chance of a Lifetime: To Be an Artist

By John I. Hoff

**Y**ou have been given life—a *chance* to live a lifetime. Your *chance* at this life you have is the opportunity to develop yourself; that is, to develop your potential. This chance to live your life is an opportunity to develop your potentials. You are a complex unity because you have a number of potentialities. You are body, soul, and mind with a cluster of abilities to develop. Your complexity brings the challenge to be balanced and beautiful. Your chance to develop yourself requires an aesthetic and artistry. You are given a chance to develop yourself **and** to grow in grace and beauty. Quite often we focus on the skills to be developed without ever mentioning the chance to become an artist in what you do and the way you do it. When I look around at family and friends and let myself notice what it is that each of them could give to me, I become aware that I am touched the most by the intangible qualities of artistry. This is the uniqueness that makes each of us memorable. You, too, have this opportunity to be an artist with your life if you accept the chance. So why not do it!





## [West Coast Communities \(Un\)Conference: Cultivating Collective Liberation](#)

**Something is Emerging**

**What are the Communities of the Future?**

**Join us for an intergenerational inquiry**

- What are the Social, Cultural, Spiritual and Deep Eco-logical Technologies for communities of the Future
- Intentional Communities as Living Laboratories for Social Transformation
- Conversation & Innovation around Privilege, Access and Inclusion within Intentional Living Movements
- Envisioning Communities as vehicles for Cultivating Collective Liberation in the larger society

“Enlightenment is a group activity” - Charles Eisenstein

**September 14-16, 2018**

**Sahale Ecovillage and Learning Center**

**Tahuya, WA**

Now accepting applications for programming Sliding Scale Registration Options  
and Scholarships Available

For more information:

website: [www.WestCoastCommunitiesConference.org](http://www.WestCoastCommunitiesConference.org)

email: [WestCoastCommunitiesConference@gmail.com](mailto:WestCoastCommunitiesConference@gmail.com)

Facebook: [www.facebook.com/westcoastcommunitiesconference](http://www.facebook.com/westcoastcommunitiesconference)

## Birthdays and Anniversaries

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- ✚ Happy birthday, **Gabe Harshman** - Aug 2
- ✚ Happy # 26 to Wesley Boone – Aug 8.

**Much love and congratulations!**



*"I don't care if she is a tape dispenser. I love her."*

SGROSS

**From Sam Staatz, Hollis Ryan's son:**

This next Cancerversary just smacked me upside the head. See, it's just around the bend.

Toss in the bit about the tumor being selfish and wanting attention, and so it's bummed about this one. It's not a milestone (such as 18, where it got to vote) or a big one (say, 15, 20, or even 25). It's plain old XIX. I've been doing my best to convince it XIX is pretty, well, um, XIXy.

Unfortunately, it fell for it, and started listening to Right Said Fred. Now it's singing:

*And I'm too XIXy for your party*

*Too XIXy for your party  
No way I'm disco dancing*

Wow. Y'all need to come over and talk it down (don't worry about that list line – there's no way I'm letting it – or anyone else – to get their disco on).

In case you're not quite there, yet. This's a full-blown emergency. Here's how to handle it:

On Saturday, August 18, 2018 get yourself over here. Between noon and ten o'clock. And by here, I mean our house (in the middle of the street):

16132 SE 42nd Place  
Bellevue, WA 98006

Since most everybody has cheater technology these days (no, I'm not talking Thomas Guide), I'm skipping the directions. Besides, I'm still trying to figure my way around over here; your cheater tech'll be way better than my directions.

*I'm too sexy for my  
Too sexy for my  
Too sexy for my*

Best prepare – you can see this's getting to be a bigger problem than I thought.

- Bring some food. Enough for your group and another person or two – leftovers rock, but a blue-cheese macaroni salad a couple of months down the road isn't so good. Mostly 'cuz mac salad usually doesn't have blue cheese.
- Bring some BEvERidges.
- o Sure, we'll provide some BEvERidges to start, but we'll provide more in the way of fizzy soft drinks and juices. Plus some burgers, sausages, and chicken.
- Lastly, but importantly, please RSVP so we know how many burgers, meats in tube form, and chicken thighs to get.

I'm looking forward to seeing y'all on the 18th. Let's get this sucker under control.

*And I'm too sexy for this email.*

Sam

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Mercer Island, WA 98040  
[staatzs@comcast.net](mailto:staatzs@comcast.net)

(206) 568-8678 – h  
(206) 550-5932 -



## 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**.



## Calendar of Programs and Events

*New Program Calendar is coming soon!*

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**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 Third Age** - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)



**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. Contact Hollis Guill Ryan for more information and directions to our meeting place: [hollisr@comcast.net](mailto:hollisr@comcast.net).

**The Men's Program** is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)

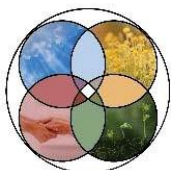


**Pathwork, a Program of Convocation: A Church and Ministry.** On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle.** See the article in this eView about the fall program: August 26, September 9, 23, October 7, 21, November 4 and November 16-18 weekend. Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)



### **Human Relations Laboratory, August 5 to 11, 2018**

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**The Goodenough Community Council** meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: [hoff@goodenough.org](mailto:hoff@goodenough.org)

### **True Holidays Celebration, Saturday, December 1, 2018**

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: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

### **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)

