

February 17, 2016

Colette Hoff, Editor

Calendar of Events:

Pathwork – Sunday, February 21

Council – Monday, February 22

Relational Group – February 23

Annual Membership Meetings – March 11 to 13

Will: the mental faculty by which one deliberately chooses

or decides upon a course of action; **volition:** the faculty or power of using one's will:

Will Power: a combination of determination and self-discipline that enables somebody to do something despite the difficulties involved.

Utilizing Will

Colette Hoff with others

Where there's a will there's a way. English Proverb

As some of us were sitting around the dinner table at Sahale discussing the role of will in our life, we described will as an inner knowing with energy behind it to push forward despite inner and outer obstacles. "I decided to just do it," described Irene. Read her exciting article on page 4. Yako, having returned from a trip to California, had several illustrations where he allowed his will to find some wonderful experiences. He made choices despite unusual situations that allowed a deepened relational event. (It is his story to tell, so be sure to ask him.)



Remember this helps our future
(Go to <https://smile.amazon.com>
before placing order)

I did get permission to tell this much of Yako's story: He chose to go to a workshop in La Jolla, California at the Carl Rogers institute with an emphasis on Empathy in the 21st Century, a subject important to Yako's current studies. He met all kinds of people in education, therapy, psychology who were warm and emphasized on connecting with

The Village eView

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

each other at a heart level. And he shared, it felt familiar and not unlike the feeling he gets at Sahale and the Goodenough Community.

At Sahale, we keep learning how effective it is to set a time and place for choosing/willing to work together, thereby joining our wills and generating more energy than anyone could possibly do alone, whether it is house cleaning, weeding or something especially creative.

According to the article presented by Elizabeth in last week's eView . . . "the person who has *hope* has the *will* and determination that goals will be achieved and a set of different strategies at their disposal to reach their goals. Put simply: hope involves the will to get there and different ways to get there. " As some of us on the Community Council continue to integrate the work of two weekends, November when we celebrated community and January as the Friends of Sahale gathered, there is an awareness of how much energy it takes to hold onto dreams, needs, wants, improvements and whims. We are working at creating a prioritized list including estimated costs so that what we need to grow isn't buried in the mulch of not talking and we will raise shared energy for various projects. You will notice in coming weeks a new initiative called, "Funding our Dreams." The Community Council will make a formal announcement about the initiatives that will be included. So much more to come . . .

Consider coming to the **Annual Membership meetings at Sahale on March 11 to 13.**

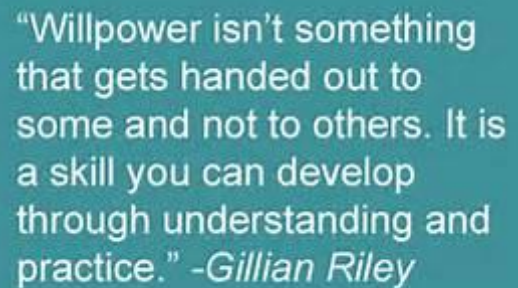
With Great Effort

Mark Nepo

Submitted by Hollis Ryan

There was a huge stone between them. For a while, each thought the other had brought it, but it was there long before them. Neither could budge it, but together they could rock it a little.

So, with great effort, they rocked it enough to create a dark space between the stone and the earth it had packed for so many years. They could have walked away, but somehow they knew: if they did, it would always be between them. So they kept rocking and wedging, believing there would be a tipping point. And on the third morning, the huge stone, like the heaviest of tongues,



"Willpower isn't something that gets handed out to some and not to others. It is a skill you can develop through understanding and practice." -Gillian Riley

finally rolled over with a thud they could feel in their throats, its underside dark with clumps of soil and broken roots. In its unearthed cavity, worms and bugs scurried from the light. Breathing heavily, they stared at the huge unearthed thing, and smiled.

Now, they began to roll it enough to fit a broken bough beneath it. This, too, took enormous effort. But very slowly, they were able to lift the heavy thing between them, roll it slightly on a branch of a dead tree, and do it again. And again. And again. This work went so slow, it seemed a way of life. But in this way, they moved the unearthed thing across a field to the mouth of their garden.

It was here that they washed the thing that was between them, but which was there long before them. Here, they washed it clean of clumps of earth and insects hidden in the cracks. Once clean, they could see the veins in the stone hidden for so long. They were really quite beautiful. So they pressed their tired palms to the veins in the stone and closed their eyes in a form of unexpected prayer.

Then, they rolled the washed unearthed thing one last time and where it landed, they began a path, and this huge thing, which no one before them could move, became the first stone.

Though they seldom speak of it, those who hear the story somehow know that this is how what seems immovable becomes a foundation.

from *Suite for the Living*, 2004

**Themes for upcoming
eViews:**

*We welcome your
contributions*

Feb 24 – Words

Mar 2 – flow

Mar 9 -- Community



Ecovillage at Sahale – 12 Birth Announcements!

Irene Perler

Spring is almost here and a dream has just hatched. Yes, it's true, the gestation period is over and I am a Momma again, to 12, week-old chicks, which reached out and asked me to care for them and make them a Goodenough home. Some of you know of my love affair with chickens (and Geese) and some of you don't. So, here's a brief history and more current stories as they unfold.



When I was 10 and living in Freehold, then, a rural township of New Jersey, my parents bought an old farmhouse and we had an old chicken coop, a vegetable garden, a large hillside open meadow and neighbors down the street who sold corn from their fields in the hot humid days of late summer for 7 ears for a dollar (1970). We had fresh carrots, lettuce, tomatoes and lots of fresh eggs and rabbits, which we also raised for meat. My father cleaned out the old coop and ordered 100 baby chicks one spring...not knowing how many would survive or how many were a good idea. Only one died in the first few weeks. That's a lot of chickens. My sister Challys and I shared in chores to take care of the chickens. On weekdays after school we would change their water, check their feed and gather any extra eggs lain during the day. Mom would have gathered the morning eggs since we were in school. On the weekend we did bigger chores like freshening the straw in the laying boxes.

Eventually Dad taught us how to do everything related to their care. But Dad was always clearly the one responsible, so when I became an adult, I wanted the benefit of home grown eggs which taste so good, but I knew there was more to learn about it before taking responsibility for their care. So, for the last several years, since living in North Seattle, I've been reading and visiting other chicken farmers and making sure I was ready. I talked with my friends here at Sahale the last couple of years and made a proposal and outlined a budget and they all agreed it sounded like I'd done my research and they encouraged me once I'd found a good location. Some places I initially thought would work weren't good all year round and so I went back and forth unsure of a suitable location. While I was excited last spring, I chose not to start new things so that I could spend more time with my Mom as she was battling cancer. I'm glad I didn't have more commitments then! But this winter, I began my predictable journey to ask myself if this year was goodenough for me to start this project. I have thought the details out several times, but it never seemed like a good time somehow. Today, I went to the feed store to get straw for our compost pile and there they were...the chicks were there and all the supplies. They were peeping away and fully fluffed out. When the shop keeper asked if I needed help, I pretended to be gathering information about how much it would cost to get all my supplies and by the time I added it up, I just couldn't see why I would hold back. Except I hadn't quite accomplished all the to do's on my list. Like an expectant mother, I wanted my nursery all set up first before bringing home

the baby. I thought I should have the coop built and the fence built before I got the chicks...but the wheel was turning. I bought the supplies for the “brooding” process, but not the chicks. I knew I wanted to do this but in what order?

I left the feed store and went to MacLendon’s to get fencing supplies. I was planning to build the fence for sure. The coop comes next and then the chickens. I got the basic fencing materials. I have the area scoped out on the hill near our house so it’s very easy to keep an eye and ear on the activity and to do the daily chores. That is a common sense approach that came before permaculture, but which permaculture certainly affirms. I left the store with fencing supplies and large plastic bin for the brooding home. My mind started thinking about the chicks I’d seen and wondered how long it would be before they sold out. They were very healthy looking. Should I wait? Something deep inside me said to go for it. *Go ahead, get the supplies to care for the chicks and the chicks and trust yourself. “Yes, you’ll make a mistake or two and then you will learn a lot!”* I remembered a book I read to the third grade one winter about a 85 year old Bainbridge island woman who had raised chickens for decades and she had written and hand illustrated a beautiful book with her raising chicken stories. I felt the nostalgia for folk heritage and tradition and it welled up inside me.

Then reality really sunk in ...it would mean following through with all the steps to house them and protect them and that I would have 8 weeks to get all of that done. I would have to make some decisions and move on them, which coop design and how much fencing? Carpe diem! I could not talk myself out of it...well let’s just say I didn’t see why I should. I am very prepared...I have 12 years of childhood chores, at least 4 reference books and friends and my father to remind me of what is needed next and only one step at a time is necessary. Pharaoh is willing to help build a fence and he is good at it and I am ready inside and out to see this happen. I am committed and I also know that it is good for me to “nurture”. Last year this time, I was taking care of thousands of baby salmon and this year I am “empty-nested”. I know it is good for me to have something living to care for and so, I found all the reasons inside me for making a decision and off I went to get the supplies and the chicks. Sometimes it takes a great deal of will to just make a decision and go for it! I know I can do what is needed but I needed an inner and outer push to “make it so”.

This photo is red because I chose a red heat lamp for the chicks. Some sources say the red light is more calming and that if “pecking” starts, the chicks won’t see the red blood, which can make them peck even more. Strange but true...there is a lot of lore connected to raising animals and I’m glad to start my dream come true...as a small flock farmer. More coming...as I’m sure you’ll want to know when fresh eggs are available! It doesn’t take very long...but I’m looking forward to the rapid growth process. Already, after only 3 hours, I can see different personalities among the flock. There is clearly a bully, but sometimes the bullies also become the protector of



the flock. For now, I just observe and keep the food and water filled and their bedding clean. More next week...

Congratulations Irene!

Concluding her little book, *The Faithful Gardener*, Clarissa Pinkola
Estes (author of *Women Who Run with the Wolves*) writes this prayer:

Submitted by Hollis Ryan

Refuse to fall down.

If you cannot refuse to fall down,
refuse to stay down.

If you cannot refuse to stay down,
lift your heart toward heaven,
and like a hungry beggar,
ask that it be filled,
and it will be filled.

You may be pushed down.
You may be kept from rising.
But no one can keep you
from lifting your heart
toward heaven ~

only you.

It is in the middle of misery
that so much becomes clear.
The one who says nothing good
came of this,
is not yet listening.

Honoring Our Sister, Kathleen Mary Notley

Kathleen recently passed away from metastasized lung cancer.
Two memorial services are being planned for **Friday, March 4 and
Saturday March 5.**

On **March 4 at 1:00 p.m.** Kathleen's family and her friends are
invited to Sahale Learning Center in Mason County which is
sponsored by the Goodenough Community and a place Kathleen
loved. After gathering for a light lunch, there will be a stroll
around Sahale to select a place for spreading Kathleen's ashes, followed by a brief
ceremony, and then a lighter moment set aside for personal sharing.



On **Saturday, March 5th** at **1:00 a Memorial** will be held for Kathleen in Seattle and will include some chosen readings, personal sharing, music and memories followed by some refreshment. This event will be held at the Community Center for the Goodenough Community in Seattle at 3610 SW Barton St. Seattle, WA. 98126-3842.

Please address any questions about either event to Mrs Colette Hoff, administrator for the Community and an ordained clergy at: hoff@goodenough.org or 206-755-8404 or Sahale 360-275-3957.

Please mail cards of condolences to directly to Kathleen's older sister: Diane Notley, 7984 Sunflower Drive, Cotati, CA 94931.

Donations may be mailed to: The Goodenough Community, Box 312, Tahuya, WA 98588



I'm Moving & I Need Help!

by Marjenta Gray

Stuff, stuff, and more stuff. How did these nests grow all around my house? And now I have to sort and move it all. Plus, I am painting my new place. Arhhhhhh!

Can you help? I will be moving Sunday, February 28th, from Bothell to Madison Park, Seattle. I could use help packing before the move, or even painting. Some possible times are:

- Saturday, Feb. 20, after Amie's shower, packing or painting
- Sunday, Feb. 21, packing
- Friday, Feb. 26, packing
- Saturday, February 27, packing & organizing for the move

If you have even an hour or 2 to help me pack, while I sort, or help me paint my new home, or even help me move, I would greatly appreciate it!

Contact me, Marjenta: mgmauve@gmail.com, or Pam or Elizabeth.

Thank you for your support!

More to come about the actual move...**on February 28!**

Like-new Double Bed – for free or Community donation-You haul before February 27!

Would you like this bed? It is in great shape. Very deep mattress with box-spring. Metal adjustable frame with castors. Complete with 2 sets of flannel sheets. Need to move it out to make room for my queen bed. Come get it; it's yours! Madison Park, Seattle. Contact Marjorie; mgmauve@gmail.com.



Thank you for your support!

*I can
AND
I will*

“Marvin” in triple play in San Diego!

by Douglas DeMers

Greetings from (mostly) sunny San Diego area where Connie and I have been visiting my cousin Diane; hanging out and helping her out around her place. It is not all fun and games; this past week both Connie and I came down with a cold or other virus. So far, I am feeling better again as it feels like the virus has run its course, but the other day Connie asked me to take her to Urgent Care because of her persistent hacking cough. Good news is that she does not have the flu; but she apparently has an upper respiratory infection, so is on a course of antibiotics.

It seems such a long time since we were last at Sahale, and we miss our friends! We still have more travels before we return again to Sahale.



In our travels, I have brought along my trusty sourdough starters. They are well traveled. On this trip, “Marvin” (and his sidekick “Oregon Trail”) have successfully “played” Monterey, Modesto, and now El



Cajon. My sourdough co-creations have been well received. Diane especially likes the bread. This past Sunday – “Marvin” burst forth in three forms – in pancakes at breakfast; in the sourdough crust of the pizza we made for dinner, and



then in a loaf of simple sourdough bread. “Marvin” was particularly exuberant a week ago when I was making a double batch of bread as these pictures show.



We look forward to our return to Sahale in mid-March; talking story and sharing our creations...

Thank you Douglas, way to go Marvin! Editor





The deAnguera Blog: Valentine's Day at Sahale 2016



Valentine's Day weekend was a very active time for us at Sahale. We had members of the Hoff family as well as a few friends join us. Games were played. Some sewing on a table runner was completed. We actually had prime rib cooked for us by Paul Geraci. It was delicious. I have to admit we eat well here at Sahale.

In the evening a bunch of us gathered around a fire at the pit-to-go just outside Potlatch, our dining area. John remarked that this was the kind of gathering Natives often did where they discussed everything and were real. I know from past experience just how powerful such gatherings can be.

Every so often the Hoff family and friends have a Sahale event. We always have an active time. This gives us a chance to share Sahale with others outside our community. Most new people joining us do so because some family relative invited them.

The Goodenough Community is part of an evolving culture in our world. For some of us Sahale is a good place to reunite with old friends. For others like myself it is home. The community is an accepted part of people's lives. A new culture is evolving amongst us because we **willfully chose** it.

To say "I will choose community" is much different than saying, "I desire community". The latter will not result in anything because the desire is not followed by determination. To reach one's dreams one must do more than day dream about it. Action only follows will.

John Hoff had to follow his will to teach the first Human Relations Laboratory. He had to will into existence a place where he could teach what he had learned from his Tlingit friends so long ago. If he had just the desire but not the will then he probably would have become just the pastor of a church like his dad. That's how strongly the Tlingits had to affect him.

Likewise the rest of us who came into contact with John and Colette were impressed by their teachings at various levels of intensity. My first Lab left me with the desire to live at Lab. Now after over 9 Labs I do live at Lab. That's how strong my will was. Of course the Divine had to give a little assistance by removing whatever barriers stood in the way. It is so

easy to get distracted by the busyness of life. I am an easily distracted person since I tried so hard to follow in my father's footsteps.

Do I want a different life? How badly do I want it? Is 'want' enough? No. Want must be transformed into will.

How many people want a different life? How many of those people are willing to make it happen? The will won't be there if they can't see the possibility. Our job as communitarians is to show people that the possibility of an alternative does exist. Any lasting movements for social change must develop personal relationships in order to be effective. All of us must be connecting points to the new world we are seeking to create.



Two very wet and excited dogs are getting attention from Pam Jarrett Jefferson.

This piece is a good reminder of the opposite of will. Submitted by Bill Kohlmeyer

*Stupid dust
is the illusion of confusion.
Suddenly you can't remember
what self-discipline is
or why you ever thought
it was a good idea
or just exactly what is compassion anyway?
It's a variation on the old
"You are getting sleepy. . ."
as conditioning stupefies you
and lulls you into unconsciousness.
Even very intelligent people
periodically get sprinkled
with stupid dust.*

*~Cherí Huber
(1944 to pres., Buddhist teacher)*

Community News

By Elizabeth Jarrett-Jefferson

Birthdays and Anniversaries

♥ **Kim Hart**, February 7. Happy birthday!



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



"I've had a long talk with Jonah, and I think he's willing to work with us."

WILLPOWER.



Available for Rent:

Private Suite in West Seattle Home

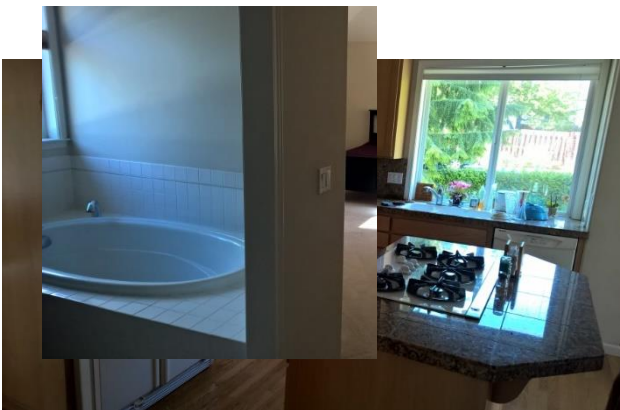
Nice neighborhood in West Seattle, near a main arterial, on the RapidRide bus line, close to shopping, and 10 minutes from the Fauntleroy ferry. Beautiful, modern home shared with friendly people.

Master suite:

- ☐ Large bedroom with lovely west view of Puget Sound
- ☐ Large walk-in closet
- ☐ Beautiful bathroom with large soaking tub

Rent of \$1050 per month includes utilities, Wi-Fi, and a spacious, shared kitchen.

Call Kirsten 206 719-5364



An Offer

Ladies and Gents,

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

In part, but not wholly, they consist of:

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

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

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

In AZ, I will be visiting a friend of mine and assisting her and her husband on their farm for at least a year. The funds are for 'emergencies' you could say.
Thank you, and the number I am most likely reachable at is the landline, 360-275-3957.
Pharaoh

New dates for 2016 are highlighted Cultural Programs & Events in 2016

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

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

■ Colette Hoff

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

Programs & Events:

Third Age Gatherings	Women’s Culture
The Men’s Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

Annual Membership Weekend, March 11 to 13, 2016

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

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

Saturday, March 26, 2016 – 10:00 a.m. – 2:00 p.m.

Friday, May 13 – Sunday, May 15, 2016

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.

You are welcome to attend one or all of our events. Each gathering builds upon the ones before, yet each is discrete, and previous experience with the program is not at all necessary.

Most gatherings 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.

Our Saturday gatherings are held at our Community Center (3610 SW Barton Street) from 10:00 a.m. until 2:00 p.m., and we serve lunch.

Our weekend in May is at Sahale, the community's retreat center near Belfair, Washington, and begins on Friday evening, May 13. Accommodations are comfortable, the food is delicious, and the company of women is refreshing, relaxing, and energizing. We always appreciate an RSVP (hollisr@comcast.net) because that helps us plan, but please do not stay away just because you didn't respond! And, for the Saturday gatherings, we suggest a gift to the community of \$20, and we trust that you will give more, or less, as is right for you.

We look forward to welcoming you soon.

Men's Program

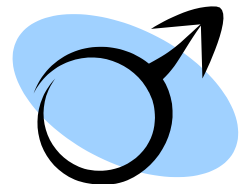
Theme: Friendship among Men

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

Men's reading I'm using and recommending:

- The Way of the Superior Man_ by David Deida>
- Iron John_ by Robert Bly
- Integral Life Practice_ by Ken Wilber, Terry Patten, Adam Leonard & Marco Morelli

bruce_perler@hotmail.com



Memorial Day Weekend, May 27 to 30 at Sahale Learning Center

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

Sahale Summer Camp for 9 to 12 Year Olds

June 26 to July 2, 2016

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



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

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

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



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

Human Relations Laboratory

August 7 to 13, 2016

Freedom as a Mature Adult

The best event to experience the Goodenough Community

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

Sahale Learning Center

A 68-acre retreat on the Kitsap Peninsula

www.goodenough.org (360) 275-3957



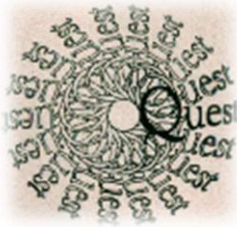
An event designed to encourage human development

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

- Former attendees have referred to the Lab as transformative and rejuvenating.

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

To register: www.goodenough.org or call (360) 275-3957 to find out more



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

**WILLPOWER IS THE KEY TO
SUCCESS. SUCCESSFUL PEOPLE
STRIVE NO MATTER WHAT THEY
FEEL BY APPLYING THEIR WILL TO
OVERCOME APATHY, DOUBT OR
FEAR.**

- DAN MILLMAN