



The Village eView

November 22, 2017

Colette Hoff, Editor

Coming Up:

True Holidays Celebration, December 2

Pathwork, December 3

Council, December 4

Solstice Experience, December 16

A Prayer of Thanksgiving

O Great Spirit, Creator and source of every blessing. We pray that you will bring peace to all our brothers and sisters. Give us wisdom to teach children to love. To respect and to be kind to each other. Help us learn to share all the good things that you provide for us. Bless all who share this meal with us today. We ask your special blessing on those who are hungry today, especially little children. Help us to be just and to bring peace to all the earth. Praise and thanksgiving be to you, Creator God.

A Sioux prayer

This week of Thanksgiving brings gratitude. Kirsten shares her story of Thanksgiving and Mike writes about adventures in the rain at Sahale.

Hollis has offered an article about the health benefits of gratitude.

We are also using this opportunity to introduce the newest staff member to the Goodenough Community. Pedge (Peg) Hopkins is a woman I met through the Long Dance community in 2005. You will read more about her qualifications in this issue. I am especially thankful for her desire to move here and be part of our EcoVillage life.

Bruce writes his perspective on the value of the workshop on Sociocracy, April 26 to 29, 2018.

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

My story about Thanksgiving

Kirsten Rohde

When I was a freshman at the University of Michigan, Thanksgiving came along and I was startled to realize that most students were gone; my dormitory was almost empty. I didn't really get it until then that most students came from in state or nearby. I was from Massachusetts and so I joined the other long-distance students at the one dormitory that was open for Thanksgiving dinner. It was a lonely Thanksgiving for me and I vowed to never be alone on Thanksgiving again. Of all holidays Thanksgiving is the one I have loved the most. Now my awareness of history replaces the old made up story we all learned in our Massachusetts grade schools while we made turkeys out of construction paper. As we know, the reality is far different. Our elementary school sat on ground that was home to the first people long before my ancestors immigrated there. In my hometown, Marblehead, there are pictures, mentions, relics, street names related to indigenous people and their language, but the Story was never fully told. Now, for me this is a time to sit down together in a warm house at the beginning of the cold season and be full of gratitude *and* awareness.



I have had many Thanksgiving dinners with a variety of family and friends. I was so committed to not being alone on that day that one year after the breakup of a long term relationship, I actually was bold enough to call a friend and ask to join her dinner gathering! Another time, my then partner, Paul, and a group of friends piled into a car, with all the ingredients for a Thanksgiving dinner and drove from Ann Arbor to the Upper Peninsula of Michigan. We went to a friend's cabin miles west of Sault Ste Marie and snowshoed in with our goods on sleds. We baked the turkey and all the fixings and had a memorable Thanksgiving surrounded by snow. We literally had to step down about 3-4 feet to get through the cabin door. We snowshoed and cross country skied and walked out onto Lake Superior which was frozen solid miles out from the shore.

For many years, John and Colette Hoff opened their home in Seattle to any friends needing a place to enjoy Thanksgiving. I remember the first time I came there for Thanksgiving. I felt surrounded by warmth, friendliness, and kindness. Sitting with 20 or so people, I realized that "family" means far more than biological relatives. I love that our community creates such inclusive experiences for anyone who is seeking companionship and perhaps a different Thanksgiving experience from ones in the past. I know this has been true for me.

This year, some of us are joining to have Thanksgiving at Sahale. I'm looking forward to it, and..... **If you'd like to come out during this weekend, some of us will be enjoying some creativity – art, knitting, writing, music, baking – whatever. You are welcome to join us!**

5 Surprising Health Benefits of Gratitude

By Kristen Domonell November 22, 2017

Submitted by Hollis Guill Ryan

Giving thanks has its perks

- Focusing on the positive over the negative can help your health.
- Gratitude is linked to improved heart health, sleep and well-being.
- It can also help improve job satisfaction and the way you deal with stress.

It may be the season of giving thanks, but practicing gratitude can really help you all year long. From helping you feel more rested when you wake up in the morning to keeping your ticker ticking, “thanks” is that gift that keeps on giving.

“We can really facilitate both mental and physical health by shifting our focus to positive experiences and emotions,” says clinical psychologist Sarah Kopelovich, Ph.D., assistant professor in the Department of Psychiatry & Behavioral Sciences at the University of Washington School of Medicine.



If you’re looking for some motivation for your Thanksgiving dinner table, consider these five science-backed ways that gratitude benefits your body, mind and life.

1. Enjoy a stronger sense of well-being

Experiencing gratitude from helping others and appreciating the positive things in your life can make you a happier person, research shows. And gratitude can act as a counterweight to anxiety and depression, says Kopelovich.

Anxiety involves excessive worrying about things that have happened in the past or may happen in the future. With depression, people are more tuned in to the negative. But practicing gratitude forces you to acknowledge the good in the world, she says.

“It can be extremely challenging to train your brain to be aware of the positives in the world when you’re anxious or depressed,” says Kopelovich. “That said, we have more and more evidence that the practice of gratitude can both make someone less vulnerable to distress and it can predict greater psychological well-being.”

2. Have a healthier heart

Acknowledging what you’re grateful for—and writing it down—could be good for your heart, according to a 2015 study.

Researchers recruited 186 heart failure patients who weren’t yet experiencing symptoms, such as shortness of breath or fatigue. After having the patients complete a set of psychological

questionnaires, they found that gratitude was associated with less inflammation, which is a factor that can speed up the progression of heart failure.

To take it a step further, the researchers wanted to see what would happen if these folks kept gratitude journals, writing down what they're thankful for every day for eight weeks. It turns out those who made a conscious effort to track gratitude not only had less inflammation, but healthier heart rhythms.

The researchers noticed that study participants were also sleeping better and had improved well-being, which could be how gratitude indirectly improves heart health, they write.

"The link between gratitude and physical health is not likely a straight line, but gratitude certainly seems to be functioning in a protective fashion," says Kopelovich.

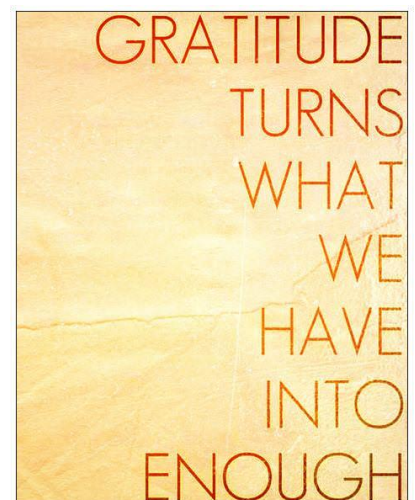
3. Love your job

Gratitude doesn't have to end at home. Feeling appreciated at work leads to improved job satisfaction and quality of life, according to a recent University of Washington study called The Grateful Workplace.

The researchers looked at things like appreciation programs and having contact with people who benefit from employees' services. They found that even small acts of gratitude could have a trickle-down effect, says Jared Miller, a Ph.D. candidate in organizational behavior at UW who was one of the study authors.

"These gratitude events led to more persistent gratitude, where individuals felt grateful, eventually leading to collective gratitude within the organization," he says.

More evidence that gratitude at work is helpful: In one study, receiving a thank you note from a manager boosted worker performance by 50 percent.



4. Sleep better

If your brain goes into overdrive before bed, focusing on the good might help you get more sleep, according to a study out of the UK.

For the study, researchers measured gratitude by asking people how strongly they agree or disagree with phrases such as, "I have so much in life to feel thankful for," "I am grateful to a wide variety of people," and "When I look at the world, I don't see much to be grateful for."

Those who rated higher for gratitude were able to fall asleep faster and had greater sleep quality and duration. As a result, they were also more alert during the day. Why? Grateful people are less likely to think negative and worrying thoughts when they're falling asleep, and are more likely to think positive thoughts, the researchers write.

In other words, they didn't lie awake in bed thinking about all of the awful things, which helped them get better sleep.

5. Learn to cope with stress

How you deal with stress can have a big impact on your well-being, says Kopelovich. And research shows that grateful people have the psychological resources to cope with stress in a more productive way.

In one study, people who practiced gratitude were more likely to cope with stress by seeking help from others, looking for the positive in negative events, actively coping and planning. On the other hand, people who didn't take time to smell the roses were more likely to deal with stress by disengaging, blaming themselves, using substances or being in denial.

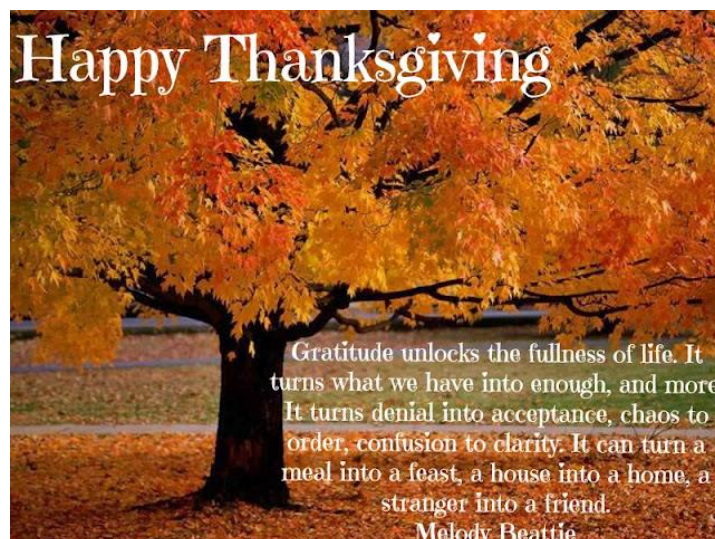
So whether you write what you're thankful for in a journal, acknowledge a coworker's hard work, or show appreciation for your loved ones at the Thanksgiving dinner table, know that it's good for your mental and physical health in more ways than one.

It may seem like a simple thing, but for some, practicing gratitude in real life can be even harder than making it to the gym—especially on days filled with stress and bad news, says Kopelovich. She recommends starting small, and not beating yourself up over it if some days you forget to acknowledge what you're thankful for.

"We have to remind ourselves that gratitude is a skill that needs to be cultivated, with intention. The important thing is to make a commitment to integrating gratitude into your life in a conscious and deliberate way and to make a plan for how you'll do that," she says.

Gratitude won't take the place of treatment from a mental health professional for clinical anxiety and depression, says Kopelovich.

"But gratitude is a practice that anybody can do on their own and see at least some in-the-moment benefits to feelings of anxiety and depression," she says. "That's profound in terms of affecting one's day-to-day experience, and it could have longer-lasting implications for our relationship with stress."



Introducing Pedge Hopkins

Colette Hoff

At the Visioning Weekend October 20-22, 2017, participants unanimously affirmed hiring Pedge Hopkins as staff at Sahale Learning Center. The Council of the Goodenough Community also has authorized her employment.

The following statement is the preface to Pedge's job description:

Your work and volunteer history and your own words speak to the unique set of skills, strategic and practical, that you bring to this job. You have a sense of both the whole and of the parts of an organization or a project. You have great people skills and are perceptive about group process. In your own words you have a skill set in planning and implementation of organization of "stuff" and a perception of Sahale and its potential, including marketing and entrepreneurial ideas. You demonstrate an ability to focus on the large frame and the practical side together. You are a very welcome member of the Sahale team!

Pedge will work under the supervision of Colette Hoff, Sahale Manager, and coordinates with:

- Bruce Perler for infrastructure and community outreach,
- Irene Perler for land stewardship and Workaway program;
- Kirsten Rohde for capital campaign and coordination of Sahale with the overall Goodenough Community;
- Draï Schindler for marketing and AirBnB.

Pedge will supervise housekeeping and some of the tasks previously accomplished by Colette as well as helping to coordinate projects. In addition, with entrepreneurial interests, she will explore new applications of our for-profit organization, Mandala Resources Inc. working with a team.

As manager of Sahale, I am so thankful for Pedge and her new role. She will enable Sahale and the Goodenough Community to develop into our next phase of growth.

I am very grateful to Draï and John Schindler and the immense difference they have made to our EcoVillage life in so many ways. That Draï and John and Pedge are also good friends is a wonderful bonus.

An excerpt from Pedge's Resume describes a sample of her qualifications:

Supervisor of Student Residence Job Corp Center Astoria, OR SEP 2015 – JAN 2017

Managed a 90-student dormitory that involved: guiding students in independent living skills to include room organization and cleanliness, interpersonal relationships, time management and positive behavioral changes through counseling and modeling.

Supervised seven employees to effectively support and assist students as advisors to student leadership jobs, to perform daily and weekly room inspections and conduct the formal weekly evaluation process.

Attended weekly case management meetings for students with special needs or behavior issues. Collaborated with vocational counselors and security officers to address concerns or other specific support.

Responsible for the upkeep and maintenance of the residence, garden and landscaping areas. Submitted and monitored work requests and inspected facilities for safety issues.

Manager | Joshua Tree Visitors Center | Joshua Tree, CA | FEB 2006 – JAN 2007

Initially hired to provide visitor information and sell items in bookstore.

Within three weeks, I was offered the position managing Center operations.

Responsibilities include: staff scheduling, facility maintenance, inventory control & assessment, stocking, sales floor presentation, maintaining high visitor service standards and managing daily income accounting.

I created a new and expanded system for visitor information.

Joined new management team focusing on rebuilding a popular historic retreat center.

Worked with small crews in maintenance and grounds keeping to rehabilitate & renovate rooms, cottages, meeting space and overall appearance of facilities & grounds.

Work included: scheduling and prioritizing projects and manpower with available financial and material resources and scheduling retreats.

Worked side by side with crews in painting, furniture and equipment repair and replacement, housekeeping, plumbing and electrical upgrades and grounds keeping.

In addition, Pedge has attended four Human Relations Laboratories over several years and has been a significant part of the Long Dance community since 2001. Pedge has provided organizing leadership to the Women's Way Red Lodge, the public and open to anyone, organization that grew out of Long Dance.



Intending a more collaborative and sustainable future

Bruce Perler

The Goodenough Community continues in its now several years-long transition experience, knowing that its sustainability depends on graduating from a founder-based creative endeavor supported by steadfast and dedicated individuals, to a community enjoyed and operated by and for its membership and in collaboration with the broader communities movement.

I believe that making a notable change at this time of transition in our operational behaviors around governance, especially to such a well-known model, **Sociocracy**, would be invigorating for our membership and a meaningful, goodwill effort towards being more supportive and joining of the larger communities movement. In my optimistic musings about this, the threshold to collaborating with our community is lowered by this change and our interchange / flow with the larger communities network is meaningfully increased. I think a second order change is possible based on this kind of investment in our own future by placing greater value on collaborating beyond our own community and making it easier to join and support us via a well-known operational model. Whether its partnering with our regional sister communities or participating in the Global Ecovillage Network (<https://ecovillage.org/>), change of this type demonstrates us as viable partners, energized activists and forward-looking global villagers. And, this level of change would clearly signal our interest in sustainability and broadening our collaboration, an organizational behavior worthy of a 35+ year, well thought of community.

Save the date

Join in with our leadership council of members by marking your calendars for **April 27-29, 2018** when we'll be hosting, at **Sahale Learning Center**, in collaboration with the **Northwest Intentional Communities Association** (NICA - <https://www.facebook.com/nwcommunities/>) and **Diana Leafe Christian**, a three day intensive training, Sociocracy for Intentional Communities and Member-led groups ([https://dianaleafechristian.org/sociocracy for intentional communities and member led groups.html](https://dianaleafechristian.org/sociocracy%20for%20intentional%20communities%20and%20member-led%20groups.html) 0).

We will gather Thursday evening April 26 with dinner and socializing and begin the workshop on Friday, April 27. The workshop will end Sunday, April 29.

For more general information on Sociocracy, see the Wikipedia article - <https://en.wikipedia.org/wiki/Sociocracy>

For a short video of young people demonstrating Sociocracy in action see, Sociocracy - The Operating System of the New Economy (<https://www.youtube.com/watch?v=l3zFWpntExg>).

Testimonial for Sociocracy ... this training has helped apply sociocracy to anything from small community projects to businesses with 30 tiers of hierarchy. Applying sociocracy helps flatten the hierarchy - i.e. the organisation becomes more resilient, more adaptive and more humane because

people are listened to and the collective wisdom of everyone is tapped. (Checkout consent vs consensus if you're curious). - Charlie S.

For more on Diana's workshop experience, see:

Sociocracy - a deeper democracy - <http://www.sociocracy.info/diana-leafe-christian-united-states/>

Some videos of Diana on Sociocracy:

1. Three Parts of Sociocracy - https://www.youtube.com/watch?v=B_veNLFHXPw
2. Purpose and three parts of Sociocracy - <https://www.youtube.com/watch?v=IXvEtm13bV0>
3. Seven Parts of Sociocracy - <https://www.youtube.com/watch?v=ctoDmbrpCD0>
4. The Three Parents of Sociocracy - <https://www.youtube.com/watch?v=Lst5y6lXq48>



*The more you become
a connoisseur of gratitude,
the less you are a victim
of resentment, depression and despair.
Gratitude will act as an elixir
that will gradually dissolve
the hard shell of your ego,
your need to possess and control.
It will transform you into a generous being.
The sense of gratitude
produces true spiritual alchemy
and makes us magnanimous
large souled.*

*~Sam Keen
(1931-pres., psychologist, philosopher, author)*

30th annual True Holidays Celebration – December 2

Celebrate the Light of the Season



We invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 2**, from 6 to 11 PM, at the Mercer Island Congregational Church. The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community. For more information, contact Kirsten Rohde, krohde14@outlook.com

During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction (See attached bid sheet.) . **This year we are again happy to feature contra dancing!**

Festival of Light

Words by David Spangler; Music by Milenko Matanovic

This is the festival, the festival of Light,
Sing for the candles burning brightly in the night.
Sing for the light of love that guides our destiny.
Sing for the light of life that builds community.

Sing for the wise ones, men and women who
Light up our way with visions that are true.
Sing for the children who are candles of the dawn,
Giving us the promise that our light will carry on.

This is the festival, the festival of Light.
Sing for the love that shall make this world ignite,
Aflame with a beauty that awaits in every heart.
Sing for the will that can make that fire start!

Follow the Light that leads within us to the birth
Of love and harmony and peace for all upon the earth.

We are the festival, we are the Light,
We are the candles burning brightly in the night.

We are the festival, we are the Light!
We are the candles burning brightly in the night.

A long time ago, Barbara Brucker introduced this song at the Christmas season. We are happy to bring it back and it will be part of the program.

It is a perfect song for the theme for this year's True Holidays Event:

Celebrate the Light of the Season.

The New Troubadours was a musical band formed by David Spangler and his friends during their days in Findhorn, Scotland. These beautiful and varied recordings, made in the 1970s, capture the spirit and creativity of those times, and are resonant with the spiritual values that accompanied the birth of the Lorian Association.
<https://lorian.org/community/>

We are the festival, we are the Light!
We are the candles burning brightly in the night....

True Holidays' Silent Auction

Kirsten Rohde

Hello Dear Friends,

Our beloved True Holidays annual event is almost here
(December 2, 6-10 pm, Mercer Island Congregational Church), and now is the time to begin in earnest to think of how and what you might like to donate to our Silent Auction. As you know, our True Holidays celebration, with all its related activities, is a wonderful time to rally your energy for the holidays by thinking of what might brighten your own holidays and those around you.



Learn how to make....

Join me on a walking tour of...

A guided birdwatching walk...

Last year we had a very successful auction. The “experiences” offered received a lot of attention----some examples from last year to get you thinking were a sailing trip, a poker party, a cooking experience, gourmet Sherpa hiking experience, and a Make and Serve your own Hallmark Martini. We welcome your unique contributions. Other quality items for auction are also welcome: a

personal work of art, one of a kind decorative object, etc. Please let me know of your intention to donate to this wonderful event with the attached **Bid Form** that Colette has attached to the *eView* email. You may contact me with your ideas and interests; we can talk over an experience that you have in mind. It is helpful to know in advance what will be offered for the auction, so we can plan space and keep good records.

Remember that all donations are tax deductible.

Thank you! Kirsten: krohde14@outlook.com



Winter Solstice Bus Trip – Saturday, Dec 16



Join friends and family for a wonder-filled day-long journey embracing the longest night of the year.

A time of play and relaxation with family and friends!

Notice this year's new schedule!

- At the Eastgate Park & Ride, we board a heated bus at **9:45 AM** and travel through snow-laden trees, craggy mountains, and iced streams over Snoqualmie and Blewett Passes
- Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- At **2:45 p.m.** a horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
- We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
- You will be informed what time to return to the bus.
- Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM.

[Please register with Elizabeth now. On-line registration available soon!](#)

HOLIDAY PLANNING

Thanksgiving at Sahale

You are invited to join us at Sahale for Thanksgiving this year. Friends and family are welcome. We will provide turkey and stuffing. Bring your favorite Thanksgiving dish! **Dinner will be at about 4 pm.**

Sahale is a cozy place to be in November and you are welcome to stay over as well. For our planning, **please be sure to RSVP to Kirsten Rohde:** krohde14@outlook.com.



And because it is so cozy, we are inviting you to join on Friday and Saturday for some time with **creativity!** Bring your own project: sewing, knitting, a gift to make, a writing project, a painting . . . whatever you choose. There will also be a couple of football games on TV. (War Eagle! Editor's note), lots of leftovers, and good conversation. Hope you can come! As always, **RSVP** (hoff@goodenough.org)



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. Happy hour is at 5pm with dinner to follow. We will provide food and drink and invite anyone coming to bring a dessert or a side dish. **Please RSVP at hoff@goodenough.org.** You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!



The deAnguera Blog: Gratitude



Rain, rain, rain. Wet, wet, wet! That's what I can report for today. Even so a number of us were working outside.

I helped Jim Tocher with Log Building maintenance and mapping out pipes. You can see Jim troubleshooting an outlet outside the building in the left hand photo. We are determining how to keep the Log Building bathrooms open all winter for John and Draí Schindler as well as Pedge Hopkins when she arrives.

This morning was warm, the warmest on record for this date. We must be getting dumped on by something from the tropics.

The Tahuya River had jumped its banks flowing out onto the floodplain. Fortunately our swales were handling the floodwaters just fine.

John Schindler showed us a large wriggling salmon as we were working on electrical outlets in the Log Building. A big smile crossed his face as he described several other salmon flopping around in the floodwaters. Apparently we can eat them since they were caught on our land instead of the river. He was going to smoke the salmon and harvest their eggs for caviar.

You see? Good things happen on rainy days. For me it is important to be thankful for each day and the gifts it brings.

Soon we are going to have chicken and dumplings. John Schindler killed our younger rooster. Now our two roosters will no longer be fighting with each other tearing each other up. Guess one rooster for a flock is best.

That's the advantage of our community. People just bring us all kinds of good things. Joan Valles brought us our Thanksgiving turkey. Someone is always cooking dinner for us almost every night.

I do my share of the work: emptying the garbage, compost, recycle, doing the dishes, and lawn work. I also monitor our water system. Just today I cleaned both filters with our power washer for the house cistern.

It feels good to fit in with my friends. They always appreciate the work I do.

Being a Goodenough Community member living out here at Sahale is the wisest choice I can make as an older person. My retirement plans are in place. How many people my age can say that?

Many senior folks can't afford to retire. Worse yet their careers may have gone up in smoke as more and more people get laid off. I have heard of seniors taking to the road in worn out RVs across the country doing what they can to make it financially. It only gets harder as one gets older.

Folks, community is where it is at. Friendships are the best investment you can ever make. Come join us for Lab or for any number of events listed in our Eview. That was where I started nearly 20 years ago.

John Schindler and Jim Tocher
studying the overflowing water.
The floodplain floodeth.



From Jim Tocher: It was fun to see John S. so excited today about the flooding AND the salmon swimming in the meadow. He was like a little kid in an amusement park (his very own park).

From Drai Schindler: I love that the river has parted in the meadow, created 2 rivers rushing around the grief tree....thinking of our friends and family that hang in honor in that tree...I am enjoying the sacred waters moving through, energizing that space, nourishing the tree...and the salmon (the great Celtic animals of ancient wisdom) have 'driven by' with their blessings under the tree as well.



Pictures taken Wednesday morning, 11/22



Offerings and Events

Pathwork

Joan Valles

Pathwork, a program of Convocation: A Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. **Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to change your mind and move beyond habitual patterns is invited to join.** You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gathering is on December 3 in the Community Center in West Seattle. For additional information, contact Colette (hoff@goodenough.org).

Third Annual Friends of Sahale weekend January 12-14, 2018

Kirsten Rohde

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.

These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

Please consider coming to this year’s Friends of Sahale weekend. This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other’s company, and share many appreciations.



Want to come to a Death Over Dinner dinner ??

Libby Carr Bruce recently met Libby at a NICA meeting.

Many of you know (and some may not) that I have been thinking about hosting a special dinner gathering to discuss the topic of our death. Having had a near death experience (drowning) in my early 20's, I know that people are curious about the subject and often want to talk about it,

but frequently don't know how to begin that conversation, or even what it is they really want to discuss.

A couple of years ago, I came across the website www.deathoverdinner.org and after reading every page, I thought it was brilliant in that it provided the invitation format and ideas on how to host such a dinner and have such conversations. It's also designed so anyone can host such a dinner, all free of charge.



[Death Over Dinner - Let's Have Dinner and Talk About Death](http://www.deathoverdinner.org)

www.deathoverdinner.org

How we want to die – represents the most important and costly conversation America isn't having. We have gathered dozens of medical and wellness leaders to cast ...

I'm sending you this email as one of my friends, relatives, clients, neighbors, or even acquaintances to see if you might like to receive an invitation to attend my first dinner which I (and some friends) are planning for the Saturday of Thanksgiving weekend (Nov 25, 2017) which is not far away.

I'm sure I'll be hosting other dinners in the not too distant future as well. Please let me know asap if you'd like to receive an invitation, either for the first dinner or for a subsequent one. Also, if you are interested, please let me know which time frame would work for you. Feel free to share this email with others and get back to me (or have them contact me) to indicate their interest.

To really understand what I'm talking about, please go to www.deathoverdinner.org, click on About, and then click on Launch Video. There you will see the creator of this website tell his story that brought this about. It's a great story --- and based on the Story section of the website, it has done a lot of good for many many people. [<libbycarr007@gmail.com>](mailto:libbycarr007@gmail.com)



NICA Monthly Meetings

We've been having NICA Board Meetings on the 3rd Monday of each month, usually meeting @6:30 PM at Bengal Tiger, an Indian restaurant in the Roosevelt/Grn Lake area of Seattle. We

settle in and order food, then start the business meeting at 7:00 PM, and try to wrap up by 8:30.



The Lex is available!

Hollis Ryan

Many of you will remember helping us renovate The Lex, our son Sam's home near Columbia City. You helped us clean and paint, and you helped Sam move into his home more than a decade ago.

Now, Sam is moving, and The Lex is for sale. Perhaps you'd like to see it:

Click the following link to view the listing:

<http://www.matrix.nwmls.com/DE.asp?k=3578676XMBFQ&p=DE-87363262-613>

You can help once again by spreading the word that this cozy home is for sale. If you know anyone who would like to live near Columbia City, near public transit, in a vintage home with a large fenced back yard and spacious kitchen ... let them know about The Lex! The home is well suited for group living, with a finished basement and a finished attic.



Calendar of Programs and Events, 2017 - 2018

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: January 19, March 2, June 1.** Contact Kirsten Rohde for more information:

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 West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: January 20, March 3, June 9. Womens Weekend: April 13-15 at Sahale.**



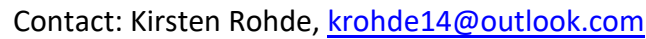
The men’s program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. October 6-8, June 8-10** at Sahale. Contact Bruce Perler for more information: 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 p.m. 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.

In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

Contact Colette Hoff for more information: hoff@goodenough.org



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Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com

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 49th year! Contact: Colette Hoff, hoff@goodenough.org

Lab Leadership Training, February 16 to 18, 2018



Annual Community Day at Sahale: March 17th, 2018. This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

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

Council meetings are November 6, 20, Dec 4, 18, Jan 8, 29, Feb 12, 26, Mar 12, 26, Apr 9, 23, May 7, 21, Jun 4, 18



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