

op-por-tu-ni-ty

an amount of time or a situation in which something can be done; 2. a situation or condition favorable for attainment of a goal.

plural op-por-tu-ni-ties

- 1: a favorable [juncture](#) of [circumstances](#) <the halt provided an *opportunity* for rest and refreshment>
- 2: a good chance for advancement or progress

The Village eView

September 24, 2014

Colette Hoff, Editor

On-Line News of the Goodenough Community System

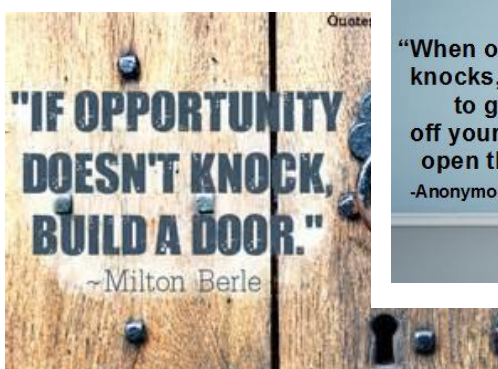
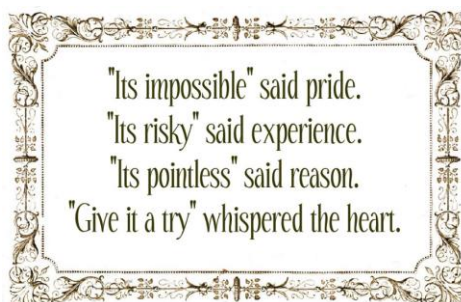
- The American Association for the Furtherance of Community
- Convocation: A Church and Ministry
- Mandala Resources, Inc.
- Sahale Learning Center
- The EcoVillage at Sahale

September 28, Pathwork

September 26-28, Take down of White Tent

October 3, Third Age Gathering

October 31 to November 2, Harvest Weekend



What is opportunity, and when does it knock? It never knocks. You can wait a whole lifetime, listening, hoping, and you will hear no knocking. None at all. You are opportunity, and you must knock on the door leading to your destiny. You prepare yourself to recognize opportunity, to pursue and seize opportunity as you develop the strength of your personality, and build a self-image with which you are able to live - with your self-respect alive and growing.

(Maxwell Maltz)

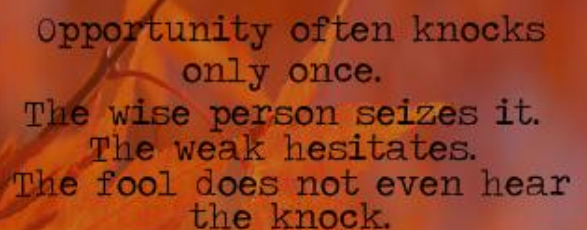
Lest Opportunity Cease Knocking

John L. Hoff

I have been deeply affected by native ways, especially their lifeways and spiritual principles. My father took his family with him to his work on the Alcan Highway in 1943 and for a half dozen years my closest friends were native people who were happy to share with me answers to my many questions. I learned to love the life they had together as an indigenous community many years later. It left me feeling lonely for what I had with them. Slowly I learned that I was missing “community” and “culture.” I began to develop community in my life and work by stressing the importance of story and tradition; and, by being expressive of my feelings and particularly my enjoyment of social events.

These personal interests and activities were a part of my work when I was first employed by the National Training Laboratory (NTL) and assigned to projects that involve developing local community response to projects NTL was working on. At this time I began to study community formation and sought several outstanding mentors. I began to be fascinated at the prospect of developing an organizational model that would form a community that offered an integrated set of services to human development. As Colette and I were developing a life together I was delighted to find she fully supported this idea of creating a community that is a learning community. I entered fully into my lifeswork by our founding with others the Goodenough Community. In this model, Colette and I coached, counseled and trained in several areas of life.

We began by preparing leadership to guide the organizations of the Goodenough Community while we continued to develop cultural programs and to



Opportunity often knocks
only once.
The wise person seizes it.
The weak hesitates.
The fool does not even hear
the knock.

- Dr Paul TP Wong

earn our own living by providing services to individuals, couples, and families. Since August 1988, Colette and I have been supported by the formal organizations, Convocation: A Church and Ministry and The American Association for the Furtherance of Community. From this time a portion of our efforts went into training leaders to work with the cultural programs to enable human growth. Ideally, this was a partnership between us as professional staff and organizational leaders. By now there are active cultural programs among women, men, couples, families, and age groups.

Money that Colette and I earned through professional services went directly to the organizations which we asked to advertise and support the work we did. Colette and I have found that the community organizations did not take their support of us seriously and slowly the service delivery that financed our efforts began to fail us. Colette and I have been unable to inspire leadership to evaluate both our work and the recruitment efforts of the community. We had hoped that our community and its cultural programs might become an inspiring model for a community to demonstrate a commitment to service, **a service which was the central work of communities for many centuries to encourage children and youth to grow up and grownups to be mature examples of lives lived in service to social ideals.** Colette and I still feel there is a need for communities to continue to fulfill their ancient mission of developing good persons and compassionate organizations. We are intending to continue to offer counseling and coaching for individuals, marriages and families. We will also continue to encourage cultural programs in their work of supporting growth.

Our concern is that we are not discussing our vision and mission as described above. This community was formed to be an organized social response to authentic needs, in persons and relationships. The opportunity and the need are still present. **Colette and I are concerned that our community leadership is more focused on problems than potentials.** There are many opportunities still within reach. There are still some ways that Colette and I could be used to accomplish our original objectives--the development of an exemplary learning community that focuses on learning to be fully alive and in service to a world that still needs some good examples of intentional relationship within intentional community. **We encourage you to talk with us about what our community might do with the opportunities before us. After 40 years, we are still optimistic about what is possible!**

Here are several opportunities . . .

Pathwork:

Beginning **Sunday, September 28 at 7:00 p.m.** we are **inviting all interested** to participate in a **"Pathwork Process,"** a process of sharing our own faith journeys and spiritual development. The focus is on what is happening in our lives now and not on earlier history. It is a process in which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. **John and Colette would each welcome meeting with anyone interested in attending.** Email hoff@goodenough.org to RSVP.

Pathwork will be meeting in West Seattle at the home of Joan. Phil, Barbara, and Jim 7723 13th Av SW, Seattle 98106.

Relationship Group:

Beginning on **Tuesday, September 30 at 7:30 p.m.**, we will be meeting with couples. Some of these couples will be married, some will be committed, some will be living together, some will be serious friends that want a chance to work with themselves and their personal development yet within a relationship with someone else. If you can think of someone you would like to work on self-development with—let them know. Also let us know (John and Colette Hoff) that you are interested in a relational counseling approach to personal development.

This group will be meeting at the home of Pam and Elizabeth who have found that their own relationship has deepened in recent months.

A Community Development Weekend

We will be having a weekend for community development, **November 21 to 23**. For this weekend we are calling anyone interested in the Goodenough Community to join together to envision the future and invest in the opportunities that will be there. More to come.



OPPORTUNITY

True Holiday Celebration and an opportunity to work with my response-ability

Kirsten Rohde

I have agreed to be the focal person for this year's True Holidays Celebration. A good thing that last week's eView was about responsibility! I like the phrase: "Being a responsible person is not a hard way to live, it's a more satisfying way to live." I know that by accepting this role I'm in for some learning and I have an opportunity to be of help in our creation of this wonderful event (**on Saturday December 6th – mark your calendar**). One of my traits is *PROCRASTINATION*. As a great student of this behavior I come to realize that procrastination is all about endless worry – all the greater because nothing is happening – it's all in my head so far. It's a wrong turn. I'd like to, instead, use all that time thinking creatively about the event and finding out more from others who have helped create the event in years past. I've already received offers to help out.

Setting up a calendar for what to focus on week by week is a good idea for a procrastinator – it's so calming to know that I've already made a plan so I don't have to endlessly re-think it. And remind myself that while I'm helping by being the focal, the truth is



there is a cadre of experienced folks in our community who have applied their expertise to each area of the event.

So I'm a reasonably responsible person and now I will also make it a satisfying way to live. I hope you will each put the evening of **Saturday December 6th** in your calendar. Our community offers this seasonal event as something that can help set a good tone for you, your family, and friends in the holiday season. There are many events and social occasions that happen in December; this one is full of heart and friendship — a good one to choose.



The Brain Cancer Walk

Barbara Brucker

The Brain Cancer Walk went well. First of all, thank you to all who supported me by donating to the walk which was raising money for brain cancer research. The morning started cool and gray but as you can see in the picture, by the time the walk was over the sun burned through and the day was beautiful. The “official” photos and total amount raised haven’t been posted yet, so I can’t report on the outcome. I personally raised \$730, I think and it feels good to have been responded to so generously. Participating in the walk was a good experience. It was encouraging to see so many survivors and so much support. Because I wasn’t sure what my status would be, I joined Sam Staatz’s team (Sam is Hollis’ son and a 15 year survivor). The

organizers do an amazing job and the amount of expressed for patients and survivors is impressive. Patients and survivors had the opportunity to select the gift of an experience for themselves and their caregivers. Gifts included such things as tickets to cultural events, sporting events, experiences (kayaking, water parks, boat outings), massages & personal care, and restaurant certificates. Never before have I experienced or know of such a thing. Additionally, there were lots of entertainers along the route - singing groups, cheerleaders, and a dancer doing flamenco style footwork, someone blowing giant bubbles, someone on a unicycle, and so on. A lot of energy was put into honoring patients and survivors as well as their supporters. Team photos were taken, and after the closing ceremonies survivors/patients gathered for a group photo. I found it very touching that people were there clapping for those of us who are living with brain cancer and coming out to walk, but they were. As a grand finale, we all sang (or faked it) “Lean on Me” and I noticed lots of damp eyes – mine included. I’m glad I was able to get to the event, and I hope to be at many more.



Bev (Barbara's sister), Barbara, Kirsten, Rand (Barb's brother-in-law), and Jim Tocher

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Another Opportunity to Respond

Jim Tocher

This coming weekend, September 26 to 28 we will be taking down the big white tent at Sahale.



As you all know, this is an annual Community event brought on by the fact that the rains will soon come upon us and we don't want to tempt fate and leave the tent up all through the winter.

Our schedule will be similar to the past: On Friday, about 10 AM, we will begin the take-down process. Depending on the weather and how many able bodies we have on Friday, we should have the roof frame on the ground and the side curtains wiped down and ready to store. I expect that some of you poor souls will be employed on Friday, but I hope you can join the

party on Saturday at 10 AM when we will complete the process. You are welcome to come out to Sahale on Friday night if you can't come out on Thursday night.

As usual, we expect that we will eat well and have great "happy hours".

Jim and Norm have talked about the responsibility of taking down the large white tent.

From Jim: PLEASE, respond to me ASAP. If you can be part of this, let me know. If you can't make it, please let me know. Also, let me know when you will be arriving.

From Norm: I've agreed to lead the take-down, in keeping with our agreement with Jim to assume leadership wherever possible and let him step back as befits an elder. I look forward to working with as many of you as possible to make the quick work of take-down I know we can pull off well and safely. Good gloves, probably raincoats (just in case), sturdy shoes and a good attitude will all be helpful and welcome. All the better to enjoy Happy Hours! Hope to see you there. I'll be arriving late Thursday night to be ready for a good start Friday. Be well all, and I look forward to seeing you! Norm



A SIMPLE EXPERIMENT WITH PROFOUND RESULTS

(We appreciate this article submitted by Bill Kohlmeyer)

By Gail Brenner on September 24, 2014

*"What you are looking for is within you.
Fall silent a moment
and contemplate what that means...
You lack nothing."
~Prem Rawat*

I know, it's hard sometimes. Things get you down, and you can't seem to find your way out. Life seems blah, and you're thinking there's got to be a better way. Well, there is. And one way to access it is to "act as if."

Whatever you want for yourself, you act as if it's already the case. You can act as if you're confident, completely fulfilled, or free of attachments to painful emotions.

“Acting As If” Transforms

Acting as if might sound like a superficial technique that couldn't possibly help you. But I'm not into superficial, and acting as if can be profound and transformative.

We so easily get in our own way. Our attachments to distorted thought patterns and unhappy feelings sabotage our ability to fully express ourselves in life. It's so pervasive that we might not even realize these habits are hijacking us. But they are.

Acting as if is a way through these habits that have never served us. It opens us to the deepest fulfillment.

Let's take feeling inadequate as an example. If this is your reality, you repeat negative thoughts in your mind about how you're not good enough. These thoughts cause you to conclude that you won't be able to accomplish the goals you want before you even try.

Then you might spend your time thinking about the disappointing things that happened in your past that you blame for your inadequacy. It's a repetitive cycle that keeps you locked into negativity.

And how do you feel if you think you're inadequate? Anxious, downtrodden, hopeless. These thoughts and feelings inhabit your body, constricting your breathing, weighing down your posture, and silently diminishing your health. They get into your cells and distort the pathways of connections in your brain.

But what if you were to act as if you're confident? You have to get into it, thinking the way a confident person would think, feeling the way they would feel, and letting the brain and body rearrange so you get the visceral, in-the-body experience of feeling confident.

If you were confident, how would you walk and stand? What would you say and how would you say it? What would you do when self-critical thoughts happen to appear in the mind? How would it be to go out into the world with your whole being screaming, “Confident!” See how acting as if can be a powerful way to break through false identities?

(This article is continued on page 20)



Postcard from a Conscious Couples Workshop



Bruce Perler

What a fine retreat weekend for our couples' circle and for me in partnered life with Irene. I'm so appreciative for John and Colette Hoff's skilled coaching, openness and process guidance. I experienced new levels of; couples caring for couples, open



hearted straight talk and the group's feeling for, and working with all of the partnerships present. For me, in life with Irene, I'm focusing on a return to making order now that we've settled and are integrating our lives into the ecoVillage at Sahale. I'd not understood just how much this new level of community living would ask of me in increasing intention with; self-care, order and routines of life.

I've written of Irene and my "Second Ten Years" project as a way to refer to the ongoing adventure of our building the best friendship and partnership I and we are able and, this workshop, with our focus on making order, is kicking off a new chapter, Peace in the Valley, as intentional choice and behavior tuning. Mostly its about a grade of conversation and incremental changes, in collaboration with our ecoVillage friends. I've lived in shared housing for many years and this is a new level with many benefits and some extra growing edges for my own development.

There's nothing like claiming my desire to increase order to bring on the opposite and, after the initial wave of counter-order, I'm enjoying warmth, creativity and a sense of "shared will" feed by mine and Irene's. I'm loving her all the more now, almost twenty years since we met at a Goodenough Community adult education function. The learning just keeps coming!

A Weekend for Couples

A postcard from the September 20 Weekend @ Sahale

John and Colette, in their role as marriage and family life educators and key faculty in the culture of the Goodenough Community, convened us as couples as a follow on to the curriculum of the 2014 Human Relations Laboratory. As with lab, they challenged us to honestly review our lives to see if we had truly decided, as individuals and as relationships, to become mature. We really appreciated the honesty with which the individuals and couples reported on the challenge it is to be mature in relationship. It wasn't easy to answer a simple

yes or no. In the vein of talking things through, couples were directed to spend significant, discrete periods of times talking together about targeted intimate areas of their relationships, which was very challenging yet hopeful as we found that many of the issues were similar both in content and in the challenge to deal with them in our relationships. The Hoffs encouraged us to also speak to the couples' culture we would like to create. That conversation has begun. While there is much more to cover, it's clear that when we are together, we realize how much we need each other to stay at the hard work of talking things through. Cheers to John and Colette for valuing this work and their willingness to challenge and help each couple be their fullest and best.

– ***Pam and Elizabeth Jarrett Jefferson***



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The deAnguera Blog: Pilgrim Firs 2014



This last weekend I was with Welcome Table Christian Church (formerly Findlay Street Christian Church) at our annual retreat at Pilgrim Firs.

As you can see from the photo on the left we had a lot fun. I helped put a puzzle together.

On the right you can see our fellowship depicted as a beautiful work of art. The art piece was given to us by a fellow church member.

At this retreat we discussed our transitions. The two major ones are construction of our new sanctuary on Beacon Hill and our pastor's upcoming retirement.

We own the land on Beacon Hill and have removed the duplex that was there. We will begin construction of the new sanctuary next year. So far we have been worshipping at Mt. Baker Presbyterian Church. It will be wonderful to have our own space once again. The new sanctuary will also include two apartments.

Transitions can be difficult. Chad Blanchard showed us that transitions occur in three parts: Ending, Neutral Zone, and Beginning.

We are all spread between the three parts: Ending where the we stick with the familiar, Neutral Zone, an uncomfortable, confusing place, and Beginning where we embrace the new. I have to admit that as far as accepting our pastor's retirement, I am still in the Ending. I am eager about moving into our new space when it is finished. I also look forward to connecting with the folks on Beacon Hill.

We studied verses out of the book of Ecclesiastes and I was impressed by how Zen it felt. A book by a very wise king.

I loved canoeing on Lake Flora. I woke up about 6:00AM Sunday morning and observed the silhouettes of the surrounding forests reflected in the water. But when I finally got my gear, the day had brightened enough to cause the silhouettes to disappear. Still, it was a magical time for me. Sometimes the water would be still as glass. Then a breeze rippled across. I could rest noticing the shoreline drift by.

We had service in the central meeting area in South Lodge. The altar was in the center of a circle of chairs. Very powerful. We could arrange it all quickly. How different from sanctuaries with heavy wooden pews forcing us all to sit in rows.

We talked about our role as peace makers and reaching out to people around us, especially Moslems as the current conflict in the Middle East might cause them to become targets.

When I think of transitions, I especially think of the Goodenough Community transition. Today Colette is finally closing up her office at the Community Center. What's most important though is that we are still together. We still have something to offer the world. I am reminded of a Mennonite Church in Florida whose building was destroyed by Hurricane Andrew. The pastor said, "That's only the building. The anchor is solid." We can always get another house.



This is the location of our new church site at 14th Ave S. and South Bayview Street on Beacon Hill. I think the duplex is still showing. Amazing what you can do with Google Street View.

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This article is included again to serve as a reminder: Sending in your HRL evaluation is an opportunity to register what worked and what didn't work.

(Editor)

The importance of evaluation

Kirsten Rohde

We have received some post-Lab evaluations and I'm giving you a smattering of comments from these **as a way to encourage more evaluations** be sent. As you know "complaints and complements" about an event after it is done is very important for those of us who were involved in creating the event. It's important to know if intentions for this Lab were met as well as to hear about each person's experiences. We value knowing not only what was learned but also how the learning happened. What was effective and what was not so effective?

For example, here are some comments on the small groups:

- It was enthusiastic and supportive. Each person contributed, and from my experience, earlier in the game than usual
- Each of us offered ourselves in an incredibly self-revealing way around our individual issues in relating.
- Many "mirrors" to reflect back behaviors and attitudes
- Specific suggestions for ways to use the Lab community could have been more intentional.
- I asked for feedback in very specific areas and it worked for me
- When the leaders didn't do their own work, the group is held up. Equally there was appreciation for group leaders openly working out their co-leading experience in order to become more effective leaders in the group.

Appreciation was expressed for the overall community of Lab:

- The only good way to learn, at least for me, is in company with others. Lab provides that necessary context.
- I enjoyed meal times and after hours in the Swamp for providing chances to have good talks with someone else.
- The ritual we did on Monday about joining made a difference in my intention to learn.
- I liked the talking and provocation of new ideas around being an open hearted friend and I could always enjoy even more singing and dancing
- The telling of the “Prodigal Son” story was very effective, as it touched on so many aspects of conflict, on my own difficulties and on the different work that I knew was going on.

There is general appreciation of the leadership provided by John, Colette, and Dyanne as well as specific mention of others who spoke up, were supportive coaches or good listeners.

Comments about learning:

- Understanding my underlying attitude is important to learning how to be more friendly
- Making the decision to trust another in order to learn
- Understanding communication styles and ways to give and receive feedback is very important.
- Freedom is an inside job and needs a welcoming environment.

Please add your experience and critiques so that we have a more complete picture of the Lab experience. The community planning group begins talking about next year’s Lab this fall and we do take all feedback to heart. **Thank you!**



Are People Happier Living in Community? The FIC Wants to Find Out

Laird Schaub

FIC Executive Secretary

The FIC is teaming up with researchers to try to answer this question.

The FIC is teaming up with researchers [Bjorn Grinde](#) (chief scientist with the Norwegian Institute of Public Health), [David Sloan Wilson](#) (distinguished professor of biology and anthropology at SUNY Binghamton), and [Ian MacDonald](#) (PhD student at SUNY Binghamton) to **try to answer this question by going straight to the source: asking people living in intentional communities what they think.**

To accomplish this, we are **inviting all adults living in intentional communities to participate in**

a study that can be completed online in about 25 minutes. With the idea that communities may have something important to teach the mainstream, the research will attempt to measure to what extent the quality of life has been enhanced by living in a community.

As scientists who study communities of all sorts—including businesses, volunteer organizations, congregations and urban neighborhoods—the researchers are especially interested in how the organization of social groups influences the psychological and physical wellbeing of members. Intentional communities, they feel, offer an ideal opportunity to study these important topics.

Our hope is that the results will benefit your community, the Intentional Communities Movement, and the general public. We all wish to learn how to improve quality of life.
Here's how it will work:

- Interested communities should **contact Ian MacDonald** at imacdon1@binghamton.edu
- They will be provided with a **link to an anonymous survey**.
- The survey contains questions about life satisfaction, community organization, social relations, and general well being.
- As **an incentive**, every community member who participates will earn their community an **entry into a lottery** (1st prize is \$3,000; 2nd is \$2,000; 3rd is \$1,000). Winning communities will be announced and contacted after the survey is finished. (*Let's win one of these! Colette*)

This project is supported by a **grant from the John Templeton Foundation**. If you have questions about the project, please contact Ian MacDonald at imacdon1@binghamton.edu.

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Lauren Perler arrives in Senegal

Bruce Perler (aka Uncle Bruce)

Yesterday my niece Lauren arrived at the Peace Corps training center in Dakar, Senegal. She'll be spending the next 9 weeks there in training for her two year service. As you can see in the picture, she's practically glowing.

I'm so proud of her and so enjoying this time with of life with my brother and my family. What a joyful thing to help our children out into the exciting world that becoming theirs!



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EVENTS OF INTEREST

Third Age Gathering, Friday, October 3

"Old age is ready to undertake tasks that youth shirked because they would take too long." *W. Somerset Maugham*



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life.

In the Goodenough Community the theme we are working with this year— begun at the August Human Relations Laboratory—is "Talking Things Through." To me this is natural continuation of the theme we began to explore last spring: "Stories We Tell." We look forward to another rich evening of story and conversation as we next get together on **Friday, Oct. 3**, at the home of Phil, Joan, Barbara, and Jim in West Seattle. As usual, we'll start at 6 p.m. with potluck supper. We'll provide a main dish. Please bring a side dish or dessert to share and beverage of your choice. An RSVP is always helpful at the phone number or email address below.

Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com.

"Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance."

— Yoko Ono



Harvest Weekend, October 31 to November 2 (NEW DATE)

This year, our apples are ripening early! In fact, we've decided to hold our harvest weekend on October 31 to November 2. While some trick or treaters may not be able to attend, there will be cider-making and lots of applesauce as well as good meals. Feel free to join for the day or overnight. Email hoff@goodenough.org with your plans.

Bite O'Fall

Elizabeth Jarrett-Jefferson

Birthdays - Have a wonderful day, everyone!

- September 27 - Sadie Scott
- September 29 – Cherste Nilde
- September 29 – Claudia Roach
- October 1 - Richard Kenagy
- October 2 – Sophie Hoff
- October 2- Eric Sieverling

Humor Department

Autumn is a season for big decisions -- like whether or not it's too late to start spring cleaning! Autumn -- time to drag out your winter clothes and see what kind of summer fun the moths had.



Painting the Church

There was a Scottish painter named Smokey MacGregor who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further.

As it happened, he got away with this for some time. Eventually the local church decided to do a big restoration job on the outside of one of their biggest buildings.

Smokey put in a bid; and because his price was so low, he got the job.

So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with turpentine.

Well, Smokey was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down, washing the thinned paint from all over the church and knocking Smokey clear off the scaffold to land on the lawn among the gravestones, surrounded by telltale puddles of the thinned and useless paint.

Smokey was no fool. He knew this was a judgment from the Almighty, so he got down on his knees and cried,

"Oh, God!
Oh, God, forgive me!
What should I do?"

And from the thunder, a mighty voice spoke,

(wait for it)
(you're going to love this)

"Repaint!
Repaint!
And thin no more!"

Contributed by (none other than) Tom James

The Goodenough Community:

Cultural Programs & Events in 2014

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

Third Age Gathering, Friday, October 3

Joan Valles

**"Old age is ready to undertake tasks that youth shirked
because they would take too long." W. Somerset Maugham**



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

"The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job."

--Thomas Hardy

Women's Culture, Upcoming Next Gathering, Saturdays: November 14



Saturday, November 14

10:00 a.m. – 2:00 p.m.

We will meet at the home of Rose Buchmeier:

9033 13th Avenue SW

Seattle, WA 98106

For directions, call Rose: 206 764 0193

The Conscious Couples Network presents: An Evening for Committed Couples



November 13

We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples.



Mark your calendars for 2015!

Human Relations Laboratory

August 9 to 15, 2015

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 Kitsap Peninsula

Family Enrichment Network Parent Group

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

True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. This event has more than 25 years of history and is set early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and commences at 7:00pm. Kirsten Rohde will be our host and guide.

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot-tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **7th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: krohde14@outlook.com, bruce_perler@hotmail.com, elizabeth.ann.jarrett@gmail.com

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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. **Call John (206 963-4738), Colette (206 -755 8404). We're continuing to use the office at 2007 33rd So in Seattle.**

A SIMPLE EXPERIMENT WITH PROFOUND RESULTS

(Continued from page 7)

It Accesses Your Deepest Knowing

And I'll let you in on a little secret. Acting as if is actually a trick to get you to connect with your inner intelligence, the wisest you who already knows how to be free and happy.

If you're feeling inadequate, how do you know how to act as if you're confident? Where did that information come from? What a surprise to realize that something in you already knows how to let go of inadequacy and be your full confident self. The prompt to act as if is a bit of a sneaky way to guide you into sanity and clear seeing. It takes you out of your limited, programmed ways of being and delivers you right into the vast potential that is always available to you.

If you've been sitting around waiting for life to bring you what you're hoping for, you might want to experiment with acting as if. Rather than wishful thinking, investigate to see if what you want might already be more of a possibility than you ever imagined.

Your Turn to Act As If

Here are some suggestions. Choose one or more of these, or come up with your own. Reflect on what it would take to act as if and experience it deeply in your mind, heart, body, and spirit.

Get out of your chair, and make it like you're auditioning for the role of your life. Because you are. When you act as if, you're shedding ideas about yourself that aren't true and inhabiting the expansive potential of you.

Act as if: you're wise.

If you were wise, what would your thought process be like?

How would you make decisions?

What would you do when things don't go as planned?

Act as if: you care about yourself.

How would caring about yourself play out in your thoughts, actions, choices, and emotions?

What would you do if you were in a situation you knew wasn't right for you?

What would your daily life look like?

Act as if: you're ready for healthy relationships.

Who would you choose for your partner and your friends?

Which of your relationships would need to end?

How would you show up with others?
What would you think about?
What would you do when you feel scared or angry?

Act as if: you're free of the pain from your past.

Without being held back by your past, what would you do differently in your life?
What would you stop doing?
How would you relate to strong feelings that arise in you?

Act as if: you're so much bigger than your imagined limits.

How would you feel in your body?
What would you do with limiting thoughts?
How would you know what actions to take?
How would you relate to other people?

Back to Basics

You may be an expert at acting as if you're miserable, disappointed, and ungrateful. But what if you made a different choice? I love acting as if because it immediately busts the false identities that hold you back. Maybe you can entertain the possibility that you're already whole, healed, and totally fabulous. Maybe you are way more knowledgeable about being fully alive in your life than you ever imagined.

Act as if the light of universal presence shines through you—because it does. Act as if you're capable of making wise choices—because you are if you're willing to be honest with yourself. Act as if you don't let fear get in your way—because who you really are is way bigger than fear.

What happens to all those self-imposed limits you thought you were stuck with? They miraculously dissolve, and here you are, with a sweet, knowing smile on your face.

<http://gailbrenner.com/2014/09/a-simple-experiment-with-profound-results/>