

August 26, 2015

Colette Hoff, Editor

Simplicity



Simplicity is the state or quality of being simple.

Something which is easy to understand or explain seems simple, in contrast to something complicated. Alternatively, as Herbert A. Simon suggests, something is simple or complex depending on the way we choose to describe it.^[1] In some uses, the label "simplicity" can imply beauty, purity, or clarity. "Simplicity" may also occur with negative connotations to suggest a deficit or insufficiency of nuance or of complexity of a thing, relative to what one supposes as required.

Upcoming Events

Labor Day at Sahale, Sept 4 to 7

Community Development Weekend, Sept
11 to 13

Third Age, Sept 18

Women, Sept 19

See the last two pages of this eView
for additional announcements about
our fall program

I do believe in simplicity. It is astonishing as well as sad, how many trivial affairs even the wisest thinks he must attend to in a day; how singular an affair he thinks he must omit. When the mathematician would solve a difficult problem, he first frees the equation of all incumbrances, and reduces it to its simplest terms. So simplify the problem of life, distinguish the necessary and the real. Probe the earth to see where your main roots run.

— Thoreau to H. G. O. Blake, 27 March 1848

→|→|→|→|→|→|→|→|

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

Tis A Gift to Be Simple

Colette Hoff

In thinking of simplicity the following song comes to mind.

"**Simple Gifts**" is a Shaker song written and composed in 1848 by Elder Joseph Brackett. It has endured many inaccurate descriptions. Though often classified as an anonymous Shaker hymn or as a work song, it is better classified as a dance song.^[1]

The song was largely unknown outside Shaker communities until Aaron Copland used its melody for the score of Martha Graham's ballet *Appalachian Spring*, first performed in 1944. Copland used "Simple Gifts" a second time in 1950 in his first set of *Old American Songs* for voice and piano, which was later orchestrated. Many people thought that the tune of "Simple Gifts" was a traditional Celtic one but both the music and original lyrics are actually the compositions of Brackett. "Simple Gifts" has been adapted or arranged many times since by folksingers and composers.^[4]

"Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity"

"Simple Gifts" was written by Elder Joseph while he was at the Shaker community in Alfred, Maine. These are the lyrics to his one-verse song:

'Tis the gift to be simple, 'tis the gift to be free
'Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
'Twill be in the valley of love and delight.
When true simplicity is gained,
To bow and to bend we shan't be ashamed,
To turn, turn will be our delight,
Till by turning, turning we come 'round right.^[5]



Several Shaker manuscripts indicate that this is a "Dancing Song" or a "Quick Dance." "Turning" is a common theme in Christian theology, but the references to "turning" in the last two lines have also been identified as dance instructions.^[1]

Themes for Future eViews:

September 2: Order
September 9: Wisdom
September 16: Faith

Simplicity parenting, a growing movement, is another way to explore simplicity.

About Simplicity Parenting

Kim John Payne

Imagine your life... with a sense of ease as you begin to limit distractions and say no to too much, too fast, too soon.

Today's busier, faster, supersized society is waging an undeclared war . . . on childhood.

As the pace of life accelerates to hyperspeed – with too much stuff, too many choices, and too little time – children feel the pressure. They can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now, in defense of the extraordinary power of less, internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need, allowing their children's attention to focus and their individuality to flourish.

Based on over twenty years' experience successfully counseling busy families, Simplicity Parenting teaches parents how to worry and hover less-and how to enjoy more. For those who want to slow their children's lives down but don't know where to start, Simplicity Parenting offers both inspiration and a blueprint for change.

Give Simplicity a try. <http://www.simplicitylearning.org/default.aspx>



'Embrace simplicity....Be content with what you have and are, and not one can despoil you.'

~ Chris Prentiss ~



Special Announcement, Consider:

September 11 to 13

Where does lab come from?

Colette Hoff

Lab originates each year through the initiation of the Goodenough Community Leadership Council. Each year the Council digs into themes and issues that are currently in our shared life.

We need a good talk about what we want from the community and what we are willing to offer in organizational support. How should we shape the future of the Goodenough Community?

And, most importantly, **we are looking for new members to join the Goodenough Community Council.** We intend monthly Council meetings with some committee meetings through the month.

We are proposing using the weekend of **September 11 to 13** with this plan:

The current **Leadership Council will meet on Friday evening at 8:00 p.m. at Sahale and 10:00 a.m.** Saturday morning will include all who are interested in joining this group of leaders. Perhaps you are willing to serve in a role, have interest in a board, and want to make sure that the lab continues in the years to come. The weekend will close at 3:00 on Sunday Sept 13.

simple is
beautiful.

OPPORTUNITIES

September is the start of a new programmatic year in the Goodenough Community. The following events and on-going programs are intended to enable connection and continue the work of human development.. You may also find additional dates for programs and events on the last two pages of this eView.

CORRECTED DATE

Labor Day Weekend at Sahale, Friday September 4 to Monday, September 7.

All are welcome to come play, relax, and enjoy the Swamp. Creativity encouraged. Please email Colette at hoff@goodenough.org to register when you will be arriving, when you will be leaving, and how many in your party. As always, snacks and beverages to share are most appreciated.

Pathwork, A New Season Begins, Sunday, September 20

Sunday September 20 we are **inviting all interested** to participate in a “**Pathwork Process**,” a process of sharing our own faith journeys and problems with 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 meets at the Community Center at 3610 SW Barton St.

Meditation is Not Day-Dreaming, A Quiet Retreat

On the weekend of **October 2 to 4, 2015**, we will be presenting a weekend to support your spiritual practices. We will be reviewing elements of spiritual practice with an emphasis on the importance of quieting the mind. A variety of meditation experiences will be offered, including walking, small groups, individual, observing the natural world as well as the use of quiet and rest.

You might want to attend this workshop if:

- You are carrying a burden in life,
- Worried about something in your future,
- Working with your emotional life
- Tension and stress
- Desire to learn to meditate
- Appreciate group meditation



John and Colette Hoff are offering this workshop; John has taught meditation for decades and Colette is requesting John to bring his knowledge about meditation and prayer to this workshop. Participants will be invited to imagine more serious and spiritual life for themselves.

The workshop will be at Sahale Learning Center beginning at 6:30 p.m. Friday evening and concluding at 3:00 pm on Sunday, October 4.

Cost: While there is a sliding scale, the suggested donation for the workshop is \$200.00 including room and board as well as learning materials. This event is sponsored by Convocation: A Church and Ministry an interfaith Church that supports the work of the Goodenough Community.

Confucius

Life is really simple,
but we insist on making
it complicated.

A Relationship Group

Beginning on **Tuesday, September 22 at 7:30 p.m.**,
Community Center at 3610 SW Barton St.

This group is intended for **anyone** (being a couple is not required) seeking to improve relational abilities and deal with old attitudes about relating. There will be an intellectual exploration of the nature of relationship and the skills required. The interactions of the group are a source of learning and improves skills.

Let us know (John and Colette Hoff hoff@goodenough.org) that you are interested in a relational / educational counseling approach to personal development.



A SIMPLE HELLO
COULD LEAD TO
A MILLION THINGS.

Creativity Weekends at Sahale

Kirsten Rohde

At the Human Relations Lab this year there was much enthusiasm about finding more times to get together and explore creativity – music, art, movement, poetry, drama, writing, quilting, and more. Musicians are especially eager to get together and play more; artists and quilters enjoy the company and sharing with each other, and so forth. I for one want to learn, again, to play my violin with others and I love doing art with others. (I also have a shy interest in learning to write and recite poetry.)

Therefore we have scheduled three weekends in the fall at Sahale for anyone to come for a creative time together. Open to all. A donation to help with the cost of food is suggested.

Here are the weekend dates (in addition to labor day weekend):

September 25-27

October 9-11

November 13-15

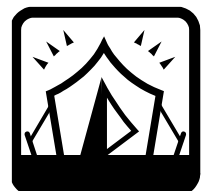
Please contact me for more information or to RSVP about any of these weekends.

krohde14@outlook.com

206-719-5364

Creativity is
contagious,
pass it on
Albert Einstein

Another Opportunity to Serve

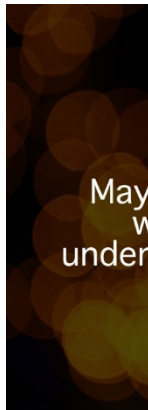


On the weekend of **September 25 to 27**, we will be taking down the big white tent at Sahale.

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". Please let Norm Peck shkwavrydr@aol.com know if you can come.



Save these Dates: Two decade birthdays

Sunday, September 20:

A Celebration of Mike deAnguera's 60th Birthday!

November 15: Celebrating 80 years with Jim Tocher

To be held at our Community Center
3610 SW Barton St. Seattle



The deAnguera Blog: Cancerversary 2015





Can you believe it! Sam Staatz has been a cancer survivor for 16 years! You can see from the photo on the left that he is very happy about it. So happy he decided to throw a party – the 16th one to date. This has been a great way for me to get to know Sam and learn his story.

We all missed Chloe, the feline matron of the place. She died some time ago so this is the first party without her. The place will never be the same without Chloe calmly observing everything.

It's incredible the work that goes into making the party happen. Setting up the grill and getting the food ready. The party itself went from 12 noon to midnight. Now that's what I call dedication. This year's party was held at Hal and Hollis's place on Mercer Island. It was not just for Sam but also for his brain tumor support group.

The members of the support group had many stories to share with each other. One couple stood out for me. Mohammed and his wife Fatimed, originally from Iran live next door to Hal and Hollis. They had left the country shortly after the revolution and raised their kids in the United States. Hal first met them while helping them out with car problems. Now Fatimed is a member of Sam's brain tumor support group.

A support group is important in meeting life's challenges such as cancer. I am not strong enough to meet such a challenge alone. In my case the Goodenough Community has served as a support group helping me with my transition to a different way of life. I would not have known what to do without the Community.

In the past the church has served as my support group while I was in the Navy. There I found sailors like me seeking a place away from the rough ways of sailor life. The Service Home in Norfolk was also my first experience of community. We felt like family. This was something I wanted more of but had difficulty finding elsewhere until the Goodenough Community.

The norm in the outside world is isolation for individual people as well as families. I suppose that may have something to do with how we earn our living. Support groups can help one overcome social isolation. The more we share, the stronger we become.

I believe our support for Barbara Brucker made a huge difference in her life as she confronted her brain tumor. Now she is well and definitely enjoying life once again.

Members of support groups learn the importance of sharing stories. Stories are what make our lives worthwhile.



Tod Ransdell doing what he does best: making burgers. Here he is making me a double cheese burger.

simple is beautiful.



The guy on the lower right of this picture is Gabe Harshman son of Chris and Dyanne and a much respected staff member (on an occasional basis) at Sahale. In fact, quite a group from our community was at Gabe's recent concert last Friday evening. All reported a marvelously, entertaining experience and they had great admiration for Gabe!

News from Members and Friends

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries & Special Announcements

- Happy birthday, Cally Fulton – September 1st.

News from Sheila Hosner

Hello all,

Many, but not all, of you know that I am in Uganda doing volunteer public health work. I have been here about a month and will be staying six months to a year. Here is my first letter home. I hope you enjoy it!

Emails are appreciated and always welcome! [ed: Sheila's email is breadpudding@aol.com]

love,

Sheila

Dear Friends and Family,

August 8, 2015

I have written or talked to some of you, but not all, so here is an update about my adventures in Africa to everyone at once.

I arrived in Entebbe, Uganda on July 8, after a 25-hour transit starting in Los Angeles with stops in Dublin, Ireland and Addis Abba, Ethiopia. I forgot to tell the guesthouse where I stayed in Entebbe my arrival time, so had to wait a bit to be picked up, but was eventually collected by a warm and welcoming Anna, the owner/manager of the African Roots Guest House. I can't tell you how good it is to have someone know your name and welcome you after such a long journey to a place you have never been.



I gave African Roots a 5-star rating on Trip Advisor. It was spotlessly clean, charming, well located, and Anna and her staff treat you like royalty. I stayed three nights and it was definitely a good respite as I dealt with jet lag and went through the inevitable "what have I done?" phase. Anna made sure I got the best rate for money exchange, helped me buy a local phone and mobile Wi-Fi unit, and took me to Nakumatt (an African supermarket) for last minute purchases. If you are ever passing through Entebbe, I highly recommend African Roots.

While at African Roots, I met several people who

reminded me why international work can be so interesting. A Tunisian man was working for the UN in the Democratic Republic of Congo in "peacekeeping", a retired Canadian military officer was a logistics officer with the UN in Sudan, and a South African



agriculture specialist was working in Tanzania with farmers growing crops for beer production. And, in the airport on the way to my final destination, I met a man who is working on climate change with the people at the UN Environment Program in Geneva I worked with in 2004. Meeting that last fellow was really small world stuff.

So what am I doing? I am working for Bwindi Community Hospital (BCH), in southwest

Uganda, managing two small programs that do crowd funding for medical care for the very poor. Since the majority of people in this rural area of Uganda are poor by western standards, people who qualify for these programs are very poor by local standards. BCH (www.bwindihospital.com) is just down the hill from the Bwindi Impenetrable Forest where the Ugandan mountain gorillas live. One program is Kangu (www.kangu.org), which funds prenatal care and hospital deliveries for at-risk mothers and the other is Watsi

(www.watsi.org) which funds operations and medical care for

adults and children. People are identified by hospital staff who fit the programs and I interview them (along with a translator), explain the program, and if they agree, take their picture and post a profile online. Right now I have ten mothers profiled on Kangu and one infant for pediatric malnutrition on Watsi.

One thing that is hard about administering these programs is that people need to be profiled before their treatment starts. In my short time here, I have found that by the time they come to the hospital, the situation has often become an emergency and immediate attention is needed. I am trying to team up with the community outreach workers who visit the surrounding villages regularly. That way we can identify prospective clients early. But to do that, I will have to fund raise for a two-seater motorcycle, so the outreach workers can take me along. Right now all they have are single seat motorcycles. So, beware, I may be hitting you up for money!

I am also starting to work one day a week with the Batwa Development Program's Women's Center (www.batwaexperience.com/programs). They are looking for new projects and I have contacted an organization call "Sole Hope" (www.solehope.org) which has developed a simple, inexpensive shoe that can be made by local tailors and seamstresses. The shoe protects feet from "jiggers" - sand fleas which burrow into the soft tissue of the feet, lay eggs, and multiply. It is a huge problem in sub-Saharan Africa; feet can become severely infected making it difficult to walk to school or work. We are hoping the organization could train the Batwa women (who are seamstresses) to make the shoes.

I am really impressed with the people I work with at the hospital. Very dedicated. The focus is on public health and disease prevention. The hospital has an extensive outreach program where a



team of workers go to the surrounding villages every day and do health education and work with the Volunteer Health Teams. Consequently, the admission rates for preventable diseases, such as HIV/AIDS, have dropped dramatically over the last several years.

Several innovations have also started here, such as the Waiting Mother's Hostel, where expectant mothers can come early and await the delivery of their baby. Some come as much as a month early. Many women live in very isolated villages, so travel to the hospital for delivery over dirt roads is difficult. This creates a great margin of safety where the women are at the hospital early in case of emergencies.

Where do I live and what do I eat? I am living in the guesthouse system owned by the hospital. It is primarily for volunteers. The hospital provides separate housing for doctors and some other staff. A young American couple with two kids manages the guesthouses. Volunteers come and go and not all stay in the hospital guesthouses. Right now there are a few others in town: a doctor from Great Britain, two Canadian researchers, a couple from the States, and a few others. For relaxation, sometimes we go to one of the very expensive lodges in the area for a beer or a nice meal. They give volunteers a break on the prices.

Right now I am staying in Upper Gorilla House, so named because it is right outside the gates of the Bwindi Impenetrable Forest where the mountain gorillas live. Sometimes the gorillas leave the forest (they don't pay attention to signs!) and wander by our houses. In fact, the gorillas came by the other day. Here is a picture my neighbor took on her iPhone. I didn't see them, but they pooped in my driveway! I have seen gorilla poop!!!

Meals are served at Monkey House, so named because monkeys run across its roof. I walk down the hill about 2km to Monkey House, then to the hospital, then back up the hill every day. The food is simple, but good. Fresh fruit and eggs in the morning, a hot lunch and a hot dinner. I have been talking recipes with Brian the cook.

I spent the other day driving on dirt roads to a remote Batwa village and thought "what an amazing experience!" It is not always easy and I am lonely at times, but I am satisfying a long held desire and growing every day. Emails, Skypeing, and FaceTime are much appreciated and welcome!

Much love to all,

Sheila



Yet Post Card from HRL 2015

Jenny Goodwine's Postcard:



"Wow. What just happened? Did I just bare my soul to tens of strangers, belly cry in the arms of them, dance and sing my ass off in front of them, and let myself dig that much deeper into life?"

Who am I? I can honestly say that I can answer that question more accurately having spent that week with all of you. Then again, I find that the more I know, the more I realize I don't know. In a very, very good way. I have so much more digging to do. I don't even know Who I am, but I really know that I'll love her when I find out.

I've never been in a group that learned my name so fast. I never watched my emotions plummet and soar so drastically and quickly. I continue to be amazed at how easy you all are to become family with.

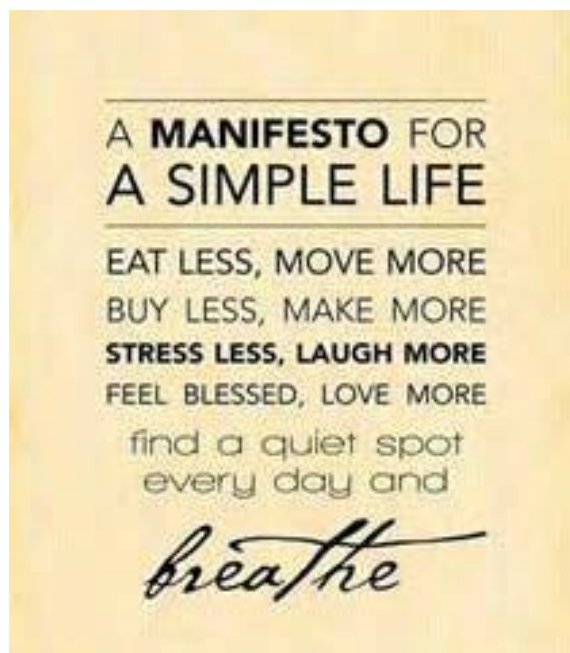
Like, what? Like you are equally able to hold me while I touch the darkest parts of myself, as the most light-filled parts.

I want to thank all of you. In my life, there are parts of myself that I have rejected. Dark areas that I preferred to ignore, or didn't even know to look at. Yes, I am Light, and have been called that often, but I honestly can't stand in the fullness of mySelf without addressing the dark messes that I have inside of me. It is truly an honor to watch those wounds in me arise, so that I can tend to them, talk with them, be with them, and work with them to become a more integrated, holistic, embracing-of-all-things-including-the-"darkness" Light to the world. I cannot be truly helpful if I am rejecting what I fear in myself, and thus in others. I want it all. I want it all. Come at me, Life.

I accept my learning, and I wholeheartedly want to learn ALL OF IT! I am not afraid. (I mean, I am, but..)

In love, respect, honesty, integrity, and nudity,

Jenny



Cultural Programs & Events in 2015

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

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

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

■ Colette Hoff

Programs & Events:

Third Age Gatherings

The Conscious Couples Network

Family Enrichment Network

The Men’s Culture

Women’s Culture

Human Relations laboratory

Sahale Summer Camp

Third Age Gathering

Joan Valles

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

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



Third Agers will meet at the Community Center in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning Joan at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women’s Culture



Hollis Guill Ryan

In September we began a new year in the women’s culture, a year of exploring our journeys as women on “The Path of Freedom.”

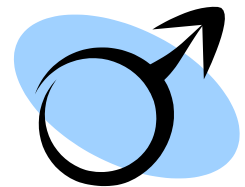
As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share

lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: Saturday, September 19; October 24; and November 24.

Men's Program

Theme: Friendship among Men



The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as “are there characteristics of sound maleness that should be lifted up and taught to other generations of men?” The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men's group and here is an announcement from him about a planned weekend this fall. -JLH

Men's Gathering Weekend at Sahale - Save the Date, Friday October 23 to 25

Mark your calendars for **October 23 - 25**, Friday evening through Sunday afternoon and consider men friends of yours you'd like to invite. We'll be continuing with the theme from Lab 2015; The Path from Stuckness to Freedom.

Personally I'm finding this is an excellent focus for my own development work as a man.

Please join me for a weekend of good conversation, work together time and enjoying the beauty of Sahale in the fall. Warmly, Bruce Perler RSVP to bruce_perler@hotmail.com
Goodenough Community Men's Culture



Save the date:

Saturday, December 5, 2015

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 **6:00pm**

Kirsten Rohde will be our host and guide.

Lab 2016:

Human Relations Laboratory

August 7 to 13, 2016

Sahale Learning Center

On the Kitsap Peninsula near Belfair

www.goodenough.org (360) 275-3957



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.

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

