



The Village eView

October 25, 2017
Colette Hoff, Editor

Coming Up:

Third Age, November 3, 7:00 PM

Women's Gathering, November 4

Pathwork, November 5

Council, November 6

True Holidays Celebration, December 2

proc·ess¹

n. pl. proc·ess·es

1. A series of actions, changes, or functions bringing about a result: *the process of digestion; the process of obtaining a driver's license.*
2. A series of operations performed in the making or treatment of a product: *a manufacturing process; leather dyed during the tanning process.*
3. Progress; passage: *the process of time; events now in process.*

"When I am thus able to be in process, it is clear that there can be no closed system of beliefs, no unchanging set of principles which I hold. Life is guided by a changing understanding of and interpretation of my experience. It is always in process of becoming."

— Carl R. Rogers, *On Becoming a Person: A Therapist's View of Psychotherapy*

Carl Rogers wrote of human beings as becoming and an essay is included in this eView, titled **Carl Rogers: The Flow of Becoming a Person**. Rogers calls life a flowing, changing process always becoming. Some quotes by Carl Rogers are also included. The theme of this issue was chosen to introduce the results of our weekend for visioning when we learned a great deal about process. Kirsten presents an article describing her perspective of the weekend and Bruce adds his impressions. Mike adds his thoughts about process. And we have sad news this week.

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

Goodenough Community Visioning Weekend

Kirsten Rohde

A weekend at Sahale, sponsored by the Community Council – what a great demonstration of a community in transition! I’m thankful to all the people who came – the living room was a perfect size for our circle. At the Council planning meeting before we began, we talked about wanting to be more intentional about the purpose of a circle; a place where everyone can see each other and there is an agreement of equality within the circle. While some of us planned the weekend (Colette Hoff, Hollis Ryan, Tom George, Marjorie Gray, Elizabeth Jarrett-Jefferson, Barbara Brucker and myself) we also wanted to look at avoiding some old patterns. Singing a new song led by Deanna Turner (Drai), reading the Covenant in a different way, being intentional about having a center altar for each to put an object to express our intention for the weekend.

With an empowered circle, we experienced newer members of the circle expressing their desire to change the planned direction of discussion at times. For example, some people suggested that a planned review of the systems of organization within the Goodenough Community did not fit well right after a time of brainstorming visions. It could take us away from continuing with visioning. The resulting all group discussion about how to proceed was lively to say the least and resulted in a good plan that we could all agree to.

I could see our covenant in action: trusting the good intentions of each other, and staying constant in conflict for example. Some words for this experience as we reviewed it later were: not taking things personally, trusting the process, choosing positivity, allowing discomfort and still staying in the conversation, responding rather than reacting, everyone chimed in, leadership allowed push back about a planned process and also didn’t “solve” it with another proposal, allowing the experience of the group working together for a new plan.

In order for our community to continue into the future, newer people with new ideas are part of what is necessary for sustainability. Some of us who have been around a long time are responsible to bring forward what we value about our long-standing community and we are getting good training about being open to new ideas and ways of doing things.

All told we have a prioritized list of visions and have met in several teams to further explore some specifics: technology and website; entrepreneurial possibilities; outreach and marketing; governance and the Council. The outreach group also discussed a planned workshop at Sahale in the spring on governance in communities. There will be more about this workshop in future



eViews. It is timely for us as it will be a training in a new method of community governance that empowers everyone to share in community processes.

Other items covered this weekend were a good discussion of caring for elders in community and affirming a proposal to bring on a new staff person for Sahale. More on these specifics will come in future eViews.



a person is a fluid process, not a fixed and static entity; a flowing river of change, not a block of solid material; a continually changing constellation of potentialities, not a fixed quantity of traits."

~ Carl R. Rogers, On Becoming a Person: A Therapist's View of Psychotherapy

Postcard from GEC System visioning weekend

Bruce Perler

It was all about the group! The 20 plus gathered vision-ers were at Sahale to make it so. Nothing was going to dissuade this gathering of passionate community folk from getting to their purpose, refreshed vision and priorities leading to goals, teams and next steps. There were moments of confusion, a few process hiccups, some inevitable stress, and lots and lots of creativity, energy and sticktoitiveness

Just because the
process hurts
doesn't mean the
results won't be
beautiful.

- Unknown -
livelifehappy.com



Carl Rogers: The Flow of Becoming a Person

by John Folk-Williams

An excerpt . . .

Carl Rogers summarized what he had learned about his own process of becoming a person in an essay entitled "This is Me," found in **On Becoming a Person**. This discussion helps illuminate the beliefs he gained from experience about effective change and acceptance of one's self.

He concluded that paper with a brief statement on his view of what life at its richest can become: "a flowing, changing process." This essay, among many others he wrote, has resonated so deeply with me that I wanted to devote this post to a few key passages providing a glimpse of his ideas.

As he said of what he had come to understand and believe, these learnings were not fixed but changing.

...I believe they became a part of my actions and inner convictions long before I realized them consciously. They are certainly scattered learnings, and incomplete. ... I continually learn and relearn them.

- **Life, at its best, is a flowing, changing process in which nothing is fixed.**

To experience this is both fascinating and a little frightening. I find I am at my best when I can let the flow of my experience carry me in a direction which appears to be forward, toward goals of which I am but dimly aware.

In thus floating with the complex stream of my experiencing, and in trying to understand its ever-changing complexity, it should be evident that there are no fixed points. When I am thus able to be in process, it is clear that there can be no closed system of beliefs, no unchanging set of principles which I hold. Life is guided by a changing understanding of and interpretation of my experience. It is always in process of becoming.

... I trust it is clear now why there is no philosophy or belief or set of principles which I could encourage or persuade others to have or hold. I can only try to live by *my* interpretation of the current meaning of *my* experience, and try to give others the permission ... to develop their own inward freedom and thus their own meaningful interpretation of their own experience.

Carl Rogers

for entire article, go to <https://www.storiedmind.com/recovery/process-becoming-person-carl-rogers/>



**Forgiveness is more of a process
than an event.**

Community News

My Dad

Pamela K. Jefferson

My Dad, Keith Jefferson, was 87 years old when he passed away on October 16. Here's what I'd like you to know about him and how I remember him.



I learned on my 30th birthday that my Dad was in the delivery room when I was born.

What a trendsetter! That wasn't done in 1960. When his three daughters each turned 13, he wanted to acknowledge it was the beginning of womanhood. When it was my turn, he took me to the Space Needle for dinner and then we went to see the Sound of Music at the 5th Avenue theater. I still remember my outfit which was more girl than woman! When he introduced my sisters and I, he'd say this is my brown-eyed daughter (Laurie), my blue-eyed daughter (Debbie), and my green-eyed daughter (me). I have a little brother and he did his best to interact with him. Fortunately, for both, they didn't do the difficult father/son thing.

So many of the things my Dad provided for us he never had. When we lived in Arizona we had been asking for a pony and the house lived in had a corral out back. He surprised us with a Shetland/Welsh pony named Goldie at Christmas. Oh, the stories I could tell you about the adventures on that ornery animal! And, the way he thought, each of his four children should have their own, so the corral eventually held 4 horses of various sizes and colors.

He took parenting seriously so at dinnertime, when his children were in their teens, we'd get daily lectures, I mean lessons, of the perils in the world we were to avoid such as smoking, drinking, drugs and premarital sex. You can imagine the resistance he received so my Mom eventually told him to give it a rest.

He was so disappointed when his little children quit running to him when he got home from work. I'd go for a walk with him after dinner all the while skipping next to him just to keep up as he'd walk off the day. I remember thinking he reminded me of Atticus Finch. When we were teenagers he'd tell corny jokes, and enjoy it immensely when we'd roll our eyes and groan. He was super proud of me when I made the winning basket in a high school basketball game. He loved playing basketball and did in high school and college. He expected us to go to college, grow up, and be good people. He was smart, well-educated and a handsome guy. He was my Google before it existed.

Family meant everything to him. When my sisters each divorced he stepped up to make sure there was a man in his grandchildren's lives. He loved us and we knew it. Well, the exuberant "good morning!" and hug every day when I was a hostile teenager was a little hard to take. In my mid-twenties, I called him at 10 o'clock at night to come and kill a big spider that was in my apartment. He did it willingly, no questions asked. I'm sure I let him down in ways over the years but he never said so.

He was always a bit of an absent-minded professor type which made it difficult for us to see him slipping into dementia the last few years. It was hard to watch him change from the "happy Swede," as my Mom called him, to a stubborn and confused guy. We've been grieving the loss of him for a while now.

His immediate family was with him when he passed and I'm sure, he was pleased. For him, it was always about being together as a family. I will miss my Dad. I feel fortunate to have had him as my father. I'm better for it.

Pam, we wish you and your family our thoughts and prayers for your grieving process and indeed it is a process with ups and downs. Lots of love from your "goodenough" family!



The spiritual process has always
been referred to as a journey -
constant change.

Jaggi Vasudev

Sending love to the Smith-Zebold family

We are so sad to share that Susan Smith, Liz Zebold's mother and grandmother to Brynn and Ari is quite ill in the hospital. Liz is helping a great deal, spending time at the hospital and being with her dad. While Susan is not receiving visitors or calls, Liz would appreciate calls and text messages giving her the support she needs in addition to our thoughts and prayers,

Liz, cell: 360-319-8941

Blessings to you and your family, Liz from your community friends.





The deAnguera Blog: Process



garden and now it is being covered with dirt. Step by step the garden in front of Potlatch is in the process of being transformed.

A process involves time. Whenever anyone of us does a task, a process is always involved from start to completion.

Likewise during the weekend, we went through a process of dreaming and conceptualizing what we wanted. That process is still not complete but at least now we are underway. One day we will start to see stuff emerging from this weekend.

All of life is a process from birth to death.

How do our five senses process the input they are getting? Am I really just seeing a series of images coming into my brain appearing as a full movement? Movies work that way. Am I processing the equivalent of a movie with my 5 senses? What proof do I have that all of "reality" is anything more than a continuous stream of data coming into my mind? Where is that data coming from?

My brain is not my mind. Rather my mind is like the driver while my brain is the car. My mind is using my brain and body to process the data it is receiving. Rather like film going through a movie projector.

I once had the chance to go into the projector room of the Admiral Theater in West Seattle. A number of projectors were lined up. One of them had a film with a series of pictures on it. The film was fed through the projector shooting pictures onto the screen at such a rapid rate that the mind is fooled into believing it is watching a motion picture. I suspect the same is true for the sound. The Admiral Theater is one of a few theaters left still showing reel to reel movies.

A dream is conjured up in our minds. It is pure energy. We are pure energy. That is our true nature. Energy makes up our bodies, the world around us, indeed our very beings. Matter is simply a denser form of energy. Conjuring a dream is a process on which we have to agree.

To dream is the first step. Now the hard work of bringing the dream to fruition begins. With dreams we are always challenged by adversity. Thus a story can unfold. We are here on this Earth to create stories. Our lives have no other purpose.



Ah, chickens! I think about process long enough, that's what I start seeing. Don't ask me why.



I believe it will have become evident why, for me, adjectives such as happy, contented, blissful, enjoyable, do not seem quite appropriate to any general description of this process I have called the good life, even though the person in this process would experience each one of these at the appropriate times. But adjectives which seem more generally fitting are adjectives such as enriching, exciting, rewarding, challenging, meaningful. This process of the good life is not, I am convinced, a life for the faint-fainthearted. It involves the stretching and growing of becoming more and more of one's potentialities. It involves the courage to be. It means launching oneself fully into the stream of life. Yet the deeply exciting thing about human beings is that when the individual is inwardly free, he chooses as the good life this process of becoming.

~ Carl R. Rogers, On Becoming a Person: A Therapist's View of Psychotherapy



You're Invited..please RSVP where requested:



Celebrating Colette Hoff's 70th Birthday

Friday, November 10, 5 to 10:00 PM

Community Center – 3610 SW Barton Street, Seattle

PLEASE RSVP!

elizabeth.ann.jarrett@gmail.com

[We will be celebrating Sahale resident John Schindler's 50th Birthday along with Jim Tocher's birthday on Nov 11 @ Sahale – We'd love to have you join in.

RSVP [Colette or Kirsten.](#)

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.



True Holidays Celebration – December 2

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. Please save the date – and watch the eView and your email for more information to come. 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. **This year we are again happy to feature contra dancing!**

Winter Solstice Bus Trip – Saturday, Dec 16



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 and to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](#) Additional information coming soon.



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!

"I LOVE THE CREATIVE PROCESS. THAT'S ALWAYS BEEN THE CLOSEST THING TO MY HEART, CREATING SOMETHING."

AMY LEE

Lifehack Quotes

Save the date!

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.



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 November 5, with subsequent dates Nov 19, and Dec. 3 and 17 in the Community Center in West Seattle. Check the eView for confirmation of these dates or possible changes. For additional information, contact Colette (hoff@goodenough.org).

Third Age

Those of us age 60 and older have been gathering every other month, Friday evenings, in Seattle. The next meeting will be **November 3**. Contact Kirsten Rohde for more information: krohde14@outlook.com



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.

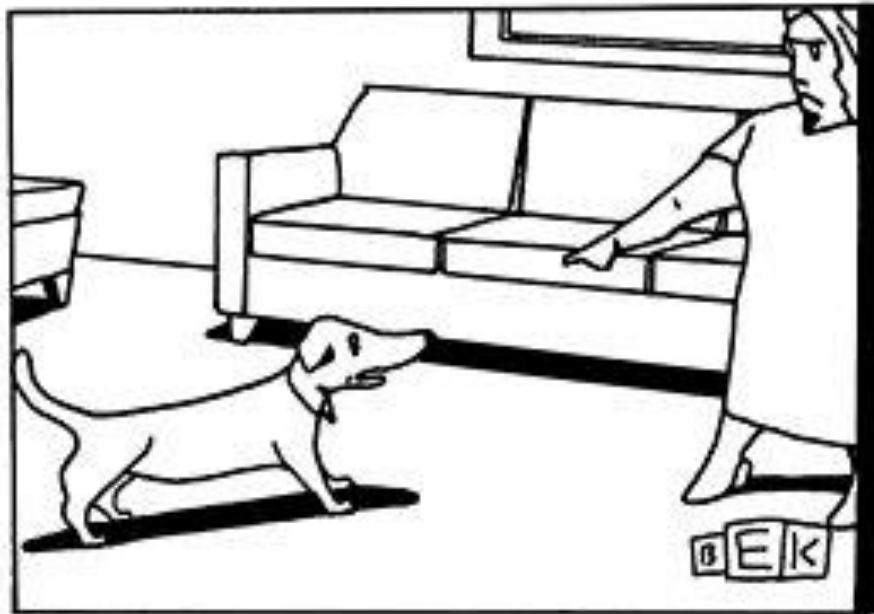
Now, Sam is moving, and The Lex is for sale. Perhaps you'd like to see it: Click the following link to view the listing:

<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.

Birthdays!

- Max Fain, October 30. Happy birthday Max!



"I may want to sit. Just give me a chance to process this."



The Gift of Elderberries

Irene Perler

Elderberries are native to the US and Europe and grow easily in the Pacific Northwest climate.

We have 4 known bushes at Sahale and I am intending to take cuttings next year and cultivate more...they are easy to harvest and generally less work overall to clean. These website clearly talk about their common uses and health benefits.



The birds love the late ripening fruit and spread their seeds as one form of propagation. I'm sure 2 or 3 of our bushes came to be from the birds gardening for us!

This year we harvested at least 90 cups of berries which we made into spice and unspiced syrups with honey. We also made unsweetened juice that can be made into syrups later. We made jelly and jam as well and a compote mixed with applesauce. Look for some elderberry products at the True Holidays Celebration!

The commercial medicinal grade “sambuca syrups” cost on the average \$9.50 for 4 ounces!

<https://www.gardeningknowhow.com/edible/fruits/elderberry/tips-for-picking-elderberries.htm>

Health Benefits of Elderberries

In 1899, an American sailor accidentally discovered that cheap port wine colored with elderberries relieved his arthritis. This may have been the basis for a number of experiments on the healing properties of this fruit.

Sambucus nigra – European or black elder – may be the cultivar most often used for medicinal purposes throughout the world and over decades and centuries of application. Modern research holds that elderberries may have anti-inflammatory, antiviral, and [anticancer](#) properties.

Flavonoids are another ingredient that places elderberries in the category of "antioxidant-rich," capable of preventing cell damage. One study suggested that the elderberry extract called Sambucol could shorten flu duration by up to three days.

Other traditional uses of elderberry flowers are as external antiseptic washes and poultices to treat wounds, and as an eye wash for conjunctivitis and eye inflammation. It's been used for cosmetic purposes for millennia due to the reputation of distilled elderberry flower water to soften, tone, and restore the skin and lighten freckles. The flowers can also be steeped in oil to make a lotion that relaxes sore muscles and soothes burns, sunburn, and rashes.

Chemicals in both the flowers and berries may help diminish swelling in mucous membranes like sinuses and help relieve nasal congestion. Herbalists still use it to soothe children's upset stomachs and relieve gas. Elderberries are reputed to have diuretic and detoxifying properties, and therefore considered good for weight management.

Some doctors recommend that pregnant and breastfeeding women avoid eating elderberries. To begin with, elderberries are a very good source of fiber vitamin A, providing 17 percent of the daily value, but eclipsed by infection-fighting vitamin C with 87 percent – reportedly more than any other plant besides black currants and rosehips. Other prominent ingredients in elderberries include iron (13 percent of the daily value) as well as potassium, vitamin B6, and lots of betacarotene.

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. The next meeting will be November 3. 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. Fall dates: **Saturday 10 – 2 in West Seattle: October 7 and November 4.**



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** 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.

Our next gathering is November 5 @ the Community Center. **NOTE:** We will not be meeting on October 22 due to the community Visioning weekend.

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



True Holidays Celebration, Saturday, December 2, 2017

Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

Contact: Kirsten Rohde, krohde14@outlook.com



Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff hoff@goodenough.org



New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives.



Friends of Sahale annual weekend, January 12-14, 2018.

The *Friends of Sahale* are people who enjoy and care about Sahale and are interested in helping shape Sahale's life, culture, and future. See more description of this weekend in this eView or contact Kirsten Rohde,

krohde14@outlook.com

Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 25 – 28, 2018), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



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



Annual Community Weekend at Sahale: March 2018. This weekend 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 September 25; October 9; November 6.



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.

