

The Village eView – February 11, 2016

Elizabeth Jarrett-Jefferson, 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

The Will and Ways of Hope

Hope involves the will to get there, and different ways to get there.

Talent, skill, ability—whatever you want to call it—will not get you there. Sure, it helps. But a wealth of psychological research over the past few decades show loud and clear that it's the psychological *vehicles* that really get you there. You can have the best engine in the world, but if you can't be bothered to drive it, you won't get anywhere.

Psychologists have proposed lots of different vehicles over the years. Grit, Conscientiousness, self-efficacy, optimism, passion, inspiration, etc. They are all important. One vehicle, however, is particularly undervalued



Calendar of Events:

Happy Valentine's Day! – Feb 14

Council – Monday, February 22

Relational Group – February 23

Themes for upcoming eViews:

*We welcome your
contributions*

Feb 17 – Will

Feb 24 – Words

Mar 2 – flow

and underappreciated in psychology and society. That's **hope**.

Hope often gets a bad rap. For some, it conjures up images of a blissfully naïve chump pushing up against a wall with a big smile. That's a shame. Cutting-edge science shows that hope, at least as defined by psychologists, matters a lot.

Hope is not a brand new concept in psychology. In 1991, the eminent positive psychologist [Charles R. Snyder \(link is external\)](#) and his colleagues came up with [Hope Theory \(link is external\)](#). According to their theory, hope consists of *agency* and *pathways*.

The person who has hope has the will and determination that goals will be achieved, and a set of different strategies at their disposal to reach their goals. Put simply: **hope involves the will to get there, and different ways to get there.**

Why is hope important? Well, life is difficult. There are many obstacles. Having goals is not enough. One has to keep getting closer to those goals, amidst all the inevitable twists and turns of life. Hope allows people to approach problems with a mindset and strategy-set suitable to success, thereby increasing the chances they will actually accomplish their goals.

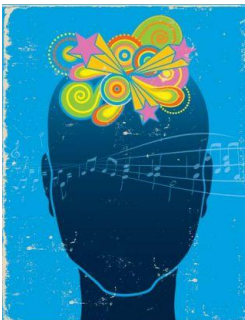


Hope is not just a feel-good emotion, but a *dynamic cognitive motivational system*. Under this conceptualization of hope, emotions follow cognitions, not the other way round. Hope-related cognitions are important. Hope leads to *learning goals*, which are conducive to growth and improvement. People with learning goals are actively engaged in their learning, constantly planning strategies to meet their goals, and monitoring their progress to stay on track. A bulk of research shows that learning goals are positively related to success across a wide swatch of human life—from academic achievement to sports to arts to science to business.

Those lacking hope, on the other hand, tend to adopt *mastery goals*. People with mastery goals choose easy tasks that don't offer a challenge or opportunity for growth. When they fail, they quit. People with mastery goals act helpless, and feel a lack of control over their environment. They don't believe in their capacity to obtain the kind of future they want. They have no hope.

Science is on the side of hope. Snyder and his colleagues came up with a way of measuring hope, both as a stable trait of an individual and as a state one can be in anytime.

The Hope Scale, which has been translated into more than 20 languages, includes items relating to agency (e.g., “*I energetically pursue my goals*”), and pathways (e.g., “*There are lots of ways around any problem*”).



Whether measured as a trait or a state, hope is related to positive outcomes. In [one study \(link is external\)](#), researchers looked at the impact of hope on college academic achievement over the course of 6 years. Hope was related to a higher GPA 6 years later, even after taking into account the original GPA and ACT entrance examination scores of the participants. High hope students (relative to low hope students) were also more likely to have graduated and were less likely to be dismissed from school due to bad grades.

In [more recent research \(link is external\)](#), Liz Day and her colleagues found that hope was related to academic achievement above and beyond IQ, divergent thinking (the ability to generate a lot of ideas), and Conscientiousness. In that study, trait was measured as a trait. Interestingly, Rebecca Görres at University College Utrecht found that *situational hope*, but not dispositional hope, was related to divergent thinking. In her study, participants who were instructed to think hopefully were better at making remote associations, generated a higher quantity of ideas, and added more details to their ideas, compared to those who weren't instructed to think hopefully. This link between hope and divergent thinking makes sense, considering divergent thinkers are good at coming up with lots of different ideas and hope involves coming up with a number of different strategies for obtaining a goal. In terms of practical implications, Görres notes:

"It seems that performance can be enhanced in the short term by reminding people that they have the motivation and the means to pursue a goal. This "situational hope" could potentially be useful in the future as a means of short-term intervention to enhance performance. By reminding people before tests or situations in which performance and achievement are required that they have the will and the ways to do well, possible potential can be better utilized."

In [another recent study \(link is external\)](#), researchers looked at the role of hope among athletes. **Athletes had higher levels of hope than non-athletes.** Hope also predicted semester GPA over overall GPA and overall self-worth. Among female cross-country athletes in particular, the state of having hope predicted athletic outcomes beyond training, self-esteem, confidence, and mood.

Hope can be distinguished from other psychological vehicles, such as self-efficacy and optimism. Self-efficacy refers to your belief that you can master a domain. Optimism refers to a general expectation that it'll all just 'be alright'. Hope, self-efficacy, and optimism are all incredibly important expectancies and contribute to the attainment of goals. Even though they all involve expectations about the future, they are subtly, and importantly, different from each other. People with self-efficacy expect that they will master a domain. Optimism involves a positive expectancy for future outcomes without regard for one's personal control over the outcome. In contrast to both self-efficacy and optimism, **people with hope have both the will and the pathways and strategies necessary to achieve their goals.**

So how does hope stack up against other vehicles of success? Philip R. Magaletta and J.M. Oliver measured hope, self-efficacy, and optimism and found that [hope stood head and shoulders above the other vehicles \(link is external\)](#). They also found specific effects: the *will* component of hope predicted well-being independent of self-efficacy, and the *ways* component of hope predicted well-being independent of optimism. In another study, which is [hot-off-the-press \(link is external\)](#), Kevin Rand and his colleagues found that **hope, but**

not optimism, predicted grades in law school above and beyond LSAT scores and undergraduate grades. Interestingly, LSAT scores were not even a significant predictor of law school GPA. Seems like if you want to predict law school performance, a 12-item measure of Hope is more predictive than looking at a person's LSAT scores! Additionally, both hope and optimism uniquely predicted greater life satisfaction at the end of the first semester.

We like to think that current ability is the best predictor of future success. We've built up the importance of existing ability because the testing and gating mechanisms are so well established to suit this belief. Important psychological studies show that ability is important, but it's the *vehicles* that actually get people where they want to go. Oftentimes, the vehicles even help you build up that ability you never thought you had. And hope—with its will and ways—is one of the most important vehicles of them all.

© 2011 by [Scott Barry Kaufman \(link is external\)](#). *Psychology Today*.

On Hope

From the website, [Spirituality and Practice](#)

Contributed by Hollis Ryan

Running low on hope? Had more than your share of setbacks? Come from a family of naysayers? Tend to put a negative spin on things? Suspect you were born under an unlucky star? Suffer from low self-esteem? Expect the worst?

The bad news is this: you probably will not metamorph one day into a hope-filled person.

The good news is this: hope, like any other habit or addiction, is cultivatable. . . .

To grow hope, we have to take a hopeful step. We have to make ourselves act the way a hopeful person would act. We can't let it bother us that at first it doesn't feel quite right or that it's out of character or that it's not natural. Heart follows behavior. We have to make ourselves act the way we want to feel. Feelings have a way of catching up with behavior.

To grow some hope, take a hope-full step. That first step is the most difficult.

— [R. Wayne Willis](#) in [Hope Notes](#), *From the website, [Spirituality and Practice](#)*

Hope: The Basic Practice

By [Frederic and Mary Ann Brussat](#)

Hope is a positive and potent spiritual practice with the power to pull us through difficult times. It is usually described with light metaphors — a ray, a beam, a glimmer of hope; the break in the clouds; the light at the end of the dark tunnel. It is often discovered in unexpected places.

Hope can be learned with practice. Certain attitudes support it. One is patience, an ability to tolerate delays, a willingness to let events unfold in their own time. The other is courage, an attitude of confidence even when facing the unknown. A third is persistence, the determination to keep going no matter what happens. We have hope when we can say, all will be well, and we mean it. **From the website, *Spirituality and Practice***

Why This Practice May Be For You

Hope is the basic ingredient of optimism, a tendency to dwell on the best possibilities. It is a frequent companion of another spiritual practice — enthusiasm. It, too, is energizing. The greeting "Be of good cheer" puts it well.

But a more common — and very telling expression — is "Hope for the best, but expect the worst." The more likely outcome, it implies, is the worst. When we are without hope, we easily fall victim to such negativism. When the light of hope is absent, we are overcome by gloom and doom, despair and defeatism.

In terms of personal style, without hope, we find it difficult to be patient and are easily frustrated. We may lack the courage to continue struggling against adversity. We are faint-hearted and quickly discouraged. We really do expect the worst. **From the website, *Spirituality and Practice***



Hope is always available. 1

Daily Cue, Reminder, Vow, Blessing

- Turning on a lamp is a cue for me to practice hope.
- When I plant a seed or a bulb, I am reminded to plant hope in my heart.
- Whenever I meet people who are thrashing about in gloom and doom, I vow to hold up the banner of hope.
- Blessed is the Spirit of Life who has birthed hope in our hearts and a positive attitude in our minds.

From the website, *Spirituality and Practice*

What Issa Heard

David Budbill

Two hundred years ago Issa heard the morning birds
singing sutras to this suffering world.
I heard them too, this morning, which must mean,
since we will always have a suffering world,
we must also always have a song.
From the collection, "From Moment to Moment"



For the New Year, 1981

Denise Levertov

I have a small grain of hope –
one small crystal that gleams
clear colors out of transparency.

I need more.

I break off a fragment
to send you.

Please take
this grain of a grain of hope
so that mine won't shrink.

Please share your fragment
so that yours will grow.

Only so, by division,
will hope increase,

like a clump of irises, which will cease to flower
unless you distribute
the clustered roots, unlikely source –
clumsy and earth-covered –
of grace.



The deAnguera Blog: Spring Hope 2016



Winter is always followed by Spring. Tender green shoots poking their heads above ground. Crocuses are even coming up around a hose.

I have defined hope before but a review is always handy when needed. The Merriam-Webster Dictionary defines hope as “one that gives promise for the future”. For me the keyword is “promise.” In the New Testament (Hebrews 11:1) hope refers to “things not seen”.

Likewise faith “is the substance of things hoped for, the evidence of things not seen (Heb. 11:1)”.

We do not see the future but we have faith that it will turn out a certain way. We trust that it will work out. Hope refers to trust. In this sense it is a spiritual feeling.

What gives me hope for my future and the future of all of us is knowing that my life’s story is a message to me from the Divine. Like a movie everything has a place. Nothing is out of place. Our community has a very important message for the rest of the world.

In my case I was given the message of the Goodenough Community before my career life fell apart. I was intended to be here. If we each examine our individual stories we would all see that we are intended to be part of our community.

Our community is intended to be a model of how we should work together. Our world is falling apart. It is dropping away like a dead skin. We are the fresh skin showing underneath. But first the dead skin has to come off. This will take some time. When a reptile sheds its skin it does so because it can no longer see or hear properly and has an intense itch. Thus it will rub itself against something causing the shedding of the dead skin. As I study what is going on around the world today and in our own country I believe that is what is happening. We are afraid of it so it is important we know what is happening.

Once again I should note that winter is always followed by spring. This is ancient wisdom. Hindus believe in Yugas. A Yuga is a period of 24000 years with 12000 years of a descending Yuga followed by 12000 years of an ascending Yuga. We are at the very bottom of a descending Yuga and are slowly ascending back up.

Hopis and other Native Americans talk about leaving the 4th World and entering the 5th World. As we near the end of the 4th World everything will close down. We enter a narrow passage which will open up to the new world. Our job as community is to help people

make the passage from the old world to the new, to assist with the shedding of skin. We will be the agents who will reweave relationships to make the new world possible.



Our Venus of Willendorf left here by Max Fain now has a blue necklace as well as various offerings including a sea shell at her feet. Acts of faith? Faith implies hope.

Hope in Action: I'm Moving & I Need Help!

by Marjenta Gray

Many of you know that I am moving to Kathleen Notley's apartment later in February (**February 27**, to be exact). It feels a bit strange, but it does fill my dream of living closer to my work and friends. I will be in a lovely area, tending the little garden Kathleen planted and loved. Kathleen's sisters say they think Kath would be happy to have me in her previous home.

I am sorting through many years' accumulation of stuff, and find there are too many details to keep track of and accomplish myself. Yikes! Where did all these papers and books come from?! Pam and Elizabeth have graciously agreed to help me organize this process. I am very grateful!

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

Some possible times:

- Saturday afternoon, Feb. 13, painting at my new home in Madison Park
- Sunday afternoon, Feb. 14, packing
- Monday, Feb. 15, packing
- Thursday evening, Feb. 18, 7pm, packing
- Saturday, Feb. 20, after Amie's shower, packing

More to come about the actual move...**on February 27!**

Thank you for your support!



Buddhist Limitless Meditations

Contributed by Colette Hoff

May all beings have happiness and the cause of happiness;
May all beings be away from sorrow and the causes of sorrow;
May all never be separate from the sacred happiness that is sorrowless;
May all leave attachment to dear ones, and aversions to others
And live believing in the equalness of all that lives.

May all mankind be free of the fears of sickness, old age and death,
Their mind established in the right view that sees the real
May all grow to love one another;
My prayer is that the divine joy that is limitless may grow and increase.

Community News

By Elizabeth Jarrett-Jefferson

Cheers to **Kirsten Rohde**, who is recovering well from shoulder surgery. Best wishes, Kirsten!

Obituary for Kathleen Mary Notley

Kathleen Mary Notley, a resident of the Seattle area for over 36 years, passed away January 22, 2016 at Swedish First Hill Hospital after a short, intense battle with lung cancer. She was born June 28, 1943 in Buffalo, New York to William R. Notley Jr. and Luella M. Grodem and was the 2nd of seven children. Kathleen left the Buffalo area with friends in 1972 bound for California, first living in San Diego then moving to Berkeley in 1974 where she lived for several years before moving to the Seattle/Puget Sound area in 1979. During the course of her working career, she worked in such fields as commercial construction and the computer industry as well as the Effectiveness Institute in Seattle but her music was always the driving force of her life and she eventually managed to support herself teaching piano lessons for several years



until a debilitating automobile accident in 1997. Kathleen developed strong connections with her students, many of whom continued to keep in touch with her through the years. Her prized possession was her grand piano. She loved life and lived it to the fullest, always striving for excellence in all her pursuits. She wrote music and poetry and was an avid gardener and master recycler. She had many lifelong friends and loved to stay in touch with them. She was an avid reader and life-long learner, receiving a BA degree in English Literature from the University of Washington in about 1989. She loved nature and was a deeply spiritual woman who was always trying to better understand the world around her.

Kathleen is survived by her six siblings: Diane Notley of Cotati, California; Beth (Steve) Morrison of Provo, Utah; Walt Notley of Carmel, California; Linda Notley of Orchard Park, New York; Susan (Al) Monaco of North Evans, New York, and Bill (Laura) Notley of Tomball, Texas; as well as her many friends. A memorial is being planned in Seattle for **Saturday, March 5th, 2016**. Further details of the memorial will be posted at this website [<http://elementalnw.com/kathleen-notley>].

Valentine's Day Corner!

Senor Juan:

Te amo a la Luna y volver! ♡ ☐ ♡ ☐

- Tu Amiga Secreto



To Connie-

Thank you for being my friend, my companion and my love! Happy Valentine's Day!

Love,

Douglas

To My GoodEnough and Sahale Valentines-

Happy Valentines Day! Thank you for being my friend through these times.

Looking forward to when we meet again!

Love,

Douglas



Dear John,

Feeling surrounded by your lifeswork. Love you for your endless creativity.

Love, Kirsten

Dear Colette,

I wish you a Happy Valentine's Day. To my lovely wife of many years. You rock!

Love, John

A Happy Valentine's Day to my former wife, Vivian, whose friendship and kindness have added greatly to the joy of my life,
Love,
John

I want to acknowledge that I appreciate living in community – the Goodenough Community – where many of us are very good friends and help to define community in a very good way. I enjoy the sense of friendship among us in community. I feel your love for me and please receive my Valentine to you.
Love,
John



I wish a Happy Valentine's Day to Kirsten who has been a good friend and companion in many adventures.
Love,
John



I extend a Happy Valentine's Day to all of my family who are such good friends and good sports in caring for each other. This includes the youngest generation of grandchildren – Sophie and Liliana.
Love,
John

I am feeling especially appreciative to all my friends at Sahale whose enthusiasm for creative projects and everlasting production of firewood is abundant.
Love,
Kirsten

I wish Irene and Colette each a wonderful Valentine's Day! You each were so supportive of me in my recovery from surgery. Thank you for your love,
Kirsten

To Barbara,

Roses are red,
Violets are blue,
Angels in Heaven,
Knows I love you.

Jim



Happy Valentine's day to all of you who read the eView each week, make contributions to our community, to your own families, to making life better for yourselves and each other. You know who you are & you are not forgotten on Valentine's Day.– Love Elizabeth.

Violets are purple,

Roses are red,
My favorite doggie,
His name is Ned.

Love,
Daddy

Irene my sweet,

I love your feet,
and your knees,
And your bees,
And your home made cheese.
But most of all,
It's the way you say please when you ask for a kiss
Love,
Bruce

Dear John,

You are the most amazing bear I know!

Love,

Bruce

Dear Colette,

There are few good words that rhyme with buffalo,

so I'll repeat again how much I love you so. And again, and again, and again.

Love,

Bruce

To the Goodenough Men:

I've been the designated leader of the Men's Culture for at least seven years. There have been wonderful times of good cheer, cold beer, and being clear, without fear, with men I care deeply for. There have also been times of tense feelings, tough dealings, and serious reeling, unsure how to be with the real work of being a good man with other good men. It's all been worth it!

Love you guys!

Bruce



"It's T. J. Westington at Philbro, Tuskins & Dodd on Line Two. He wants to know if you'll be his valentine."

Dear Max,

Thank you for sharing your very best, your cozy nest, and your kitty best.

Love

Bruce



Available for Rent: Private Suite in West Seattle Home

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

Master suite:

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

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

Call Kirsten 206 719-5364



An Offer

Ladies and Gents,

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

In part, but not wholly, they consist of:

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

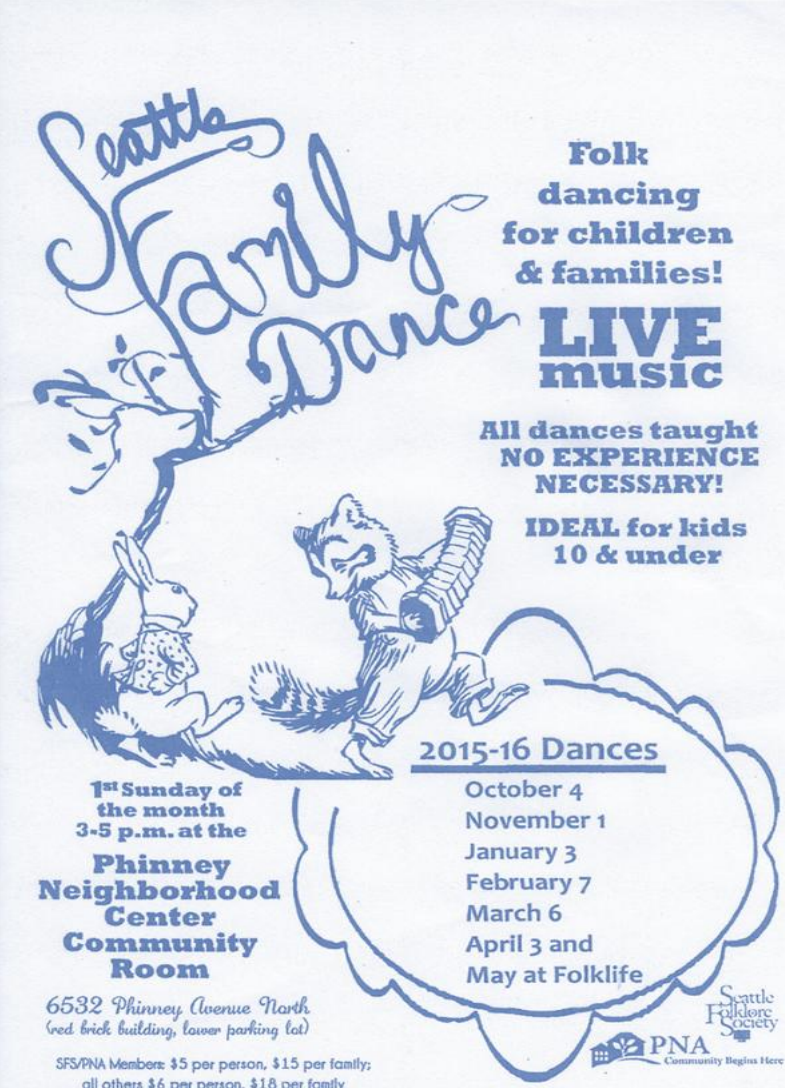
- House detailing, to include vacuuming or anything along house cleaning,

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

It would work best if I had a 3 days heads up so as to be able to plan rides etc. And the detail of either contract or per hour we can work out before-hand.
In AZ, I will be visiting a friend of mine and assisting her and her husband on their farm for at least a year. The funds are for 'emergencies' you could say.
Thank you, and the number I am most likely reachable at is the landline, 360-275-3957.
Pharaoh

Contra Dancing around Town

At this year's True Holidays event last December, Sherri Nevins and her musician friends provided us with a wonderful time of contra dancing. Sherri passed on these times for more contra dancing this year.



Seattle Family Dance

Folk dancing for children & families!

LIVE music

**All dances taught
NO EXPERIENCE
NECESSARY!**

**IDEAL for kids
10 & under**

2015-16 Dances

- October 4
- November 1
- January 3
- February 7
- March 6
- April 3 and
- May at Folklife

**1st Sunday of the month
3-5 p.m. at the
Phinney Neighborhood Center
Community Room**

6532 Phinney Avenue North
(red brick building, lower parking lot)

SFS/PNA Members: \$5 per person, \$15 per family;
all others \$6 per person, \$18 per family

More info: amy@treebo.com or seattledance.org/family

Seattle Folklore Society
PNA
Community Begins Here



- Dec 10-"Contra Sutra" (Ryan McKasson, Marni Rachmiel, Dave Bartley, & Rich Scher) fiddle & viola, flute & sax, guitar, mandolin, cittern, percussion; Michael Karcher caller
- Dec 17-Eileen Nicholson (Syracuse, NY), Eric Anderson, & Terry Wergeland (fiddle, accordion, piano); Bob Nicholson caller
- Dec 24-"KlezChaos" - Klezmer contra! 17 musicians + David Kaynor (Montague, MA) caller
- Dec 31- NO DANCE - Happy New Year!!!
- Jan 7, 2016-"Gallimaufry" (Brian Lindsay, Alex Sturbaum, Arthur Davis, Ness Smith Savedoff, & Donal Sheets - fiddle, guitar, button accordion, piano, banjo, trumpet, cello, guitar, drums, percussion, & vocals) www.gallimaufrymusic.com ; LauraMe' Smith caller
- Jan 14-Kristian Bugge, Sonnich Lydom, Morten Alfred Høirup (Denmark - fiddle, accordion/harmonica, guitar) www.trad.dk ; Amy Wimmer caller
- Jan 21-Ruthie Dornfeld fiddle, Anita Anderson piano, Dave Bartley guitar, mandolin, cittern, cajon; Andrea Nettleton (Atlanta, GA) caller
- Jan 28-"Hot Cider" (Evan & Elise Snoey, Kelly Morgan, RuthMabel Boyntz - fiddles, guitar, mandolin, piano, bass) www.facebook.com/hotciderstringband ; Gwen Rousseau & Sherry Nevins callers
- Feb 4-"Riptide" (Alden Robinson, Glen Loper, Owen Marshall, Mark "Pokey" Hellenberg - Maine & Ohio - fiddle, mandolin, guitar, percussion) <http://riptidedanceband.com> ; Cis Hinkle (Atlanta, GA) caller
- Feb 11-"Crow Valley String Band" (Tashi, Kaj, Rachel Bishop & Jim Litch - Orcas Island - fiddle, mandolin, guitar, bouzouki, bass, tenor banjo, & button accordion) <http://crowvalleystringband.com/bio-2/> ; David Millstone (NH) caller
- Feb 18-"Buddy System" (Julie Vallimont - piano, synths, accordion, jawharp & Noah VanNorstrand - fiddle, foot percussion, didgeridoo, vocals - Boston & NY) <http://www.buddysystemband.com>; Lindsey Dono caller
- Feb 25-Anita Anderson & Dave Bartley (piano, guitar, mandolin, cittern, cajon); Alan Winston (SF, CA) caller

ATTENTION NEW DANCERS: YOUR FIRST TIME IS FREE !!!
FREE introductory workshop at 7:30 pm!

get more info online at <http://www.seattledance.org>

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

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

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

■ Colette Hoff

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

Programs & Events:

Third Age Gatherings

Women’s Culture

The Men’s Culture

Human Relations laboratory

Family Enrichment Network

Sahale Summer Camp

Women’s Culture, Upcoming Next Gathering: Saturday, March 26



The women’s culture meets on Saturdays: March 26 from 10am to 2pm. There will be a weekend May 13 to 15. Mark your calendars!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It’s a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us **Saturday, March 26, from 10:00 a.m. to 2:00 p.m. at the Community Center at 3610 SW Barton St in West Seattle** where we will gather to share our lives and to learn from each other.

As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn’t respond!!

We appreciate a contribution of \$20 toward the women’s program, and trust that you will give what you feel is right for you. Contact hollisr@comcast.net for more information.

Annual Membership Weekend, March 11 to 13, 2016

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

Men's Program

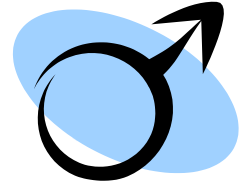
Theme: Friendship among Men

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

Men's reading I'm using and recommending:

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

bruce_perler@hotmail.com



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

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

Sahale Summer Camp for

9 to 12 Year Olds

June 26 to July 2, 2016

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



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

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

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



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training](#)

[Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.

Human Relations Laboratory

August 7 to 13, 2016

Freedom as a Mature Adult

The best event to experience the Goodenough Community

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

Sahale Learning Center

A 68-acre retreat on the Kitsap Peninsula

www.goodenough.org (360) 275-3957

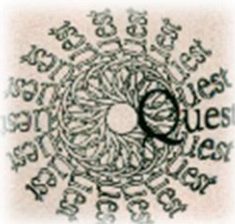


An event designed to encourage human development

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

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

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



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.

Call John (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

