

# Patience/ Patient

## The Village View

November 3, 2021

Colette Hoff Editor

### Patience / Patient

Colette Hoff

Two words - *patience* and *patient* – are very closely related. A *patient* person has *patience*. *Be patient* and *have patience* are phrases that are both correct and to be used in all situations. *Patient* also means a person who is sick and one who requires treatment from a doctor.

I have had quite a bit of time to reflect on each over this past year. In our work with the three A's (anger, arrogance, anxiety) a couple of years ago, we learned that patience is the antidote to anger. Piero Ferrucci felt strongly that patience is an aspect of kindness. This article will include excerpts from Pema Chodron and Piero Ferrucci.

*The following are excerpts from a paper by Pema Chodron titled The Answer to Anger and Aggression is Patience.*

*In working with patience and fearlessness, we learn to be patient with the fact that we're human beings, that everyone who is born and dies from the beginning of time until the end of time is naturally going to want some kind of resolution to this edgy, moody energy.*

*Patience is an enormously wonderful and supportive and even magical practice. It's a way of completely changing the fundamental human habit of trying to resolve things by going either to the right or the left, calling things right or calling things wrong. It's the way to develop courage, the way to find out what life is really about.*

#### Coming Up—

- **Meditation Retreat** at Sahale, November 19-21
- **Pathwork**, 7pm, November 7
- **Fall back - Daylight savings time** ends! November 7

**November is Native American Heritage Month**

### On-Line News of the Goodenough Community System

[www.goodenough.org](http://www.goodenough.org)

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

*It takes a lot of patience not to beat up on yourself for being a failure at letting go. But if you apply patience to the fact that you can't let go, somehow that helps you to do it. Patience with the fact that you can't let go helps you to get to the point of letting go gradually—at a very sane and loving speed, at the speed that your basic wisdom allows you to move. It's a big moment even to get to the point where you realize you have a choice. Patience is what you need at that point to just wait and soften, to sit with the restlessness and edginess and discomfort of the energy.*

*I've come to find that patience has a lot of humor and playfulness in it. It's a misunderstanding to think of it as endurance, as in, "Just grin and bear it." Endurance involves some kind of repression or trying to live up to somebody else's standards of perfection. Instead, you find you have to be pretty patient with what you see as your own imperfections. Patience is a kind of synonym for loving-kindness, because the speed of loving-kindness can be extremely slow. You are developing patience and loving-kindness for your own imperfections, for your own limitations, for not living up to your own high ideals. There's a slogan someone once came up with that I like: "Lower your standards and relax as it is." That's patience.*

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The following is excerpted from The Kindness Project assembled by Colette Hoff in 2020 and is based on the work of Piero Ferrucci in his book, *The Power of Kindness, The Unexpected Benefits of Leading A Compassionate Life.*

Piero Ferrucci describes impatience as not having life go the way we think it should. Others don't respond to the same sense of time and do things differently. When someone imposes on us a rhythm that is not ours, we can feel violated. Impatience makes us forget what is important in life and lose connection with our inner life and spirit. Patience is offering kindness in the face of such difficulty. It includes accepting the unfolding of life in its own time without resisting and with a good attitude.

Those who allow life to unfold and **postpone gratification** have a better chance for success in relationship. They usually have a developed an **internal locus of control over** their own life, according to Ferrucci, instead of feeling at the mercy of events, powerless, and approaching life in a victim stance.

Patience is simply a different perception of time. Ferrucci describes patience as "...The ability to face without fear the incessant flow of time."

John Hoff often taught, "**Make no decision before it is time.**" In other words, hold the tension of variables patiently, until you have the most information; then make the decision. **Slow down.** Be patient with yourself if you are upset. Be patient with those you are with. Accepting what is makes life more tolerable.



Patience  
is the  
calm acceptance  
that things can  
happen in a  
different order  
than the one  
you have in  
your mind

\*\*\*\*\*

Being a *patient* is teaching me to value being a patient with patience. Having been in the hospital, I could hear what impatient patients sound like. A nurse came into my room and appreciated the calm energy finding it helpful on an especially difficult night. Patience is a practice and I practice when I'm waiting for a doctor, waiting for prescriptions, waiting for test results, or a phone call to be returned. Many opportunities can present themselves throughout a day to practice patience, from traffic, children, spouse, lines of any kind and disruptions of any kind. What triggers your impatience?



Getting tight and annoyed or even angry because I have to wait is not an option I want to explore and certainly won't make me or my caretakers feel better.

Excerpts from a paper titled, *7 Strategies to Build and Improve Patience* by Melissa Eisler follow. I wanted to find out how to strengthen patience. Patience, according to Melissa Eisler, means bearing pains or trials calmly and without complaint" and steadfast despite opposition, difficulty, or adversity."

*Eisler goes on,* You can't really practice patience if you're not mindful – aware of the situation you're in and your reaction to it. In the face of discomfort, inconvenience, or difficulty, which is an inevitable part of life on this planet, you must persevere calmly, steadily, and mindfully."

Even the most impatient people can improve patience. And there are ample opportunities to practice being patient, given the inevitable inconveniences, annoyances, and unplanned challenges that show up pretty much all the time. So you want to get better at patience? You must **practice** patience. Here are seven strategies you can use to build your patience muscles.

## **Pause and Breathe**

### **Stop Resisting**

Practicing *acceptance* does not necessarily mean you like, want, support, or endorse everything you cross paths with. Rather, it means you're choosing to allow it to be there without resistance, when you can't change it anyway

### **Acknowledge the Effects of Impatience**

In the moment, notice what is making you impatient and ask yourself:

- Do I have control over the situation? If not, what do I have control over in this moment?

- Is the feeling of impatience helping or exacerbating the impact of the situation?
- What emotion or mood would be more helpful, instead of the impatience?

### **Look for the Lesson**

Get curious about the particular moment you are in. Is there anything about the challenging or inconvenient situation that may land a positive impact on your life? Is there anything positive that was not available to you before – and now is – now that this challenge has presented itself?

This may include meeting someone new, discovering a new coffee shop, or having the opportunity to practice patience and exercise those muscles.

### **Use the Extra Time Wisely**

Now that you have extra time in this moment, what will you do with it? Instead of focusing on the thing that is in your way, or the thing you are after, focus on something else you normally don't have time for.

After all, how often do you find yourself with "extra time?" Probably not very often. Use that time to meditate, read an article, listen to a podcast, text something nice to a loved one, or practice gratitude.

### **Try a Mini Meditation**

Take a time-out and practice a short meditation to help you calm any frustration or anger that may result from the situation you are in.

### **Befriend the Situation**

Assume that the obstacle before you was put in your way because you needed to slow down and take a break.

Watch your impulse to perceive the challenge before you as unfair or as bad timing. Instead, shake off any anger or frustration and take this as a cue that an old friend is reminding you that you need a moment to slow down and reset.

If you shift your thinking about the meaning of the obstacle, you'll wind up arriving wherever you're headed with a calmer, clearer mind and attitude. Getting better at being patient will make your life (and the lives of those around you) easier and ultimately will make you a happier person.





Convocation: A Church and Ministry Invites you to . . .

# AWAKENING

## To the Precious Present

A M E D I T A T I O N R E T R E A T



AT *Sahale*

Being fully present to life...opening to and allowing what is, without judgment...This is mindfulness. And the central practice for achieving mindfulness is meditation.



November 19-21, 2021

With **mindfulness** and **compassion**, we can let go of our battles and **open our heart** with kindness to things just as they are. Then we come to rest in the **present** moment. This is the beginning and the end of spiritual practice.

Only in the present moment can we discover that which is **timeless**. Only here can we find the **love** that we seek.

Love in the past is a memory, and love in the future is fantasy. Only in the reality of the present can we love, can we awaken, can we find peace & understanding and connect with ourselves and the world.

Stopping the war, we become **present** and **kind**.

— Jack Kornfield, 1945 to present  
Clinical Psychologist and  
Buddhist Teacher

**WHAT** This retreat is sponsored by Convocation: A Church and Ministry, a long-established interfaith community dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. The community's open and inviting ambience will support and encourage you. During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be able to experience a variety of forms of meditation:

- 🌿 Periods of silence when you can become centered in yourself
- 🌿 Experiences of heart-opening connections with others
- 🌿 Conversations where you can share your experience, ask questions, and learn from others
- 🌿 Skillfully guided meditations, sensory experiences, and movement

**WHERE** Sahale Learning Center, near Tahuya, WA.

**WHO** Coordinating leadership is provided by: **COLETTE HOFF**, M.Ed., pastor of Convocation. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For more than 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is joined by:

**JOSHUA DEMERS** has studied meditation for many years, most recently in India. His skill and gentle approach are effective and easy to join. He recently led meditation for the Goodenough Community's Human Relations Laboratory and an earlier retreat for Convocation.

**MARLEY LONG** will provide yoga as part of our morning sessions on Saturday and Sunday. Marley has practiced yoga for many years and intends to become an instructor. She works well with all abilities. Marley led yoga for the Goodenough Community's Human Relations Laboratories.

**DRAI SCHINDLER** will lead the hearth in lovingly cooking for us.

**ELIZABETH JARRETT-JEFFERSON** is our registrar. (elizabeth.ann.jarrett@gmail.com)

**WHEN** The retreat will begin Friday, November 19, at 6:30 pm with dinner and will conclude on Sunday, November 21, at 3:00 pm. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

**COST** Your registration fee of \$250 includes:

**The weekend experience —**  
**The priceless natural beauty of the Sahale Learning Center, AND**  
**2 nights lodging    Abundant meals    All learning materials**

A sliding scale is negotiable. Your financial situation does not need to be a barrier to your participation. Contact Colette Hoff to discuss options.

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**PLEASE REGISTER ONLINE**

[www.goodenough.org/convocation](http://www.goodenough.org/convocation)



# Membership in the Goodenough Community: Second in a Series

Hollis Guill Ryan

*Please refer to the October 20, 2021, edition of the Village View for an introductory article*

**H**ave you been hanging around the Goodenough Community for a while and enjoying your time with your community friends? Do you feel as if you have found a place where you belong? Do you attend community events, and do you value community teachings? If this is true for you, then you are a Goodenough Community **Heart Friend**.

Becoming a Heart Friend often precedes formal membership in the Goodenough Community. You can consider it a stage of getting acquainted with the community, its lifeways, and its values. You may be a Heart Friend forever, or you may eventually want to explore becoming a more committed member.

Meanwhile, as a Heart Friend, you may receive the community's weekly online newsletter, the Village View, which will give you community updates and community teachings, both historic and new. When you participate in community events as a Heart Friend, you have the opportunity for personal growth and you can receive support for mental wellness, which are basic values of the Goodenough Community. Working and playing within the Goodenough Community, you will have the chance for relational learning, which is also a core value of the Goodenough Community. In addition, as a Heart Friend, you are welcome to attend the Goodenough Community annual meeting, which will begin to educate you in the community's Sociocratic system of governance, update you on the "state of the union," and acquaint you with the community's responses to the issues it faces.



In all, there is an abundance of benefits to becoming a Heart Friend of the Goodenough Community!

## **What do we expect in return?**

As a Heart Friend, you have no obligations to the community. We enjoy your company and participation, as you enjoy being with us.

We encourage you, however, to serve the community that you value through contributions of your time, energy, and money. There are many ways to serve and contribute. For example, you can take part as a paying participant in community cultural offerings and program events. In that way, your financial contribution supports the community's ability to provide such events, and your presence expands the energy of each event you attend. When you take part in the community's work-play events and celebrations, you contribute your energy and effort toward maintaining the community's physical presence at Sahale and elsewhere and your financial contribution covers the cost of your room and board.

Many Heart Friends – for example, those who live at a distance from the community – are unable to consistently attend community events but nevertheless want to regularly support the community system and (or) Sahale. Because they value what they receive from the community,

they make a regularly scheduled donation, which is gratefully received. If you would like to join these Heart Friends in their support of the community, please visit [www.goodenough.org/donate](http://www.goodenough.org/donate).

We also heartfully encourage you as a Heart Friend to consider joining the community's membership which works to secure the community's sustainable future and to continue the community's work in the world.

And, whether you want to consider formal membership or not, please enjoy the Goodenough Community and its opportunities for lifelong learning, spiritual development, multi-generational wisdom, and contributing toward a more relational society.



**We welcome you to Heart Friendship with the Goodenough Community!**

Please look for more information in upcoming issues of the Village View.



**Remembering What Is Important:**  
**The 34<sup>th</sup> True Holidays Celebration**  
**December 4, 2021**  
**6 to 10 PM**

*Elizabeth Jarrett-Jefferson with the  
Goodenough Community Lifeways Team*



**O**ur annual True Holidays Celebration – a tradition of almost 35 years in our Goodenough Community – will be held this year on Saturday, December 4, 6:00 to 10:00 PM, at the Mercer Island Congregational Church (our 2020 event was cancelled because of Covid). This event has always been about bringing together family, friends, and other communities and colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred manner, honoring many faith traditions. The celebration also provides an opportunity for you to reflect and be intentional about the holidays, giving pause to remember the experiences you value during the holiday season.

Given the past year-and-a-half of Covid and its attendant challenges and stresses, it feels important to focus on and celebrate our relationships, including with each other, our community, our family and friends. In alignment with our value of destressing the holidays for all, including staff who work hard behind the scenes, we will be forgoing our traditional Silent Auction this year but will have our traditional food and libations for purchase and your dining pleasure. We will have other items for sale, such as organic Sahale products, including granola, dried apples, applesauce, jams and jellies.

Additional information and a formal invitation will be forthcoming in early November.

For additional information, please contact [Elizabeth Jarrett-Jefferson](#) or [Colette Hoff](#).





# a *celebration* of community

LOVE IS WHAT IT'S ALL ABOUT

34th Annual **TRUE  
HOLIDAYS**

SAT  
DEC  
4TH

**Food | Libations | Contra Dancing | Treats | Raffle**

The Gooodenough Community's annual holiday celebration will be in person this year, and we hope to enjoy it with YOU! This event has always been about bringing together family, friends and communities in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred manner, honoring many faith traditions. *This year, focusing on relationship and our connections seems especially important.* The celebration also provides an opportunity for you to reflect and be intentional about the holiday season, giving pause to remember the experiences you value. We invite our communitarian friends to join us again this year.

**Mercer Island Congregational**  
4545 Island Crest Way

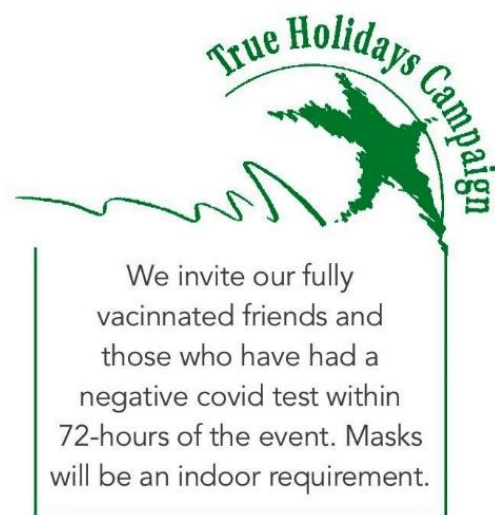
**6:00** Doors Open

**7:30** Contra Dancing with  
Sherry Nevins

**8:00** Evening Program

**9:00** More Joyous Dancing

**For more info please contact**  
Elizabeth.Ann.Jarrett@gmail.com



We invite our fully vaccinated friends and those who have had a negative covid test within 72-hours of the event. Masks will be an indoor requirement.





GIVING THANKS  
AT *Sahale*

You are invited to join us in the woods for Thanksgiving. Sahale will provide the turkey, mashed potatoes, apple sauce and Sahale apple pie. We ask that you bring a potluck dish to fill out the meal.



Please contact [goddessdrai@gmail.com](mailto:goddessdrai@gmail.com)

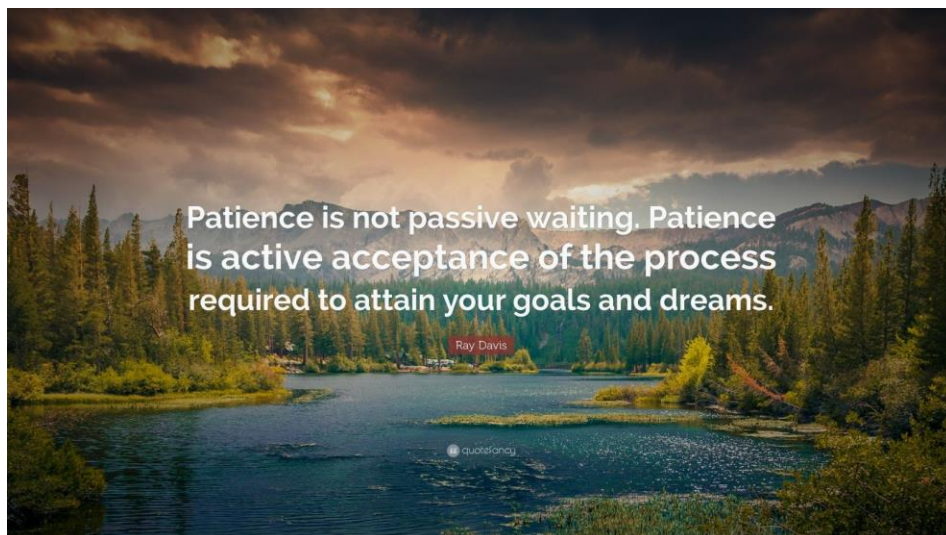
**to RSVP by NOV 15th.**

Tell us who and how many are coming and please share what you will be bringing and/or ask what we need. Your communication helps assure we have a rounded and beautiful meal, with vegetarian and gluten-free options!

You may arrive any time to relax and be festive with our friends.

3:00 Gather

4:00 Feast and share gratitude





## SPEAK UP

Now we (members and friends of the Goodenough Community) are taking a stand for love and equality over all the expressions of racism and injustice and inequality against Black people. We, as mostly white, will educate ourselves and learn to make a difference. We will continue to speak out about the racial injustice in our country.

**Editor's note:** I love the back story of songs and came across this article in Yes Magazine. We Shall Overcome has always been a very meaningful song to me (especially as a product of the 60's).

### "We're Going to Keep Fighting for That Song"

SARAH VAN GELDER



Photo by Bettmann / Getty Images.

Civil rights demonstrators at the Democratic National Convention on August 24, 1964.

AU.S. District Court ruled on September 8 that the first verse of the iconic song of the civil rights movement, "We Shall Overcome," should be free of a copyright.

I'm usually an advocate of freeing culture from patents and paywalls and allowing songs and knowledge to be shared widely. But after learning about the recent court ruling, I feel differently about this case.

"We Shall Overcome" was adapted from a song sung by Lucille Simmons during a protracted strike of the Food, Tobacco, Agricultural, and Allied Workers union, a union made up primarily of Black women. The 1945 strike targeted the American Tobacco Company in Charleston, South Carolina. Simmons most likely adapted the song from a hymn.

From there, the song made its way to the Highlander Folk School—today the [Highlander Research and Education Center](#)—in Tennessee, where Zilphia Horton, [Pete Seeger](#), and others changed a few words of the first verse and added several new verses. "We Shall Overcome" became a cornerstone of civil rights sit-ins, marches, and gatherings of all kinds, especially in the South, lifting the spirits of African Americans and their allies who were subject to police violence, attack dogs, fire hoses, and mobs of White supremacists.

In 1960 and 1963, copyrights for the song were filed. Copyrights like these assure that songs aren't used in advertising jingles or in other ways appropriated.

The copyrights worked. It allowed the song to continue spreading throughout movements in the United States and the rest of the world, with hundreds of thousands singing it in Wenceslas Square during Prague's "Velvet Revolution," others bringing it to the anti-apartheid movement in South Africa and to the Students Federation of India in the 1970s. In the United States, farmworkers sung it in Spanish, and Martin Luther King Jr. included the first verse in his last sermon before his assassination.

Royalties for the song were assigned to the We Shall Overcome Fund, administered by the Highlander Center. Via this fund, African American organizations throughout the South receive small grants for their work on culture, the arts, and justice: Epic Girl, which links at-risk girls to mentors; The Counter Narrative Project, which advocates for gay Black men; and The Greensboro Mural Project, which has brought images of Black heroines and "love letters to the city" to public spaces around the city.

"We Shall Overcome" has been managed by a trusted group to ensure the integrity of the original song and to keep it, and its royalties, in service to building the power of African Americans and other marginalized people, in the United States and around the world.

But the court ruling could change all that. That was unwelcome news at the 85th anniversary homecoming gathering of the Highlander Center, which I attended last weekend.

Ash-Lee Woodard Henderson, Highlander Center's new co-executive director, told those gathered that losing the royalties would be a blow to a source of funding that has benefited "the very people who made that song what it is and their descendants."

Highlander Center, located in New Market, Tennessee, is a retreat center for movement building, bringing together young and old, people of all races, who come primarily from the South and from Appalachia. The likes of Rosa Parks and MLK and Pete Seeger have spent time at Highlander, as have organizers who work for coal miners' rights, support immigrants, fight mountaintop removal, and advocate for the rights of working class communities throughout Appalachia and the South, many of whom lived for decades under White supremacy and the dominance of extractive corporations.

"Regardless of that decision, we're going to keep fighting for that song." The anniversary gathering at Highlander centered on workshops about movement building, youth activism, and local power. The Saturday night anniversary celebration included young poets, Appalachian mountain singers, and original members of the Student Nonviolent Coordinating Committee Freedom Singers. Henderson spoke there of the "We Shall Overcome" court ruling: "In a moment when White supremacy is overtly killing us, the very thing that is helping pour resources into the very communities that need it the most is being destroyed."

Henderson brought up to the stage aged veterans of the Mississippi freedom struggle and Black youth visiting Highlander for the first time, and they linked arms.



“Regardless of that decision, we’re going to keep fighting for that song,” Henderson told the crowd. “There ain’t no law that can stop us.”

And then all those gathered at Highlander, from throughout the South and beyond, linked arms and together sang “We Shall Overcome.”

Clearly, this song, which has meant so much to the Black freedom struggle, should not be taken from the community that created it.

**SARAH VAN GELDER** is a co-founder and columnist at YES!, founder of PeoplesHub, that offers training to individuals and groups around the country who making change where they live and author of *The Revolution Where You Live: Stories from a 12,000-Mile Journey Through a New America*. Today, she heads up communications for the Suquamish Tribe, the people of Chief Seattle, supporting their work restoring orca and salmon populations, stopping violence against indigenous women and children, and celebrating their legacy carried through many generations of Suquamish people. Sarah is the editor of *Sustainable Happiness: Live Simply, Live Well, Make a Difference* and *This Changes Everything: Occupy Wall Street and the 99 Percent Movement*.



#### Mindful Mike’s Blog: Seasons Mike de Anguera

It is cold and rainy now. November. We have already passed Halloween or Samhain. The time when the veil between realms is the thinnest. We are proceeding towards the Winter Solstice, a time of cold and darkness. Days are getting shorter. Where did those nice warm days of summer go? Even when the Sun comes out it is still cold. In fact now we get frost.

Weather experts will tell us we are in the time of La Nina meaning that we will have a colder, wetter than normal winter. Time to put the heaters on, wood in the fireplace and curl up for a while.

The Earth goes through seasons because she is tilted on her axis like a spinning top. Now the Northern Hemisphere is tilting away from the Sun. Without the seasons the Earth would not support the life she does now. Large parts would be uninhabitable.

Likewise all life goes through seasons from birth to death. A cycle. I am noticing a diminishing energy. My body is able to do less. The endurance is not there like it was in the past. I am getting older. My body is aging. It is programmed to go through a cycle like all other living things on this planet. Impermanence is the norm. A major Buddhist teaching.

Buddhism focuses on death. In the Tibetan tradition trumpets are made from human bones and skulls are present in the monastery. Attention is drawn to the fact that Earthly life is temporary. Our real goal is Heaven. Buddhist training is mainly concerned with weakening our ties to this

Earthly life. Its goal is to get us to see that we are all way more than we think we are. In fact our true nature transcends lifetimes which are like movies.

The idea is to never let things distract me. It is easy to get sucked up and believe this is all there is. That is how it is in my dreams. I am usually not aware that I am dreaming.



What did we do during the increasing dark and wet days? Have pizza! Nice hot pizza. Papa Murphy's. Our Halloween treat. Marley Long lead us to sing some Christmas carols. We are getting ready for True Holidays.

More busy times. I have the birthdays of my brother Paul and his wife Pat on my mind as well as the shingles shot I need to get tomorrow. Then it's off to the Meditation Weekend, Thanksgiving, Christmas, and New Years. Then taxes! With my condo sold it should be a lot simpler. More VA appointments. Cycle through the year. Before you know it we will be putting up the white tent again.

Can I just relax and live in the moment? That's something I still need to work on. You can all help with this challenge of mine. I also think of Colette Hoff and her journey. Live in the moment. Pray for all the good people around me. As a Divine Being I can do this along with the others.

If I am Divine the Teacher lives in me. This is the One Jesus and others are pointing to. The Divine created my character role as well as the story I am sharing with all of you and the world.

Here is a picture of perfection. A nice mosaic of fall leaves in brilliant yellows, oranges, and browns. All decaying in just the right way even in the rain.



## Smile Foundation:

### One way to send a little extra to our community

Kirsten Rohde

For the Goodenough Community Economy Team

**T**hrough their foundation, Amazon makes it possible for donations to go to selected nonprofits with every purchase. The Goodenough Community is listed with this program, and you can follow the instructions below to participate. There are many opinions about Amazon, and it is also true that our community received \$500 in donations through this program last year!



Expediency, cost, availability can all be reasons any of us use Amazon.com for purchases. For myself I usually try to find a local store for purchasing. Many of us who purchase for Sahale try to shop locally whenever possible. Three tries is my limit and then I go online but I still try to order directly from companies, especially smaller ones. For some smaller companies, Amazon.com makes it possible to increase sales. So sometimes Amazon is the only option. Then I use *smile.amazon.com* to make purchases so that a small percentage of the price is donated to the Goodenough Community.

Thank you to all of you who think of the Goodenough Community when you shop at Amazon!

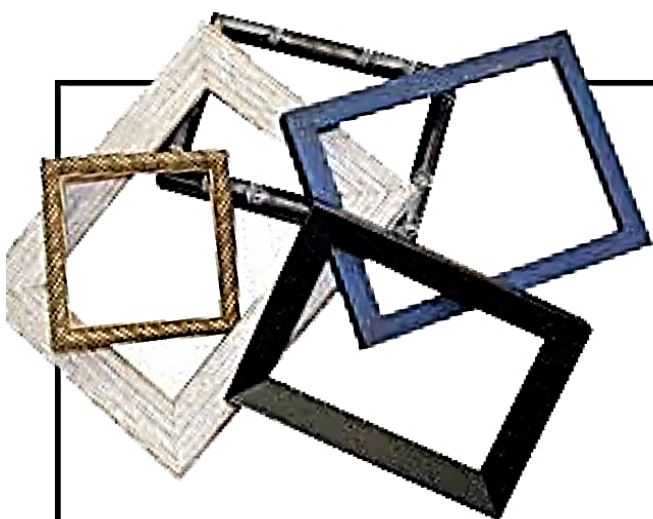
#### Here are the details:

*The Amazon Smile Foundation will donate 0.5% of the purchase price from your eligible Amazon Smile purchase. It's easy to shop through Amazon Smile if you already have an Amazon account. On your first visit to Amazon Smile, select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon remembers your selection and then every eligible purchase you make will result in a donation.*

***We ask that you please select  
The Goodenough Community.***

#### TO SIGN UP LITERALLY TAKES ABOUT 30 SECONDS

- 1** Visit [www.smile.amazon.com](http://www.smile.amazon.com). Provide the email address and password that is already attached to your amazon.com account.
- 2** Choose Goodenough Community as the organization you wish to support. Agree and Save.
- 3** Every time you shop login to [smile.amazon.com](http://smile.amazon.com)! *Remember, only purchases at smile.amazon.com (not amazon.com or the mobile app) support donation*



# *Sahale*

## Walls of History

### PICTURE FRAMES NEEDED

If you are cleaning out the attic or redecorating a room and you find picture frames you wish to get rid of....

If you are at the thrift store or a garage sale and see great picture frame values...

Please consider donating them to Sahale for a really cool historical project! We would like all kinds of frames in any style or material: metal, wood, plastic, leather, pleather — preferably with glass and hardware to hang on a wall. We would like an abundance of 5x7 and can work with other sizes too.

If you have questions or wish to arrange a donation, please contact Drai: [goddessdrai@gmail.com](mailto:goddessdrai@gmail.com).

*Thank you!*

## **Programs and Events of the Goodenough Community**

**Fall, 2021 – Winter dates announced soon**

**Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connecting, many of which are via Zoom.**

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others. Information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



### **Human Relations Laboratory, August 7 – 13, 2022 – Mark your calendars now**

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music, dance, song, drama and more. Next summer we will celebrate 53 years! Contact: Colette Hoff or Elizabeth Jarrett-Jefferson, [hoff@goodenough.org](mailto:hoff@goodenough.org), [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)





**The Goodenough Community's governing body, the General Circle,** meets monthly, 7:00 PM, via Zoom:

- *November 15*

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto:Elizabeth.Jarrett-Jefferson@goodenough.org)



**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.

- *Winter Dates to be Announced Soon,* for more information, contact [Hollis Ryan](mailto:Hollis.Ryan@goodenough.org).



**The Third Age** - Those age 60 and older have been gathering monthly, Friday evenings. 7:00 PM. With the pandemic, meetings are virtual. Contact [Kirsten Rohde](mailto:Kirsten.Rohde@goodenough.org) for more information

Next fall date: December 10.



**The Men's Program** - Our Men's Circle is an expression of brotherhood and practice with wisdom, gathered from our own lives, other men's work, advocates, and the founders of this circle.

For information, contact Norm Peck, [shkwavrydr@aol.com](mailto:shkwavrydr@aol.com)



**Pathwork, a Program of Convocation: A Church and Ministry** – Pathwork offers you a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together under the leadership of Pastor Colette Hoff and find support and encouragement, gaining wisdom from the world's faith & wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays from 7pm to 9pm. Contact Colette: [hoff@goodenough.org](mailto:hoff@goodenough.org) for Zoom information.

- *November 7*



**True Holidays Celebration - Saturday, December 4, 2021**

We are planning our 2021 event! Hold this date on your calendar. We traditionally hold this event on Mercer Island. Stay tuned for details.



**Work and Play Parties throughout the Year.** Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email [hoff@goodenough.org](mailto:hoff@goodenough.org) with questions.

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**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, 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).*

