



Village eView

November 7, 2018

Colette Hoff Editor

COMING UP

Pathwork Exploration Series [**Sahale Site Planning**]
with Tom Gaylord, Weekend of November 16-18

General Circle, November 5, 6;30

True Holidays Celebration, December 1

Attention Friends of Sahale!

For the General Circle (formerly Council)

Barbara Brucker

The weekend of November 16 – 18 is an important weekend for Sahale site planning and will provide you with a deeper understanding for discussions at the Friends of Sahale weekend January 18-20. Site planning integrates what true now, plans for future residences and land uses, preservation, and visioning into the far future.

While this site planning weekend is the culmination of a process that began in the Pathwork Circle under the leadership of Tom Gaylord, the weekend is open to all interested community members and we encourage you to attend. Tom has proven to be an excellent facilitator and those of us who have been meeting with him have found his “outsider” questions and viewpoints to be extremely helpful and facilitating. Professionally he is an architect which adds to his perspective on site planning. He is a passionate facilitator and the processes he employs are both gentle and clarifying.

Please plan to attend this site-planning weekend if possible. It will be held at Sahale beginning after dinner on Friday, November 16 and ending by mid-afternoon on Sunday November 18. We seek as much input as possible as we identify long range plans and develop the proposals that will come forward at the Friends Weekend. As always, let Colette know of your plans to attend.

hoff@goodenough.org

We are collecting all kinds of ideas for a variety of areas. Clear proposals will then be prepared for the annual “**Friends of Sahale**” weekend, **January 18 to 20, 2019.**

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

This fourth annual Friends of Sahale weekend provides a context to facilitate making decisions, some of which will impact future generations at Sahale.



Sharing Facilitation

Colette Hoff

As the General Circle engages Sociocracy, facilitation is being shared so no one person is doing it all the time. There are skills to learn and we are encouraging lots of practice. We will continue this theme next week. Notice how many things in life besides meetings you facilitate. There is an article about two women who are facilitating mason bees in this week's issue. Draï Schindler is sharing this week, the process of connecting people who are not in the same location.

This theme will be continued next week!

Facilitator

From Wikipedia, the free encyclopedia

A **facilitator** is someone who engages in facilitation—any activity that makes a [social](#) process easy or easier. A facilitator often helps a group of people to understand their common objectives and assists them to plan how to achieve these objectives; in doing so, the facilitator remains "neutral", meaning he/she does not take a particular position in the discussion.

Skills Of An Effective Facilitator

12-03-17 Resource Performance Management

Facilitating is no easy task, you're not only responsible for securing productive participation from all the individuals in the room, but also for guiding those individuals with different personalities and work styles to a common outcome. However, the good news: there are certain skills you can work on or acquire that will help you in your journey to becoming an effective facilitator. Below are a few tips for you to become an effective facilitator.

Stimulate interaction and free sharing of thoughts and ideas.

When planning your session and while you're in the room facilitating, you need to find ways for the entire group to be on an equal playing field. Finding ways for everyone in the group to participate is a key component to getting the group to buy in and own the process.

Active listening

In an effective group session, everyone will walk out aligned—on the same page and speaking the same language. To achieve that, you'll need to make sure everyone has a chance to be heard and to hear each other. The best way to do that is to flex your active listening skills and encourage your group to do the same.

Provide the structure for the discussion. Sets the parameters, the intention and guides the conversation.

Group activities have time limits—there are only so many hours in a day. That means you'll need to plan out how long the different components of your session will take and how long your group will have to reach the session's goals.

Be neutral and responsive rather than reactive.

Be mindful about what your role is in each session—are you a neutral party there to facilitate the process or are you actively invested in the outcome? Then adjust your participation to fit! Each group is different and as you work on these skills, you'll figure out what works best for your team and your organization. With your expert-level facilitation, all those different learning styles and personalities can come together to produce awesome outcomes.

Acknowledges the participants and makes them right (and never makes anyone wrong.)

Clear instructions make it easier for your group to get to the outcome you're looking for. Some easy ways to do that include having the directions pre-written on flip chart paper or a powerpoint slide and asking the group to repeat the steps back to you to make sure everyone understands the activity.

Connects with the group.

Sometimes you need to match the activity you have in mind with the energy of the group and sometimes you need to find ways to boost a low-energy group's enthusiasm and excitement.

Group activities have time limits—there are only so many hours in a day. That means you'll need to plan out how long the different components of your session will take and how long your group will have to reach the session's goals.





News & Events

Announcing A weekend for Couples March 1 to 3 at Sahale!

This will be an intimate weekend for couples who want more . . . better communication, more intimacy, move through stuck places with other couples. Save the date and if you are interested please let me know by emailing Colette hoff@goodenough.org. The curriculum will be shaped for the couples who choose to attend.

Thanksgiving Is Coming!

The Goodenough Community is sponsoring a Thanksgiving meal at Sahale this year. You and yours are welcome to journey to Sahale and join the potluck fun! We will provide Turkey and stuffing and you are asked to bring along your favorite contribution.



Plan to arrive earlier in the day and join Sahale residents for a wonderful feast. Since Draï is coordinating the dinner, if you are thinking of coming, please email Draï at goddessdrai@earthlink.net and we appreciate this is a change. Dinner will be around 3:00 pm.



Remember What Is Important: The 31st Annual True Holidays Celebration

December 1, 2018 - 6 to 10 PM

Elizabeth Jarrett-Jefferson with Kirsten Rohde

Our annual True Holidays Celebration--a tradition of more than 30 years in our beloved Goodenough Community--will be held again this year on **Saturday, December 1, 6 to 10PM**, at the **Mercer Island Congregational Church on Mercer Island, 4545 Island Crest Way**. This event has always been about bringing together family, friends, other communities & colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred way, honoring many faith traditions. Importantly, the celebration also provides an opportunity for you to be reflect and therefore be intentional about planning for the holidays, giving pause to remember what you value over the holidays; we'll lend a practical hand to help you make an actual plan. We'll have our Silent Auction again this year and feature exclusively handcrafted items and experiences (since we've learned over time that these are the most valued and bid-on items). Sherry Nevin and her musical contradancing colleagues, also a favorite tradition, will again be with us.

So, for now, prepare to engage in our annual event where friends, fun, feasting, connection, and tradition are the important things to remember and cherish. The flyer (next) to email friends will be attached to the email announcement.

REMEMBER WHAT IS IMPORTANT

TRUE HOLIDAYS

SAT
DEC
1ST
2018

Welcome to Our 31st Annual Celebration! 6-11pm

Come, be merry with food and friends during this sacred season. Let the light, laughter and music fill your heart. May rememberings of who we are simmer inside each of us.

Free Admission. Childcare Provided. Silent Auction. Treats & Drinks for Sale. Sponsored by the Goodenough Community. [goodenough.org] For more information please contact: info@goodenough.org

Mercer Island Congregational Church
4545 Island Crest Way, Mercer Island

- 6:00 Doors Open
- 7:30 Contra Dancing with Sherry Nevins
- 8:00 A Program of Remembering
- 9:00 More Joyous Dancing



PEACE *connection* LOVE
choosing to make a difference
VALUES **RELATIONSHIPS**
holding the delicate balance



MUSINGS

FROM MY CORNER OF THE YURT

drai bearwomyn | city girl gone rogue at sahale



1 A Share, From a Dream

Kelly Brehan, a lovely LongDancer and dearheart friend of mine, posted this on the LongDance Facebook page the other day and I wanted to share it with you all:



"Good morning. John Hoff was in my dream this morning. He was wearing tennis shoes with no socks. He looked at me, he looked at his shoes, and he said, "There is no right way to do things." It was said in a very loving, but also very direct way. I pass that message on...maybe you need to hear it?"

2 Goodenough 2.0 - The Fuzzy Slipper Millenium

I am delighted to report that we have started the testing phase of an important technological goal.

For years, members have driven from town to Sahale and from Sahale to town for various meetings. There is *great value in sitting together for meetings for sure... AND...* with everyone's busy schedules, different locations, etc...we have been investigating doing SOME meetings online. There is some visioning of General Circle and Sub-Circle meetings being online if our test works. This would remove driving time for many people which would be a great liberation and also better for the environment not to have multiple cars on the road if they need not be. The goal also contains the notion that we may have better attendance. Further, if a member cannot join the meeting, these online meetings can be recorded and watched later, helping keep a larger body of people in the immediate loop.

We are working with a software called ZOOM. It is really special and highly functional. It allows multiple people from all over the globe to meet online, video-face to video-face. It often makes me feel like I am on Hollywood Squares.

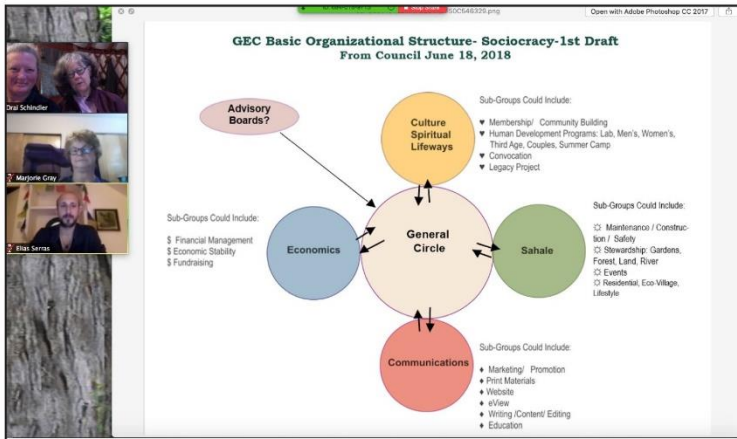
I have been meeting on Zoom with my Long Dance sisters for a few years. We were initially rather cynical about it and over time have been amazed at how much intimacy can actually occur in a Zoom Room Online, how much closer we have grown in our daily lives together, how much work we can get done, how many ideas we can share etc..

We also tend to get higher meeting attendance because people can login from their home in their fuzzy slippers if they want!





[A]



[B]



[C]

OUR FIRST ZOOM MEETING

A] I believe the Communications Circle Zoom Call might have been our first GEC Zoom meeting! (Others might have done one before that I don't know about.) It was fun! It felt so good to see Elias, Marjenta, Kirsten and I together on screen. Here is a photo of what our zoom call looked like. In this case Kirsten was in the yurt with me, Elias and Marjenta in their own homes on a Saturday morning. Clearly... we are talking some SERIOUS business, (grin.) They did not know I was taking a screen shot to show you (sorry team!)...very candid listening faces. Because there are only 3 call ins, the video screens of our faces are very large. The more people that call in, the smaller the faces become to house everyone in one view. See sample [C] below.

B] Another cool feature of Zoom is that we can screen share. This function allows us to put up a document that we are discussing, which can be edited real-time on the sharer's screen as we want to make changes, and all people see the changes happen. Very efficient. Here we are looking at a draft of our Sociocracy Circles chart together. When a screen share is up, the faces become smaller as you can see on the left side...

C] If we were to have MANY people call in at once, the photo on the left is what the screen would look like.

You will notice some black boxes, those are people online who have turned their video off. I do this sometimes if I am moving around for some reason and I don't want my motion to be a distraction.

You also see a phone icon, those are the people who call in, perhaps they don't have a camera. They cannot see us, nor can we see them, but we all can HEAR each other. This is a nice inclusive feature.

I personally prefer to see people as we speak, there is so much we subtly learn from body language and facial expression.



Our First General Circle (Council) Meeting Zoom Test

The group had gathered in Seattle, I was the call-in tester.

Here I am using Speaker View. Whomever is speaking (in this case the whole room) takes up the full screen, and the listeners are tiny, you can see me at the top of the screen. Scenarios like this take great discipline in the group, not to cross talk, etc. These practices are built in to the Sociocracy Meeting models at which we are getting better.

I was grateful to be able to attend this meeting again, I have been gone for several weeks what with my John schedule etc...plus frankly at the end of the day driving to Seattle and back at night is difficult for me. So this was GREAT.

It really helped my listening skills. I was on mute, until I would raise my hand if I had a question or had been called upon. I would unmute, share and remute. I was able to join this meeting from my yurt, in bed. LUXURY. I heard the news, am back in the loop, and had my voice included. **Thank you team for testing with me!!**

What Community is Saying About Their Zoom Experience...



“ I enjoyed my first Zoom meeting. It was good to see each other and once we oriented to using Zoom, I thought our conversation went well. I'm excited! I found it easy to feel connected to each other. This is going to increase participation and is a good addition to our in person meetings. Hurray!” – Kirsten



“ I thought Zoom worked very well. I could see and hear Drai fine. I 'd like to continue to allow people who cannot physically be at the meeting to call in.” – Jim



“ I use these tools a lot, so for me it is an 'of course.' It makes sense for us since we are geographically spread out.” – Bruce



“I’ve been using Zoom a ton for the last year and it has completely revolutionized my idea of non-local meetings and what is possible. In my 8-week mens group we used the Zoom, plus their feature to break out groups too, which was meaningful. Zoom is powerful and offers convenience, far beyond just business meetings, such as doing deep healing work, which I did not expect. The technology is friendly, intuitive and functional. I am a HUGE fan of Zoom!” – Elias



“I like the Zoom format for meeting more than I thought I would. Not that I thought I wouldn't like it, but it felt more intimate than I expected. I found Draï's directions easy to follow, and the program user-friendly. We could see each person's expressions more closely than I notice in in-person meetings. I really enjoy not having to travel, and think this platform can help me and others attend meetings we would otherwise not want to travel to. I love that it's easy to record meetings also. Go, Zoom!” – Marjenta



“I love Zoom and having that opportunity to participate in a meeting remotely. Draï has brought this technology into our community culture, and I am very appreciative. We use Zoom at work in our Global Emergency Medicine & Rural Health fellowship, where many of our fellows are situated in remote clinical sites in Alaska, Africa and other points around the globe; Zoom facilitates weekly the fellowship lectures and clinical case discussions. When Draï called into our General Circle meeting in Seattle from Sahale this past Monday, I made sure that the computer with her Zoom presence was situated in the circle around the table just like the rest of us were and it was very much like having her physical present. It was very fun and felt like a relief having this option for any one of us.” – Elizabeth



“Zoom helps us with inclusivity! People can attend as if we are all in the same room. It is a tool that solves some of the communication issues that have held us back a non-traditional community like ours., being that we dont all live in the same city. This really opens up communications, participation and possibility. – Tom



“Largely, as a non-residential community, Zoom closes the gap. It takes a little getting used to and yet it is simple enough that even this middle ager can do it!” – Pam

Years ago a tribal elder talked to me about storytelling, learning, sharing in 'the old way.' These events most often took place around the fire, in a circle. She told me in todays society, she believes that TVs and Computers are 'our new fire'... the place where, when used with care, love, intention and focus, our circles *now* can gather, hear, share. She was moved especially by the notion that this 'new fire circle' could be shared around the world, with no limitation. This concept struck me as ancient wisdom morphing both successfully and profoundly into todays reality, in a sacred way. I will never forget it.

For me, gathering on Zoom is an example of the fulfilment of her vision. I thank you all for your willingness to sit around the fire together in a new way; for holding the vision; for being open-hearted to possibility. Love, Draï



More Community News



Watchcare

Janet Walker has discontinued treatment for her melanoma and is receiving palliative care. She is in a lovely hospice facility. It's a big house - a mega-house, really - and there are only 4 patients there. She feels she is in good hands. She perks up when she receives messages through her Caringbridge page (<https://www.caringbridge.org/visit/janetwalker>) and cards, notes, and letters at her hospice facility: 9830 River Road, Potomac, Maryland 20854 Bless You Janet



Facilitating Bees!

Bee cocoon babies (not like human babies but cute in their own way)

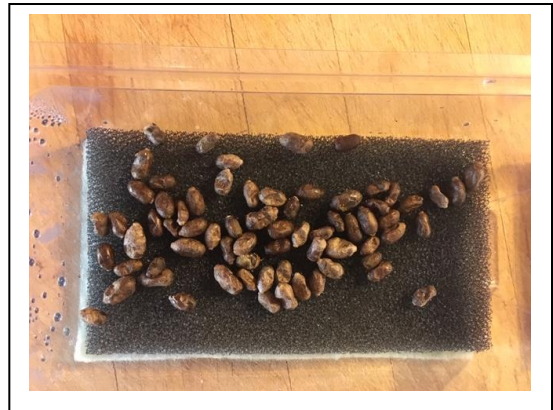
Kirsten Rohde
Sahale

The other day Irene Perler and I did the autumn care of our mason bees. At this point, the adult bees are long gone and baby bees are all wrapped in cocoons. Mason bee larvae hatch just a few days after the eggs are laid in the spring. They eat the pollen that's been stored in their cell. Then the larva spins a cocoon and becomes a pupa. By autumn, the insects look like an adult bee, but they stay inside their cocoons throughout the winter. When the weather warms in the spring, the bees emerge.

It's true that mason bees have lived in the wild forever without helpful humans, but we are learning that some extra care will increase their population and help prevent predator insects.

So now we opened our bee houses and took out all the cocoons. We cleaned all the debris off them, washed them in water (really!) and then put the cocoons in a box to store in the refrigerator until next spring.

Just before the apple blossoms are out in the spring (around dandelion bloom) we will put the bees out in their houses and they will hatch, males first then females, and begin the process all over, pollinating our fruit trees and flowers in the process.



I enjoyed working with Irene – it was a fun connection and we discovered lots of interesting things. At first we were concerned that the cocoons looked quite dry and soft, not like we thought they should be. I finally decided to open one and a baby bee crawled out! Oh no! I was very sad that a bee had been sacrificed for our learning but at least we knew that the cocoons were viable. So we took good care of the rest of them and put them away to hibernate for the winter.



As a nonprofit, we received last spring a discount on two Mason bee houses and a starter set of cocoons and supplies from CrownBees in Woodinville. CrownBees is dedicated to educating and providing everything needed for people to have success with mason bees. They also provided us with leafcutter bee cocoons, that hatch later in the summer. Their videos facilitate our learning about the bees.



The deAnguera Blog: Halloween



Two Halloween action shots featuring our original craziness. On the left Amanda is dressed up as an old hag about to clean us up with her scrub brush. On the right Pedge Hopkins peers around a bunch of balloons meant for Draï and John Schindler on their birthdays. John was not there because he was in the hospital.

We all dressed up and had a good time.

Halloween originally was All Hallows Eve, the day before All Saints' Day, a Christian holiday. The real significance of this day however goes back to Pagan times. It was celebrated in Europe as Samhain. In Mexico it is known as The Day of the Dead.

Summer is over. We are into Fall. Leaves are falling off the trees. We love their golden color. Their time is done. They are dried up.

Traditionally the harvest is in. The work of planting and harvesting is done. We can now celebrate.

We are moving into the dark times of winter. On Samhain the spirits are out and about so we put on scary costumes to scare them away.

Earth's tilt is precisely timed to enable seasons of light and dark to move over its surface. I am convinced life likewise goes in cycles. I start off as a newly born baby and move through the seasons of childhood, adulthood, old age, and finally death.

But the dark of winter is followed by the light of spring. Death is followed by rebirth, to be born again anew.

John Schindler and I have had to deal with mortality in the form of prostate cancer. For me it was a shock. I had expected to age but not like this. Fortunately in my case the hormone shots and radiation treatments appear to be working. My latest PSA number was a 1.0. Much better than a 29 which was very high.

How does one approach the winter of mortality? By helping each other to act crazy. I like the idea of a fun death. I want to go laughing my head off. After all I will be back as....never mind. I need to concentrate on being Mike deAnguera, the Asperger's prophet who is still trying to figure out his life. Can't I just accept that my life is a mystery that I can work with the help of my friends?

Phillip K. Dick, a famous science fiction writer once said that maybe all of our explanations about the Universe are manifestations of paranoia. He added, "We should be content with the mysterious, the meaningless, the contradictory, the hostile, and most of all the unexplainably warm and giving.."

Trust that it will all work out. I don't believe we live in a universe of randomness. It would not be possible to create stories in such a place.



How do Pedge and Draï react to our Halloween craziness? With good cheer.



SOUTH SOUND WOMEN'S DRUM CIRCLE

- A place of refuge and safety
- A place for encouragement, hope and healing
- A place to lay our prayers upon the drum

Our People, The People need the drum beat, the prayers, the songs, the hope and love...

Come join OTTER WOMAN, our medicine drum; TURTLE HEART SONG, our peace drum and other medicine drums

Friday Nov 9, 2018 7 - 9pm
Coach House @ Lord Mansion
214 22nd Ave SW, Olympia, Washington, 98501

All Women Welcome - No Experience Necessary
Plenty of drums, rattles & rhythm instruments to share and bring your own



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

From Colette:

Having just had Pam do a big organizational task including creating a wall of pictures, I would highly recommend Pam for any organizational task. Thank you, Pam!



NOW'S the time to BUY on AMAZON.

Amazon will contribute a % of your purchases to the Goodenough Community.

Buy NOW for upcoming holidays, birthdays, friends, relatives, self, pets, garden, home improvements....whatever!

REMEMBER to SIGN UP at smile.amazon.com to The Goodenough Community be your DONATION choice.

Happy Shopping!!!



Two new dates

Calendar for the Goodenough Community – Fall and Beyond

- The **Community Council** (The *General Circle*, in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be November 5 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026. Thank you, Tom, for welcoming the Council to your home!
- The **Third Age** meets at the home of Joan, Barbara, and Jim. November 9 is the next gathering. December 14 is the next proposed date after that.
- The **Women's Culture** will gather next on **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. **We are announcing the annual women's weekend, May 3 to 5.**
- A weekend for Couples, March 1 to 3 at Sahale.**
- True Holidays Celebration** - Saturday, December 1, 2018
- Thanksgiving at Sahale!** Please contact Draï if you would like to join. goddessdraï@earthlink.net
- Christmas Day dinner** at Sahale is becoming tradition. Make your plans.
- New Year's Eve** at Sahale will be a Monday night. Plan to come for the weekend!
- The **Friends of Sahale** Fourth Annual weekend will be **January 18 to 20, 2019.**
- Sahale Summer Camp** - June 23 to June 29, 2019.
- The 50th Annual Human Relations Laboratory** - August 4 to 10, 2019.



Programs and Events of the Goodenough Community

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. **Future meetings:** November to be determined, December 14. 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. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women’s weekend, **May 3 to 5**.

Contact Elizabeth for more information and directions to our meeting place.

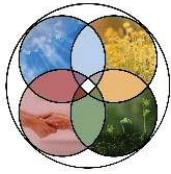
The Men’s Program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information: bruce_perler@hotmail.com



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 PM 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. **Gatherings are in Seattle.** Contact Colette Hoff

for more information: hoff@goodenough.org



The Goodenough Community Council now the General

Circle 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

True Holidays Celebration, Saturday, December 1, 2018

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 Elizabeth for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

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) for an appointment.

