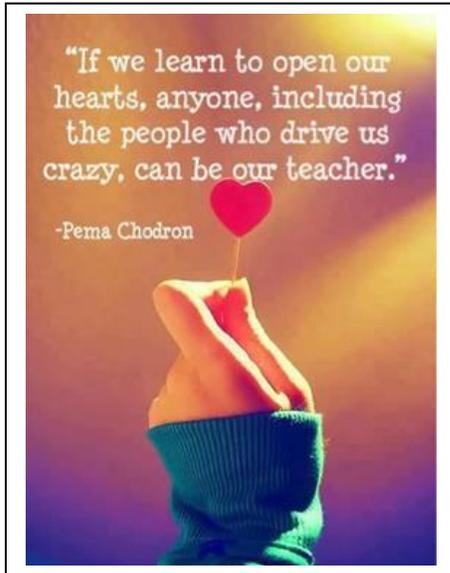


The Village eView

April 5, 2017

Kirsten Rohde, Guest Editor



Coming Up:

Women – Saturday, April 8

Women's Weekend, May 5-7, 2017
at Sahale

Being Open-Hearted

At Pathwork last Sunday we watched a video about Islam; the speaker talked about how people can develop a "cold heart" if they stray from the teachings about being a good person. He gave some ways from the Islamic faith of how to recover from a cold heart. Some of these were to stay connected to God (Allah), follow the daily practices and teachings, and stay connected to people who are also engaging in the practices of the faith.

I appreciated learning that, regardless of the specific ways that each belief system talks about it, we all can suffer from a heart that has grown cold (disheartened). The theme this week is "being open-hearted." We talked in Pathwork about how, in times of feeling disheartened, we may disconnect from friends and from our intentions in daily life. Choosing, instead, to become open-hearted involves reconnecting. This seems especially pertinent these days.

Colette introduced us to an organization called "Heart Math" in the eView a few weeks ago. Below is an article from Heart Math about heart awakening.

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 Increasing Collective Heart Awakening

Many are commenting that in the last few months, they have noticed themselves feeling kinder and much more accepting of others than usual. From different parts of the world people report they are feeling less desire to hold onto old hurts and distresses from the past. These and more are positive symptoms of the collective heart awakening to the need to get along with each other for the greater good – regardless of the ongoing resistances and separations taking place on the planet.

This growing momentum of increased heart awakening, many believe, will eventually become the baseline for a paradigm shift from separation to compassion and cooperation. It feels like an obvious time in our evolution to be kinder and more openhearted to each other, while working together to find solutions for global challenges to create a thriving world. Many of us feel that living from our heart is the "overlooked" yet most practical approach for increasing individual and global peace, being that we've tried most everything else already. The world picture may not reflect these possibilities in the present moment, but more people are sensing that it can be done.

Practicing kindness, unconditional love and heart-based interactions can increase our personal joy and fulfillment now, in the present, however long it takes for the whole of humanity to shift. Practicing heart qualities assists humanity by creating a supportive energy field that makes it easier for others to feel and respond from their heart. Some of the primary heart qualities are unconditional love, care, compassion, connection, kindness, forgiveness, gratitude, patience, acceptance, cooperation and many more we all know, yet they often slip from our awareness when needed the most. We own these heart qualities but it's our job to awaken them and begin to show up as who we are.

Below are a few reliable practices for lifting your spiritual vibration and opening your heart more to others. Many of you are probably familiar with these exercises, but for these heart qualities to become instated, we have to remember to consciously re-boot these practices for a while. Rebooting is fundamentally important for establishing a new baseline.

Practicing Heart Qualities

- Commit to three or four days of looking for opportunities to practice genuine kindness to others, and sincerely connect with people, including some that you don't usually connect with.
- During these days, also find a few minutes of quiet time to radiate genuine compassion to people suffering across the planet. Remember to radiate compassion to yourself when needed and don't see it as selfish – see it as an intelligent choice.
- Next, consciously radiate genuine appreciation to friends, family, work associates, etc. Sometimes we adapt to and take for granted the people close to us and we forget to feel just how much we do appreciate them.

- Also, forgiving someone and releasing old hurt feelings can do wonders for lifting our vibration and taking a load off. This releases stuck energy in our heart, and helps to heal things we can see and things we cannot.

You can do these same exercises with other heart qualities, like patience, connection, acceptance, cooperation, and more. **Genuine** is the action word in all of these practices if you want to experience the deeper benefits.

Doing the practices a few days in a row creates a cumulative effect that encourages the increased use of these empowering qualities. If you go most of a day without practicing, then add on another day so as to dignify your commitment.

People report life changes in their interactions, and share how much they feel like their true self when doing these practices. Even if we already practice heart-based attitudes, it's helpful to add a day or two each month of conscious exercises to refresh and strengthen our forward momentum.

Practicing the qualities of the heart can be viewed as advanced common sense, and it doesn't require being religious or on any particular path – however this practice is included in many religions, cultures, self-help, self-care and other systems.

We appreciate you deeply and hope you experience happiness and wellbeing through 2017. Let's remember to hold compassion in our hearts for the hardships people are experiencing through these transitional times. Much suffering across the planet can be reduced when more of humanity deeply understands that, Love matters.

Written by, Sara Childre, President. of HeartMath Institute and Doc Childre, HeartMath Founder. <http://www.heartmath.org>

*...you think you've survived
so long that survival
shouldn't hurt anymore. You
keep trying to turn your body
bullet-proof. You keep trying
to turn your heart into a
bomb shelter.*

*You are soft and alive. You
bruise and heal. Cherish it. It
is what you are born to do.*

- Clementine von Radics

Place light in my heart,
light in my tongue,
light in my hearing,
light in my sight,
light above me,
light below me,
light on my right,
light on my left,
light in front of me,
light behind me,
place light in my soul,
and make light abundant for me.

~Muhammad
(570-632, Prophet of Islam)



Mitakuye Oyasin
Love is the Only Reality
All Else is an Illusion

Hello, Women!

April 8, 2017

Have you played the women's **Clothing Exchange Game**? In case you have not – or in case it has been a long since you've played the game – I'd like to tell you about it.

On **April 8**, the women of the Goodenough Community will gather for our usual engaging, deepening, and stimulating time together, from **10:00 a.m. to 2:00 p.m.** As usual, we will provide lunch. And then we will play this game:

The object of the game is to clear your closets and bureaus of clothing that you no longer want, and to freshen your wardrobe with clothing from other women's closets. Along the way, we will make a financial contribution to the Goodenough Community and its women's program.

On Saturday, April 8, please come to the community center at 3610 Barton Street SW in West Seattle, with your clothing offerings, and leave them in the lobby. Head upstairs, enjoy some coffee and companionship, and join our circle of women for conversation and exploration.



Once our program has ended, join your friends downstairs, and select as many items as you want. Help other women discern what is "just perfect!" for them – and make a financial contribution to the Goodenough Community, according to what you believe is the right amount for what you receive and what fits your budget.

The Clothing Exchange is always a lot of fun, and I hope you will be with us!

And ... while I have your attention, and while you have your calendar handy, I'd like to remind you of the annual Women's Weekend, Friday, May 5, through Sunday, May 7, 2017, at Sahale. Please mark your calendar, and plan to be with us then!

I will write again with more information about our weekend. Warmly, Hollis

*"Those who are willing to be vulnerable move among mysteries."
— Theodore Roethke*

Men's Weekend and Tent Raising

I'm writing to invite you men to a **spring retreat weekend, June 9-11**. This date is the best fit for the most of the men I've asked. I realize not all of you will be able to make it, a sad truth about planning. If you're not able, please consider sending me an email with a "check in" you'd like shared in our circle.



This year, different than we've done before, we're combining our annual raising of our Big White Tent with our men's retreat. The tent raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.

On a personal note, I'm still feeling the important opening of our recent women's and men's weekend intensive and I'm interested to continue the conversation as theme for our gathering. If you were not present for this event you could know that we plunged into the important and sometimes difficult topic of patriarchy, gender inequalities, changing roles and fluidity of gender identity. It was a powerful experience of truth spoken and heart opening.

What aspects of this theme would you like to explore? What about the structures of patriarchy would you want to explore together? For me, the notion that I'm part of the problem and the solution continues to ring. I want to urge on my own wake up to my unconscious gender bias and the ways I act out old ideas, asleep to my impact.

Please RSVP with your interest about our Men's Retreat and look for more details as the time draws nearer. Warmly, Bruce Perler

Sahale Wish List

A refrigerator for Potlatch with ice maker
Brown and aqua double sheets
Bed side lamps
Brown, blue, gray, green towels



The deAnguera Blog: Bon Voyage Josh and Evelyn



Josh DeMers and Evelyn Cilley have been among our most important members over the past several years. It amazes me just how much these young people were able to contribute to Sahale's functions.

Last Saturday we had a going away party for them at the Community Center. They were definitely family members and will always be so. These are ties that will always be there no matter what Josh and Evelyn do with their lives.

Josh is going away to India. Probably by now he has arrived in New Delhi. A friend will meet him at the airport. Josh's intention is to finish a journey begun years ago.

What might Josh do? Work on a biodynamic farm? He has already hinted at visiting Auroville, an intentional community of over several hundred folks from all over the world. The experiences Josh will have in India will give him a chance to put his relationship knowledge to work. I am hoping he will write about his India journey.

Evelyn is going to a permaculture farm near Port Townsend for 3 months. Paul and I visited there last year. She will be working not only with crops but also animals such as alpacas. I love alpacas, having encountered them at the Ananda farm years ago. They can be very gentle creatures.

I think for permaculture folks like us, experience on a working farm is important. I have been tempted to spend some time on the Ananda farm myself. There is a big difference between farming and just having some gardens.

Sahale is a learning center originally built around the Human Relations Laboratory. We have proved we can be a permaculture site because we had both the 2 week permaculture design course as well as a few permaculture convergences.

When Evelyn comes back she will have some real farm experience to share with us. A farmer in our midst! This will give us some good insight as to what we want to do with Sahale and Lab.

My secret hope is to sow some dissatisfaction among our Lab attendees with their current city lives. Experience is the best teacher. Far better than talks about how nice things could be if our nation went socialist.

Both Josh and Evelyn are pioneers along with the rest of us in helping create a sustainable lifestyle. They will be carrying out the work begun by us older folks. I am thankful we were able to provide a place for their dreams and visions.



Goodbye hugs with a grandstand performance by Jenny!

An opportunity to become a member of our community

Kirsten Rohde

We are offering a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define some rights and responsibilities of membership. While we generally use a form of consensus for decision-making, having membership formalizes decision-making for community issues. Our Community Covenant continues to guide us.

Belonging: membership of a group or organization offers

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com

OUR COVENANT

As a friend of the Goodenough Community,

I commit to being the best version of my self:

By entering fully into life's experiences;

By giving myself fully to the process of transformation
through the expression of love;

By trusting the good intentions of each one of us;

By relating to others with respect and acceptance;

By making and keeping agreements with great care;

By being constant through conflict;

By honoring leadership in others as a method to develop the
leader in myself;

By taking responsibility for my unique and significant role in
the world;

By acknowledging the inner and interconnectedness of all
creation, thus being safe and at home in the universe.

So be it!



Community Voluntarism

Elizabeth Jarrett-Jefferson

Jf ever there was a cause to celebrate or be inspired, it is that of being able to quantify—and therefore see—the amount of time, energy, elbow grease, and love that individuals contribute to charitable organizations in this country. Over the course of the years, members of our own Goodenough Community have taken on the intentional task of identifying and tracking even the smallest effort that is devoted to the benefit of our organizations. The results add up to show a remarkable devotion to our community and its mission. Goodenough Community members are currently undertaking a similar task for the months of April and May of 2017.



There are other very important, practical reasons to stay involved in such a project that pertain to the organizations' viability. Some of those are:

1. Volunteers appreciate appreciation. We count what we value, so tracking is recognition that volunteer time is important.
2. Recognition is a good investment, and it pays off spectacularly.
3. Tracking volunteer hours is one of the key tools to keeping a volunteer force engaged and empowered. Why? It empowers volunteers and at the same time provides data. Data shows your volunteer engagement level and proof that you are engaging your community.
4. Donors see volunteer inputs as a measure of effectiveness.
5. Volunteer time can help organizations meet requirements for matching funds.

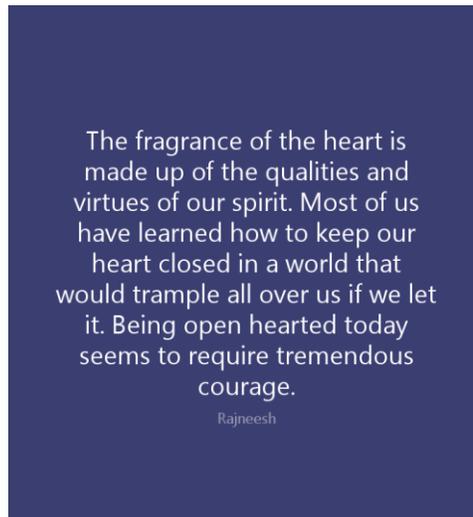
We plan to let you know the results of our tracking effort in a couple of months. In the meantime, feel free to join us in the experiment! Here are things you could track:

- Driving to community meetings wherever they are
- Time in community meetings, such as community annual meetings
- Time spent in programmatic events (membership weekends, women's or men's weekends)
- Phoning about community
- Writing articles on voluntarism 😊
- Time emailing about community events or registering for events
- Attending community events, such as the True Holidays event or the Solstice bus Trip
- Mowing lawns, trimming, composting, seeding, pruning
- Community center cleaning.
- Guest bar tending at the swamp!

- Donating goods and services
 - Attending leadership meetings
 - Cooking for community in any capacity
 - Splitting wood
 - Performing community chores
 - Trainings (community website software training or leadership training as examples)
 - Planning for community events
 - eView writing, planning, publishing
- And many other ways . . .

[Track and let me know your hours!](#) Use a note card, your phone, your computer, an excel spreadsheet to track them—whatever works for you. [There are also tracking apps on line that you can download.] I will be collecting hours at the first of the month, so I will put out the call **on April 1**. I think we may have a remarkable story around our “social capital.” Warmly

Elizabeth



Making Choices about Medical Care in Later Life

Submitted by Hollis Ryan

Would you like to know how geriatricians are thinking about your choices? Let's discuss! Speaker **Wayne C. McCormick**, MD, MPH, is a Professor of Medicine at the University of Washington, Department of Medicine, Division of Gerontology and Geriatric Medicine, Harborview Medical Center. He is a graduate of Washington University Medical School in St. Louis and of the University of Washington School of Public Health in Seattle. He is a former Robert Wood Johnson Clinical Scholar and is board certified in medicine, preventive medicine and public health, palliative medicine, and geriatrics. **Date, time, location: Wednesday May 3, 5:15 – 6:45 p.m.**, Odegaard Undergraduate Library. **Register [HERE](#)**, or click through on the event announcement at uw.edu/uwra/calendar.

Birthdays

- ✚ Happy first birthday, Wiley Aylward - April 6
- ✚ Happy birthday, Uncle Larry Hoff - also April 6
- ✚ Happy birthday, Bruce Tarlo - also April 6!



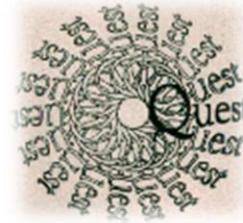
"It's a poor heart that never rejoices!"

"Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground."

— Rumi

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

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Women's Culture

Next Saturday gathering is April 8, 10 am -2 pm, at the community center in West Seattle

Women's Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gatherings will be Friday evenings, March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com



A weekend for men is being planned for **June 9 to 11**. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

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

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

Annual Organizational Meetings March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde 206 719-5364 for more information.

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The moment that you feel that, just possibly, you're walking down the street naked, exposing too much of your heart and your mind and what exists on the inside, showing too much of yourself. That's the moment you may be starting to get it right.

neil gaiman