

The Village eView

January 7, 2015

Colette Hoff, 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**

Approaching The Year 2015 Relationally

John L. Hoff

Introduction:

As we prepare for the next few months we are wanting you to know that the focus will be on relationship: general information and practical guidelines. The program we are offering includes a Sunday evening group called Pathwork in which there is a focus on relationship's contribution to our development. On Monday evenings, the leadership group will be deepening our understanding of our leadership as offering an encouraging relationship. Tuesday evenings the focus is relational deepening and skills for maintaining and developing effective relationships.

In the history of the Goodenough Community, there has always been a group of couples who met together and talked with each other about the purpose of marriage or the contribution that marriage makes to individual lives. We have generally concluded that the purpose of a marriage—let's make that about any relationship—is to help each member of the relationship grow and develop themselves in a good way. It is through the give and take of relationship that we learn and develop ourselves. At a recent meeting of couples we were challenged to focus more on developing relationships that encourage personal growth.

Upcoming events:

[Pathwork, January 11](#)

[Relational Group, January 13](#)

[Third Age, January 16](#)

[Women's Culture, January 17](#)

[Conscious Couples Network, January 23](#)

I encourage you to look at the relationships you have and notice those relationships that ask you to improve and compare with those relationships that more comfort you than challenge you. Are you fully appreciating relationships that provoke you to grow because these are people who ask you questions, ask for rationale, and generally make you work a little harder at conversation. Quite often a “good” relationship has a higher level of activity, more expectation, and more requirement of you to be a conversationalist. We have all heard some of the arguments that a good relationship is comforting, relaxing, and comforts our ego. However this could be the description of a lazy relationship that is more indulgent and protective than encouraging and growth-producing.

As we begin a new year and are setting some goals for ourselves and perhaps for our relationships, I am encouraging you to want more from your relationships and offer more presence and more communication to the relationships you have. For instance what are some of the things your relationships need to be talking about—have you shared what you needed to and been straight about what you want. I encourage you in 2015 to expect more not less from your friendships and your communication. I think the same might be said for the meetings we go to in community—make sure you are using them well and for the purposes they were created. Allow the leadership there to guide you and the relationships to require improvements for you. **If you want to be a growing learning person allow yourself friendships that require this of you and help you accomplish your goals for yourself.** Colette and I are asking ourselves how to be more effective and inspiring friends and group leaders. We are asking you also to step up to the responsibility for lively relationships and challenging meetings. Let’s talk about this in our relationships and at our meetings.

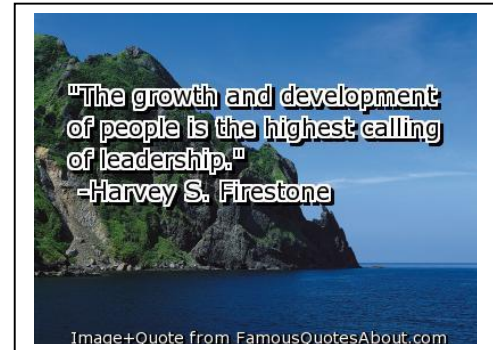
Another aspect of improving our communication and our life in groups is to openly make this a topic of conversation in all of our gatherings. Colette and I, in reviewing our planning sessions for the groups we are attending, often identify our need to have such a conversation about improving the quality of sharing and supporting each other.



Growth in 2015

I have had some interesting conversations with people—about growing in 2015—there is of course individual or personal growth which happens to be one of the clearly stated purposes of the Goodenough Community. We also have a purpose to help relationships develop as a context for encouraging individual growth. We expect and desire that our leaders will continue to develop their leadership skills. We also desire that our teams and small groups, such as boards and committees, will continue to mature as to purpose and capacity.

There is a general recognition that we would like to see people added to our community as a whole both as friends and members supporting what we are about—to support individual growth and develop relationships. I encourage such development. For instance, we see that a purpose of a friendship or marriage is to encourage the development of the individuals involved. I was meeting with a young couple recently who said that this idea was completely novel to them and I realized they were being straight with me, yet it left me with the question “what is the purpose of friendship or marriage if it is not for the encouragement and guidance of the people involved?” **Colette and I are encouraging us to revisit this basic purpose of our relational life in the GEC—that our relationships is for the encouragement and guidance of individuals.** There is payoff for this for Colette and me as well because we want for this community to be a source of feedback and guidance for our leadership and relationship with you.



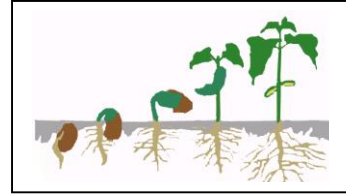
2015 is not so much ahead of you but within you awaiting expression.

None of us have lived the year that is ahead of us yet each of us has a sense of what this year might or ought to be because we already have a sense of this year shaped by our past and needed by those around us. This year is being called forth from within us. We already have some goals and perhaps some fears to avoid. We have made some promises to others that shape the year as well. Our work and our “bosses” have expectations of us that will shape our days as well. This is a good time to ponder all of these influences on 2015. It is an excellent time for you to be talking with others about what you want to have happen this year and to listen carefully to what others want as well. We have just come through a week of wishing each other a happy new year and now we come to the rest of the year where we called to help each other make this the one we need and want. Let’s try to be more open with each other about how we need help from each other to accomplish our goals.

Each of our organizations has goals and objectives they will be working on. Each of our cultural programs have ways they want to be helpful to us in enriching our social lives. Sahale and its leadership desires to be of service to you again this year. In each of these above statements there is an implicit request for you to do your part of the work: ask questions, state needs, take seriously the programs provided, Being a community is about cooperation and nowhere is cooperation more important than at the practical, relational level. Community is about learning to relate more effectively and the most common method is to simply practice with each other and with the feedback we get from each other. Our teachers and benefactors in this community are the persons who take seriously the on-going education and training that happens at a relational level. This comment is intended to be a challenge to do the relational work you need to be doing to become a better person and a better friend.

At this time of year

When the holidays are over and spring has not yet begun, we are developing a spring program that will involve meeting sometimes at Sahale where we will be preparing gardens and making repairs. **We not there yet.** We are at a place before that when we are clarifying our goals for the spring and summer and shaping the programs that will be offered. Then as members and friends of the Goodenough Community you can be helpful to leadership by suggesting your ideas for future programs and by offering your leadership where you are most motivated. You can do this best by



submitting your ideas and themes in writing to the board of the American Association for the Furtherance of Community. If your ideas are really addressed to Convocation or a specific program in the Association, they will be passed on to the right people. As a community we are always in need of leadership and ideas for implementation. We have learned that the best chance for ideas to be followed through to conclusion is dependent upon enabling the initiators to follow through their ideas to conclusion. We are committed to the orientation and training necessary for you to be successful at what you want to see done. Our Pathwor group meets on Sunday evenings at 7:00 to 9:30 and our leadership group meets on Monday evening at 6:30m for dinner and 7:00 begins the meeting. We are currently meeting at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. If you are interested in joining us or helping us, please let us know at hoff@goodenough.org or (360) 275-3957.

Shared Housing: Are you interested?

For many, many years our community was centered in the Mt. Baker neighborhood of Seattle—a big old house that contained offices and meeting rooms and spaces where most of us could gather. We no longer have this place and are looking for a rental space (?) that:

- Would enable some people who wish to live together
- Would have some rooms useable for meetings and gatherings
- Would have some guest rooms for people who need to stay in the city when they come in from Sahale.
- Would have private space for counseling

Thus it is that we are looking for anyone who would enjoy sharing this space with us. A team is forming to consider the best location and the best space available for our community's needs. John and I will be desiring the use of such a space as a home away from home for 2 to 3 nights per week when we come in from Sahale. This works best economically if others need and want to live in a community setting. If you have some ideas about how this, please talk to either Colette or me, Elizabeth or Nan (from the committee, which includes Irene and Kirsten). We are now needing to make this a “urgent” priority and are asking your help.

Relationship: Consider This

By Pam and Elizabeth Jarrett Jefferson

John and Colette Hoff are offering a series on learning-in-relationship that meets Tuesday evenings. This series is open to couples and committed friends who understand that personal growth and learning is experientially creative when done within the context of relationship. The group met Tuesday evening, January 6, after a two week holiday hiatus, and we offer these reflections about our experience.

We all know that relationships can be challenging and can grow us, but consider the following questions, posed by John and Colette, as challenges to our thinking about relationship:

1. How do we take responsibility for our relationship?
2. Are we willing, at the level of friendship and in the most friendly way we can, talk about the issues that we must talk about to improve our lives together?
3. What does it mean to tell the truth to each other?
4. In relationship, what is truth?
5. Are you willing to give up the illusion that relationship keeps getting easier and better until it becomes perfect?

Do you have answers to these questions or wonder how others would answer these questions? We do. Let's get together to share and learn with one another about this business called relationship. Opportunities to do so are Tuesday evenings, 7:30PM on Mercer Island (the next gathering is January 13); **Friday evening, January 23, for the monthly gathering of the Conscious Couples Network** (again, 7:30PM on Mercer Island); and the weekend of **March 6-7-8 at Sahale**. We would love to see you there.

- ***Pam and Elizabeth***

PS. The **January 23** meeting of the **Conscious Couples Network** will focus on helping you access your knowledge of relationship and your skills in being relational. It will also help prepare you for the March weekend.



Relationship isn't for Sissies

March 6 to 8, 2015 A Weekend for Learning about Relationships

At Sahale, Colette and I have the privilege of talking with many groups and communities that utilize our space. Over time we are becoming more and more aware that one of the uniquenesses of our community is that we are focused theoretically, technically and practically on learning how to do relationship intentionally and to a standard. When we review the workshops, formal relationships, and the Human Relations Laboratory we are reminded that most of our program encourages people to be learning from their relationships by consciously communicating



what it is that we are trying to help each other with. It occurs to us that the world presents us with few opportunities to learn from the relationships we are in while we are in them. I don't think we know how to be in a marriage or in a family "automatically" or "unconsciously" and most of our families of origin, and the parent demonstrations we experienced, were inadequate training for our lives and our partners. Thus it is as grown-ups in marriages and families we have to allow ourselves to start learning again about being more effective as partners. The Goodenough Community and especially the work that Colette and I have done in teaching relationship are our first experience of being in a learning environment that focuses on helping everybody to learn about relating better. Relationship has a theoretical purpose and that is to help people learn about themselves as they go along. It is learning by doing. It is experiential learning with each other and from each other.

Colette and I are wanting to learn more about how we relate to you, how we influence through our relationship, and how we can better teach you how to strengthen your relationships. Actually Colette and I are just asking into the relationship-learning game so that we can deepen our understanding and improve our skills. We want to serve you even better by asking for your help to improve our relationships with you. Our hope is that in the next few months we will intentionally deepen our relationships and do a better job of learning how to relate as friends and leaders together.

The weekend will be designed for friendships and couples yet will be generally helpful to everyone interested in learning to relate better. Individuals are welcome and we will be working in small groups and with paired partners. Of course, couples will have an opportunity to *talk things through* with each other. Another way to say this is if you have not worked out an understanding for the mature conduct of relationships in your life, you will have an opportunity to learn some theories or philosophies of relationship and to identify the major strategies available to you in impacting others, as well as an opportunity to learn the basic skills which include communication, negotiation, and agreement-making.

Cost: The cost of the weekend is \$175 per person or \$350 per couple which includes room and board as well as learning materials.

2014: A growth-filled year for the Goodenough Community

Kirsten Rohde

As we move to 2015, I think of all that our community has accomplished in 2014. We are in a transition that affects virtually anyone who has some connection to the Goodenough Community. This transition has to do with changing roles for John, Colette and others who have been in key leadership positions and implementing plans for the future of our community. During the year we also had a very successful Sahale Summer Camp for children, Human Relations Lab, cultural gatherings for women, couples and older adults, training and development weekends, and an active and full year at Sahale.

In the midst of this we moved from the Seattle home of the Hoff's and the community center. What a big move that was! Volunteers supported the Hoff's in their move and worked under Pam Jarrett Jefferson's guidance to move all the records, books, artifacts, notebooks, official documents, etc. that come from almost 40 years of organizational work.

As two nonprofits, The American Association for the Furtherance of Community and Convocation: a Church and Ministry, we have a lot to value this year. At our Monday night organization meetings I often hear of gratitude for the generosity of friends, supporters, family, volunteers – everyone who has donated time, skills, and money to the work of our community. Most recently the annual True Holidays Celebration was a successful experience in terms of participation, fun, and fundraising. We had a full bus for the Solstice Trip to Eastern Washington and enjoyed a New Year's Eve at Sahale with 45 people and families. We have a number of new people joining, noticeably at Sahale.

With the move out of the home in Seattle, we are saving some facility expenses, however the move itself incurred costs. As the dust settles, we are realizing that supporting the Hoff's practice and cultural and organizational gatherings in the Seattle metropolitan area means we will need to find some type of rented space. We are seeking solutions to accommodate a continued professional and community presence in Seattle that will cost less overall than the prior location. We also have needed to install a new hot tub at Sahale after 14 years. We appreciate the \$2000 raised to date for this specific fund raising appeal – we still need \$3000

The page following this letter provides a summary of some of the ways donations have helped in 2014 and ways donations will help 2015 be a continuing success. I hope you will consider our community in your year-end gifting plans. **(At the end of this eView are two donation forms for your use.)** Our two nonprofits provide many valued services and programs to several hundred people and families in a year regardless of ability to pay. The vitality of our community is reflected in the vitality of many lives. We often hear of our community's impact far beyond specific events and services.

Thank you for thinking of the Goodenough Community and for all that many of you have given already.



The Goodenough Community: How you can support us

Our community is supported by the generosity of many – in time, skills, and financial contributions.

Here are some ways your donations helped last year:

- ❖ Scholarships for children to attend our **Sahale Summer Camp**. (About 25% of families receive assistance each year for the camp.)
- ❖ Scholarships for families and individuals to attend the **Human Relations Laboratory**. (10 individuals and families received assistance last August.)
- ❖ Salaries for our professional staff, John and Colette Hoff, to enable them to continue their creative and dedicated work on behalf of our community
- ❖ Support for **Sahale Learning Center** including property expenses, facility maintenance and upgrade, tractor payments, and the general expenses of operations.
- ❖ Increasing food production at Sahale and teaching permaculture methods.
- ❖ Support for interns who provide many hours of work while learning about agriculture and human permaculture. We have supported the work of 5 interns this year.
- ❖ Providing **cultural programs**: evening gatherings throughout the year and 1-2 weekend retreats to serve women, men, couples, and persons 60 and over (the “Third Age” group.)
- ❖ Educational and training events provided to all interested in learning about individual and social development skills.



This coming year donations will help:

- ❖ Build our scholarship fund. (We would like to maintain an annual fund of \$5000.)
- ❖ Continue to build our cultural program offerings which provide support, guidance, and community oriented experiences. Cultural programs are a valued entry point for newcomers interested in community learning.
- ❖ Continued support for Sahale, including the replacement of a hot tub (\$5,000), ongoing upgrades for efficiency and guest services, and support for the mortgage and operations. Sahale is one of the main sources of income and introduction to our community as we offer a unique retreat experience for groups and individuals.
- ❖ Continued support for professional staff as John is transitioning to retirement and Colette fills the central role of overall coordination and building organizational capacity with a team of volunteer leaders.



- ❖ Support to continue building our internship program and expand organic food production at Sahale. Our gardens provided much of our produce this summer to residents and guests, saving grocery bills and enabling super healthy meals.
- ❖ Support for the work of making the wealth of community learnings available through written, web, video and other means.

January 5, MRI & the future

By *Barbara Brucker*— Jan 5, 2015 10:49pm



Happy New Year to everyone! And thank you for your ongoing prayers and good wishes. They seem to be doing their part in helping things going well. Went in for my MRI this morning. The results were even better than the one in October. Nothing lit up with contrast medium meaning there's no macroscopic evidence of disease. Dr. Benkers, the neuro-oncologist who reads the MRI, was very positive and is comfortable with me delaying admission until the week of January 19 which means I can go to the Itzak Perlman concert with the Seattle Symphony on the 15th. I was fearing that I would have to give it up - which I was willing to do. She actually encouraged me to wait saying that she would wait a week and go to the concert if it were her. I had initially been targeting my admission for Jan 12, based on conversation with the hematology-oncologist, Dr. Mawad who supervises my chemo & manages my care in the hospital. When I asked her about delaying for the concert, she had reservations but encouraged me to ask Dr. Benkers. It all seems like simple stuff - treatment for a brain tumor or a concert, and my choice would be clear. Nevertheless, we've had the tickets since last spring and it's nice to get to go.

Thinking ahead to and planning for this next admission is challenging. The Methotrexate admissions had become quite routine. With the exception of the first one (didn't know what to expect), and the one where the acyclovir for the incipient shingles messed up my kidney function, they have been quite predictable and I have learned how to plan for them. This admission will be much longer and the chemo more difficult. There is no way to know what kinds of reactions I will have, how much my appetite may be affected, how much nausea I may experience, what my energy level will be like, etc. This makes it difficult to plan. I have taken a significant amount of my own food with me to the hospital on previous admissions. For this one, what to do? I will take some food with me, and I can prepare food and freeze it ahead so that people can bring it to me. The trick is knowing what I'll want. I'll do some ahead and then, when I know what I want beyond the hospital menu, I'll ask for help.

Another thing that's important to me is having my own clothes. It helps me keep my identity and feel like a person while I'm in the hospital. Hospital PJs just feel dehumanizing to me. Since I can't take enough clothes to last for 3 or 4 weeks, I'll be sending things home to be washed. Not too challenging as long as I have things set up for rotation. And then there's hair loss - will I need hats or will I be OK bare headed? Don't need to hide, and do need to stay warm. Will have to set out some hats for when the time comes if I decide I need them - and I probably will some of the time.

All in all, it's going to be quite an adventure. The reason for the long hospital stay is so that I can

be monitored when my blood counts drop and my immune system is not able to work. The chemo is only the first 4 days and after that it takes a while for the counts to drop. I stay while that is happening and will be discharged when my blood counts have recovered sufficiently for my immune system to begin to protect me from all the stuff that's out there. In the middle of cold & flu season I'm appreciative of this approach.

Meanwhile, I've managed to get in 4 days of skiing, and would go for more but we're in a warm front and it's pouring rain on the ski hills. I'll keep my fingers crossed for cold & snow the week of the 12th & maybe I'll get another day or two on the slopes in addition to the Perlman concert.

Speedy Recovery, Tod!



We wish Tod Ransdell a heart-felt speedy recovery from his upcoming surgery Friday morning, January 9, 5:30am. Tod expects to return home by Saturday morning. Send [Tod](#) your well wishes and greetings!!

Rumi - Like Birdwings

(Thank you Hollis for this submission, ed)

Your grief for what you've lost lifts a mirror
Up to where you're bravely working.
Expecting the worst, you look, and instead,
Here's the joyful face you been waiting to see.
Your hand opens and closes and opens and closes.
If it were always a fist or always stretched open,
You would be paralyzed.
Your deepest presence is in every small
Contracting and expanding,
The two as beautifully balanced and coordinated
as birdwings.





Remember this beautiful woman when we celebrated her birthday 10 years ago?

You Are Invited

To an Open House Honoring the 80th Birthday of

Joan Valles

Sunday, January 25, 2015

3 to 6:30 PM

[7723 13th Ave SW](#)

[Seattle, WA 98106](#)

Wine, Appetizers & Desserts

Please RSVP to [Elizabeth Jarrett-Jefferson](#)



The deAnguera Blog: Solstice Bus Trip 2014



Want to know what makes for a great Christmas experience? Just take a look at the pictures here. Sledding at the Blewett Pass Snow Park. Joining the crowds thronging through the Christmas city of Leavenworth. And a sleigh ride. Do you know that this is the only time I ever get to ride in a sleigh? My brother Paul and I plan a gift exchange Christmas Eve. We won't even have a tree this year. He and his family are planning to have Christmas in Belize.

So it's wonderful to have a family that always offers a good Christmas celebration complete with a bus trip through the snows! It brings out the kid in me just like Christmases used to. I hope these pictures convey some of the magic to you. When I take pictures I usually like action shots such as the one with a youngster zooming down the Snow Park slope.

Leavenworth was once a failing lumber town like so many in the Pacific Northwest. It decided to remake itself into a Bavarian town. Nearby ski slopes made it a good move. The town really goes overboard with lights and carolers in the street.

I explored the interesting shops as I always do. One has all kinds of candles while another has interesting knickknacks. I came across a studio where you could get photographed in period costumes. There is even a nutcracker museum full of nutcrackers of all kinds including the soldier kind.

Leavenworth is about the commercial aspect of Christmas which makes sense. For me a community like ours is what makes Christmas special, a really unique experience. Without community Christmas would be a hollow shell just like the suburban malls we are familiar with.

Of course the highlight is always the sleigh ride. Do you know what it's like being on a bench sleigh dashing through falling snow with the horses huffing and puffing up front? It's the best place in the world to sing Jingle Bells.

We always have our sleigh ride at Eagle Creek Ranch. The horses are Percherons, large horses suitable for pulling heavy loads. Apparently Eagle Creek is one of the last ranches of its kind. Handling Percherons is a dying art because few care to learn it anymore.

I am thankful to have a nice warm bus to take me through the whole Solstice experience. No parking. No worrying about weather conditions. No stress usually involved with driving anywhere. I have noticed as I get older that the stress of driving a car especially long distances can be tiring. Pete was our driver for the third year in a row. We liked him so much that Irene Perler requested him for our trip this year. He really knows how to handle a huge bus.

Even when the bus broke down, he was able to get us home. We had to switch buses in North Bend on the way back because the bus kept shutting down. When I go on a journey through the snows I want Pete to be my driver.



How about riding through the snow on a two horse open sleigh? That's the way to really experience Christmas!

Howdy, all. This is my 'report' on what and how I liked the bus trip.

Pharaoh, I'm an intern at Sahale

For starters, I love traveling on a charter bus, done it many a time.

Leavenworth was awesome, the coffee, the books, the guy I talked to outside one of the restaurants. And the slush. I was glad for my slop boots. I think I saw Kirsten in the bookstore, beyond that I saw no one from the bus the entire time, that I recall. Next year, I recommend the oil and vinegar cellar. And the fudge shop. The church had free coffee which was a God-send.

Now, the horse farm, Eagle Creek Ranch. That was cool. I got to pet a horse, I miss the horses we used in IA. And talking to the pretty buckarettie was nice. Don't think she liked me tho, but oh well. I recognized the harnesses, so was able to explain them to a couple people. Dinner was stupendous, (coffee), and I talked to some of the drivers for a bit, we compared notes on horse driving.

And the trip back. Honestly, that was fun. Having had a 12 hour layover in Billings MT on the way to lab, our short 20 minute layover was real easy to deal with. Especially since most of it I was watching Sophie and her friend play. Over all, I had a blast. Highly recommend to any and all that didn't come, (Bill Scott), and in my books count it as a success . PJK

(Ed Here are some pictures from the Solstice Experience)



Christmas Day at Sahale

Colette Hoff

“Over the river and through the woods . . .” it didn’t seem too far for several to drive to Sahale for gifting, holiday cheer, a traditional ham dinner and Kirsten’s wonderful brandied fruit dessert. Mike, Josh, and Pharaoh each received rain suits and with the festive lights and beautiful tree, it was a celebrative time. Pictures follow.



And some pictures from New Year's Eve Weekend

Although we have no pictures of the fireworks provided by Paul Geraci, we had a wonderful intergenerational evening of train dominoes with Elizabeth Jarrett-Jefferson becoming the 2014 champion.

Thanks for the pictures, Jodine.



Smashing the gingerbread house!



Leslie enjoying the hot tub at Kwansesum

happil



A group happily producing wood

Bit O' New Year

By Elizabeth Jarrett-Jefferson

Birthdays

- Happy belated birthday! **Virginia Stout**, January 5.
- Happy belated birthday, **Mari Scott!** January 6.
- Happy belated as well to **Ari Zebold**, January 6.
- Happy birthday, **Rose Gossett**, January 11.
- And happy birthday to **Rachel Hoff**, January 12!



The Goodenough Community:

Cultural Programs & Events in 2015

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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 in 2015

Third Age Gatherings	Women’s Culture
The Conscious Couples Network	True Holidays Celebration
Family Enrichment Network	The Winter Solstice Bus Trip
The Men’s Culture	New Year’s Eve Weekend at Sahale



Third Age Gathering, Next Meeting Jan 16, 2015

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.



The meeting schedule for 2015 is: Fridays, Jan 16; February 27; April 24; Sept 18; October 23; November 20.

We meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women's Culture, Upcoming Next Gathering:



In 2015, the women's culture will meet Saturdays; January 17, March 14, September 11, October 24 and November 21. Will have a weekend May 1 to 3. We Mark your calendars! We meet 10:00 a.m. – 2:00 p.m.

at the home of Rose Buchmeier:
9033 13th Avenue SW
Seattle, WA 98106

For directions, call Rose:206 764 0193

As is our way, we will gather at 10:00 a.m. for a brief social time before sitting down together. We will have time together in the large circle, as well as time for individual reflection and time to share with one or two other women. And we will provide lunch.

We love it when a woman can attend every gathering throughout the year, and believe that the experience is richer when you can do that. However, **each program is discrete**, and you need not commit to attending every time.

While we do not charge a fee, **we welcome contributions**, and suggest a donation of \$20. We trust that you will contribute what is right for you.

An RSVP is not necessary, but we like to know about how many women to expect, so please write to hollisr@comcast.net if you know you are coming. But don't stay away just because you didn't send an RSVP!

All the best, Hollis



The Conscious Couples Network presents:

An Evening for Committed Couples

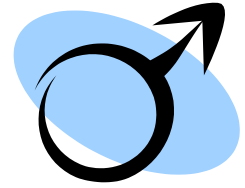
We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples. This group will meet at the home of Pam and Elizabeth Jarrett-Jefferson on Mercer Island.

New dates for 2015: January 23, May 29, Sept 11, October 6 to 9, November 13.
A weekend for couples will be March 6 to 8.

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring. **May 8 to 10, 2015** is the date suggested for the men's weekend.



Introducing . . .

A Workshop offered by John and Colette Hoff

April 17 to 19, 2015

Saving your Own Soul . . .

Growing your self up . . .

Maturing . . .

This is a weekend for remembering your own journey and your story of trying to develop your self. Each individual will review where they are in their story and in their growth. We will become a supportive circle. Guided meditation on our lives will be a primary method the Hoffs will be using to in leading the workshop and we will practice meditation as a whole group. Small group interaction will also be utilized.

Email hoff@goodenough to express your interest.

Memorial Day Weekend, May 22-25, 2015

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



June 22 to 28, 2015

<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.



Mark your calendars for 2015!

Human Relations Laboratory

August 9 to 15, 2015

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

Family Enrichment Network Parent Group

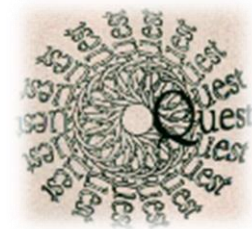
If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 **or email** irene_perler@hotmail.com. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

*In its ability to shine light
into the hidden nooks and crannies
of our conditioning,
psychological inquiry can serve
as a powerful ally to spiritual practice.
It can help break up the hard, rocky soil
of our personality patterns
so that this soil becomes permeable,
allowing the seeds of spiritual realization
to take root and blossom there more fully.*

*~John Welwood
(1943 to pres., Psychotherapist and Spiritual Teacher)*

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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).**



Where are you working, you might ask?

Currently, John and Colette are doing home visits and utilizing community homes for individual sessions and group meetings. We are especially appreciative to Pam and Elizabeth Jarrett-Jefferson and the West Seattle household of Joan, Phil, Jim and Barbara.

Classy, Racy 32-year-old Looking for New Digs!



1982 Mazda RX-7, good condition, one owner.

After 3 decades of fun with my sports car, I am ready to part with it. This car is fun to drive, even by very tall people! My 6'3" son is able to drive it with comfort. I've driven it mostly around town, with 2 cross-country trips, so it has low mileage for its age. The car needs some work done, but nothing major, and is in good condition overall. I've treated it with care, so it has had regular tune-ups, check-ups, and oil changes. I am selling it as is, and am asking \$2,000.

Please call: 206 232 7027 and ask for either Hal or Hollis

Yes, I want to support the work!

Donations to Convocation support the work of providing a spiritual focus to human development, and provide support to professional staff, Quest Counseling, and Sahale property expenses. *(A form for donation to the Association is on the following page.)*

Name: _____

Address: _____

Phone: _____

email: _____

_____ I support the work of John and Colette Hoff and of Convocation. I pledge a monthly amount to support all the work of Convocation

\$25 \$50 \$75 100 Other \$ _____

_____ I wish to make a one-time donation of \$ _____

Payment Method Check _____ (amount) made out to Convocation

Mail this page and check to: **Convocation Box 312, Tahuya, WA 98588**

Mastercard Visa _____ (amount)

Card Number _____ Exp. Date _____

Signature

Convocation is a 501(c) 3 non profit organization. Tax ID: 91-1386758

Yes, I want to support the work!

Donations to **The American Association for the Furtherance of Community** support cultural and educational programs, scholarships for attending programs, Sahale operations, and the creation of educational materials for broad availability.

Name: _____

Address: _____

Phone: _____

email: _____

I would like to make a donation to support the work of the Association and the Goodenough Community.

_____ \$20 _____ \$100 _____ \$500 _____ \$1000 _____ other amount

I pledge \$_____ per month to support the work of the Association and the Goodenough Community.

I am interested in learning more about levels of membership: please contact me.

Payment Method Check _____ (amount) made out to AAFC

Mail to this page and check to: **American Association for the Furtherance of**

Community Box 312, Tahuya, WA 98588

Mastercard Visa _____ (amount)

Card Number _____ Exp. Date _____

Signature

Pay online to the Association: www.goodenough.org "click to donate" button.

The American Association for the Furtherance of Community is a 501(c)3 charitable organization, Tax ID number 91-1187421