



## Presence

# Village eView

January 23, 2019

Colette Hoff, Editor

### COMING UP

**Women's Cultural Gathering**, January 26

**Pathwork**, January 27

**General Circle**, January 28

**Couples' Weekend**, March 1 to 3

*Both hope and fear are projections on to the future. The real goal is to be in the Now.* This quote is from the very good article Marjenta Gray wrote last week, titled Expectations. She was referring to her brother and a sculpture they worked on together (See January 16 issue of the eView). And it is so perfect to lead an issue dedicated to the NOW, the presence of the present moment.

*The present moment dies every moment to become the past, is reborn every moment into the future. All experience is now. Now never ends.* ~ Deepak Chopra

According to Dan Siegel, *presence in relationships means being open to connecting with the differentiated nature of others, creating compassionate and respectful communication while linking yet maintaining a differentiated sense of an inner self. In this important way, integration is more like a fruit salad than a smoothie—we maintain our differentiated nature and link, yet we do not become homogenized.* He has written an excellent article, *Aware: The Science and Practice of Presence* and it can be found at [www.gottman.com/blog/aware-the-science-and-practice-of-presence/](http://www.gottman.com/blog/aware-the-science-and-practice-of-presence/).

Presence also refers to our inner lives as well, as we are open and receptive to whatever arises and

### ***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

meeting challenges with equanimity and acceptance.

I appreciated Pam Jefferson in leadership at the Friends of Sahale gathering this past weekend for demonstrating presence in her leadership. Pam offered coordinating leadership with confidence and good energy. She was clear in giving directions, allowing her head and her heart to speak. She brought feeling when it was needed to express what was in the circle and valued the years of relationships present. She encouraged crispness and enabled the group to stay on course. She had the *presence* to utilize the Sahale Circle as a team and was open to all views of a situation. And, she was herself, full of a mix of humor and seriousness. One point is she didn't change to take a role but used the role to express her presence.

Presence is something John Hoff taught and demonstrated by his being. John could focus his presence and all knew that being in his presence impacted them in a very positive way. So many stories like, *I went to see John with grumbles and left his office feeling clear and open*. Even in illness, John used humor to engage and retain his presence.

This week you will read an article by Eckhart Tolle, titled *Inner Space Consciousness*. Marjenta received a wonderful response for her article last week from her brother which follows. Max Fain has offered an article and Mike deAnguera continues to write his blog. Kirsten Rohde, passionate about climate change also includes an article. Draï has written of her work on our behalf for Air bnb. You will also see a revised flyer for our upcoming couples weekend with on-line payment information. There will be one attached to the eView announcement as well. And we are also sharing the presence of a new arrival on page 19!

By the way, the symbol used throughout this issue is a symbol of a water drop. This is the most often used metaphor to represent the idea of mindfulness. But here, the water drop is presented in a kind of mirrored way which symbolizes time - past and future, both are illusions, so stay centered in the present.



### **Addendum to Expectations & Letting Go**

My brother, Tom, wrote this in response to my sending him my Expectations & Letting Go article from last week's eView, where I mentioned him and his inspiration for our Burning Man sculpture, Pinnacle of Now. I think the writing that "gushed out of him" is so lovely!

Hi, Marjenta.

Wow, I just read your piece about Expectations and Letting Go. Awesome — I loved it! It sounds like you really absorbed the Phillip Moffit blog and Larry Nichtern's book. We read a nice Phillip Moffit book about the 4 Noble Truths (or the 4 noble tasks [for understanding], as Stephen Batchelor calls them) a year or so ago, after which I reached out to him to see if he could come teach a retreat for us, but between health issues and a busy schedule he couldn't squeeze us in.

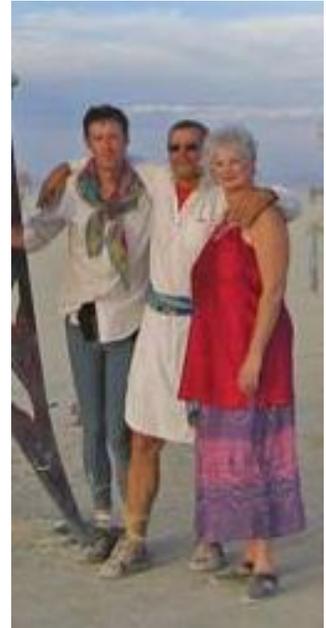
It's cool that you fit the Pinnacle of Now into your article! The PoN does in fact live on in the ever-changing present, but in a somewhat incomplete condition compared to its famous public viewing

on the playa back in 2006. We can ascend it once again when you visit in February.

I'm excited about your visit! Keeping expectations in check will be a challenge for me!

PS - see the attached writing that gushed out of me tonight: Grooming Opportunity.

Love,  
Tommy



## Grooming Opportunity

*Tom Gray*

Grooming opportunity. Inquire within.

I have so many opportunities. Opportunities coming out my ears! Do you realize there's an opportunity in every moment that something seems bad, wrong, scary, disgusting, unfair, unpleasant, painful, lonely, boring, or frustrating? An opportunity to observe this wild flux of intertwining processes within and around you. Can you observe it calmly and clearly without being freaked out by it? I try to observe clearly enough to feel what holds everything together.

This hollow self, which seems so solid until it's observed directly under a bright spotlight — it charges forth relentlessly in a sort of delusional default mode whenever it's not held on a tight leash (Ahh, who's holding the leash you might ask? What is I, grasshopper? Look deeply!). Reaching out with sticky fingers, the self tries to correct a world it thinks is broken; latching onto things it knows are constantly changing; desperately rejecting the slightest displeasure without seeing how short-lived everything is. The mirage of self is stuck feverishly dreaming of a fantasy world with never-ending comfort and happiness.

Can you imagine how tiresome and lifeless such a world would be? Like an eternal cruise ship with 24-7 six-layer chocolate cake forever. I think I'd rather jump overboard into shark-infested waters!

Maybe before I hit the cool dark water I'd be shocked into an awareness of awareness, an awareness of love, the objectless love that permeates this world. And then, just maybe, before the shark takes that fateful bite, I might observe that the world is not broken at all, but the love simply needs very regular brushing and grooming. Not just in any way though. It requires the greatest sincerity and clarity of purpose with a heart uncovered to recognize the perfect grooming technique for the situation at hand in each moment.

Could it be just right to give the shark a perfect punch in the nose and swim with the unified, powerful, and completely unhindered synchronicity of love in the opposite direction? Ah grasshopper, so wise you are! Godspeed to you!



## Inner Space Consciousness

By Eckhart Tolle



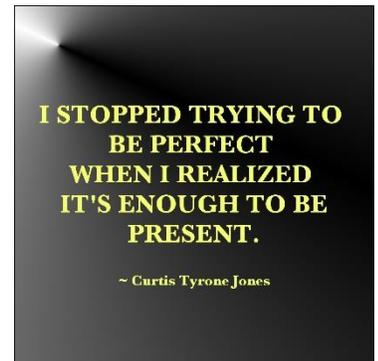
Whenever there is beauty, kindness, the recognition of the goodness of simple things in your life, look for the background to that experience within yourself. But don't look for it as if you were looking for something. You cannot pin it down and say, "Now I have it," or grasp it mentally and define it in some way. It is like the cloudless sky. It has no form. It is space; it is stillness, the sweetness of Being and infinitely more than these words, which are only pointers. When you are able to sense it directly within yourself, it deepens. So when you appreciate something simple — a sound, a sight, a touch — when you see beauty, when you feel loving kindness toward another, sense the inner spaciousness that is the source and background to that experience.

Many poets and sages throughout the ages have observed that true happiness — I call it the **joy of Being** — is found in simple, seemingly unremarkable things. Most people, in their restless search for something significant to happen to them, continuously miss the insignificant, which may not be insignificant at all. The philosopher Nietzsche, in a rare moment of deep stillness, wrote, "For happiness, how little suffices for happiness! . . . the least thing precisely, the gentlest thing, the lightest thing, a lizard's rustling, a breath, a wisk, an eye glance — little maketh up the best happiness. Be still." Why is it the "least thing" that makes up "the best happiness"? Because true happiness is not caused by the thing or event, although this is how it first appears. The thing or event is so subtle, so unobtrusive, that it takes up only a small part of your consciousness—and the rest is inner space, consciousness itself unobstructed by form.

Inner space consciousness and who you are in your essence are one and the same. In other words, the form of little things leaves room for inner space. And it is from inner space, the unconditioned consciousness itself, that true happiness, the joy of Being, emanates. To be aware of little, quiet things, however, you need to be quiet inside. A high degree of alertness is required. Be still. Look. Listen. Be present.

Here is another way of finding inner space: Become conscious of being conscious. Say or think "I Am" and add nothing to it. Be aware of the stillness that follows the I Am. Sense your presence, the naked, unveiled, unclothed beingness. It is untouched by young or old, rich or poor, good or bad, or any other attributes. It is the spacious womb of all creation, all form.

Excerpted from Eckhart Tolle's *A New Earth*, pages 235-236



*"When you love someone, the best thing you can offer is your presence. How can you love if you are not there."*

*Thich Nhat Hanh*

## A Call to Relate

Max Fain

And so as it is Re-organization happens. And as it is, I have found myself in presence of the three jewels yet once again. I had thought that s/he passed on into another realm as in one of my many dreams where happens that J passes into another world, he has a spring in his step as He completed his WORK, and no longer needs to return to Samsara. John has transmitted loving awareness through All of us, through Colette and through the Work of Sahaleland under Colette's tutelage.

Some time ago I re-oriented myself as in loving Friendship with you all. And I now ask for your help. I ask you to please guide me deeply into this intention. I need your feedback and support. Please call my name, let us relate more deeply, more consistently especially when we are in one another's presence.

Since RO (re-organization) I find myself merging deeply into my opening for the presence of Sahaleland, Sahalelanders, and Goddess Colette (Goddess because this is a game which I play with myself in order to merge deeper into the fabric of Us). I pray to deepen connections all around into Shakti/Shiva, Goddess/God, Yin/Yang Union. This is all possible, we have skillful means at our call, I/we shall receive the golden love radiance as presently emanates from our Center. Praise the Lordess.

As it is I have shared on numerous occasions that my main learning goal is to be a skillful means practitioner for unconditionally loving of my brothers and sisters of all ages and inclinations, Period! For me this means learning to love without dependence upon being loved in return. Wow! does this mean Free to love Now, Wow, I'm on my knees praying for this freedom this freedom to love Now. Now As it is., and I know of only one Goddess who has these skillful means at her beck and call. She has to me demonstrated skillful means for decades! I mean decades as in plural, decades ...! She knows many in's and out's of lifting loving kindness and of lifting tantric methods into the heart. She knows of many methods for finding equanimity, equalness and love amongst friends.

Thus, I have followed Colette's guidance many times. Her reading list (especially wrt tantra and bliss) has turned my thinking around, especially *Everyday Ecstasy* by Margo Anand. And my practice of various tantric methods has turned, what I once thought to be woo woo, out to be personally recognizable and meaningful enough for me to say, HEY. Something woo woo is happening here, I'm not sure what it is, but I'm game. Hence, I am learning that the early stages of tantric discipline are about burning away fear, anxiety, jealousy... into raising love energy through to the heart chakra, that is unconditional love. And from the platform of u c love one launches into Shakti/Shiva, Yin/Yang, you/me cosmic union, because **We are One**. Tantra employs the human body as personal guide through lesser love into unconditional free love by burning away all self-limiting thoughts, feelings, attitudes, behaviors etc. Opening the way for free energy flow as Kundalini through to the heart and for advanced practitioners the energy flows freely to the crown chakra into cosmic dimensions rarely visited by mortal beings such as me.

Sounds great doesn't it, Oness, Wow. Well I know that there are twists and turns on this path. I've lived them over and over and must I return again? I am blessed with the presence of one who is well versed in skillful means. She has guided many including myself to cleanse oneself who like me, may still suffer from fear, from attachment, and from denial. Well, the presence unconditional love directed skillful means makes a difference. I know that this is true because skillful means have recently helped me in dealing with a variety of emotional, psychological, and mentally self-imposed limitations. For example. just by simply engaging tantric breathing I found a host of physical and psychic events following these exercises which cause me pause and reflection. My cosmic view has expanded to become Shakti/Shiva centric.

A quote from Kahlil Gibran reminds me of the way through simple urges onto loving through to the heart. Urges are lifted from impulse via Shiva consciousness merging with Shakti's cosmic matrix of energy and possibilities. The union of the two in inner life makes one unconditional love.

*I say that life is indeed darkness save when there is urge*

*all urge is blind save when there is knowledge.*

*all knowledge is vain save when there is work.*

*all work is empty save when there is love.*

Now that's the truth and I'm sticking by it.

Your Friend

Max



*Walk together. Feel the heart beats. Experience the presence. This is how to be thankful.”*

– Amit Ray



## **A Huge Thanks to Draï and Company!**

**WE DID IT! Thank you Everyone!**

**On AirBnB Sahale made the status of SUPERHOST!!!**

This is a big deal. It was very hard to get but we served well, with timely response and consistently received great guest feedback...thus the award. This helps future guests to have greater faith and trust in us. I am most pleased. I received an email from Glaiza a case manager from Airbnb today which said this:

*“Draï, I have noticed that you are one of our incredible Superhosts. Thank you so much for your consistently high standards and for making your guests feel so at home. We really are so thankful*

*for hosts like you and everything you do for the Airbnb community.”*

So it is with great gratitude that I share this award and wish to thank ALL the people who made it happen.

**COLETTE** who is my right hand gal for AirBnB, helping me not to miss anything, greeting people upstairs and always available to tell guests about Goodenough, our mission, vision and inviting them to lab and other events which a few have actually attended – she is a great opportunist and grower of our community.

**PEDGE** who leads the room cleanings and pinch hits meeting guests when I am unavailable. I especially appreciate her willingness to deal with these last minute guest needs, I know there are schedules in place and then BANG suddenly there is a last minute guest that pulls her away and she does this very graciously without complaint.

**JOHN** who helps me with guest clean up as needed especially in the late late night ungodly hours of last minute guest requests when everyone else is in bed. And also for being such a friend for fire, salmon info, exciting tour guiding, mushroom excursions and earth/water/tree/animal education. Guests really seem to take to him and he is often praised and included in their rating of us in their comments.

**KRISTEN** who is another sideby of mine. She is so welcoming and helpful to the guests especially in her ‘hood.’ And she also has been one of the kind people who helps me with the late nighters. Further she is another of the great educators of the philosophy and the land. A kind woman to run across and chat with in the woods.

**IRENE AND BRUCE** who are my go to people when guests want info on hikes and nature experiences. They are a wealth of information and also offer their kind attention and personalities to the mix of company we have!

**MR. MIKE** who is always watching and helping as needed.

**ALL THE WORK-AWAYS AND RESIDENTS** who also participate in cleanup and prep...plus are such kind friends when around guests, very helpful with questions and inclusion. You all present with such an attitude of interest when we have people around. I believe you make them feel that they matter. It is a warm feeling here because of you.

**ALL THE GOODENOUGH COMMUNITY FOLKS** who receive guests with open arms and make them feel a part of the family.

And of course

**THE EARTH**...this place...the trees and plants, land and water, imbue peace, history, respect and love... What a great place to welcome people to.

**And hey, I am going to thank ME too.** I believe I have been an excellent manager and get a lot of positive feedback on guest ratings personally, I am grateful for that. I respond rapidly, consistently in organized ways. I answer questions well, and I believe I have an inviting host personality. I feel like I make friends with most of our guests and I imagine they feel it...as I love people and love growing my world through their company as well. There is a lot of updating I want to do on the site on my to do list. So for the future we will continue to improve and enjoy this semi-easy income. :)

Thank you Drai for **completing our on-line donation process** for both the Goodenough Community and Convocation! Here is what you will see at [www.goodenough.org](http://www.goodenough.org)



*Life is similar to a bus ride.*

*The journey begins when we board the bus.*

*We meet people along our way of which some are strangers, some friends and some strangers yet to be friends.*

*There are stops at intervals and people board in.*

*At times some of these people make their presence felt, leave an impact through their grace and beauty on us fellow passengers while on other occasions they remain indifferent.*

*But then it is important for some people to make an exit, to get down and walk the paths they were destined to because if people always made an entrance and never left either for the better or worse, then we would feel suffocated and confused like those people in the bus, the purpose of the journey would lose its essence and the journey altogether would neither be worthwhile nor smooth.* — Chirag Tulsiani



Couples Weekend, March 1 to 3



# More Is Possible

A Weekend for Committed Couples

AT *Sahale*

MARCH 1-3, 2019



More energy. More connection. More communication. More passion.

For many years, the Goodenough Community has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and in long-term, partnered relationships. Leadership has been provided by John and Colette Hoff, marriage and family counselling professionals. They have encouraged couples to learn about themselves as an individual within their relationships, and how to be a more effective partner with support from other couples.

This weekend will focus on increasing emotional intimacy,  
building connection and improving communication.

You will receive guidelines for enhancing your physical relationship, including addressing chronic issues. We will explore the role of sexuality in relationship and new understandings of orgasm. The workshop leaders will help you and your partner identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.



Designed for committed couples over 40 years of age, each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present although optional.

# Leadership is offered by Colette Hoff and Rich McGrue.



**COLETTE HOFF, M.Ed** *Since her husband John's passing, Colette has felt called to continue their work of 38 years with couples and offer this weekend.*

*Couples need other couples to relate to. Many couples live with less relationship than they could have and Colette wants to be an agent*

*for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication.*

*Colette has offered leadership to the Goodenough Community's annual Human Relations Laboratory and serves as key faculty for the community's Women's Culture for over 35 years. Having worked as a co-therapist with her husband, she is very skilled in working with the issues of long-term relationships.*



**RICH MCGRUE** *(a friend to the Goodenough Community) is the founder of the New Greenwood House in Seattle, an eight-person, two-year-old intentional community founded on the principles of: Tantra, consciousness & social justice. Rich is a retired Army Officer and Boeing executive; a non-profit executive director; former Pastor of over 20 years and a*

*professional mediator, who has counseled hundreds of couples and individuals in various states of marital discord.*

*His healing skills include alternative spiritual modalities such as Reiki, Tantra, Orgasmic Meditation, Professional Cuddlist, Erotic Healing Massages and Non-Violent Communication techniques. Rich joins Colette to facilitate this vital experience for couples.*

## What you can expect

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap Peninsula on the Tahuya River about a mile from the Hood Canal. We encourage you to spend time in the natural world, alone and with your partner. Small groups are an essential part of the weekend, providing a place where you and your partner can practice in relationship, giving and receiving feedback with other couples in your group. We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 pm on Sunday.

**THE COST** The cost of the weekend is \$350 per couple which includes room and board and learning materials.

**SPONSORSHIP** for this weekend is offered by Convocation: A Church and Ministry which is an inter-faith church within the Goodenough Community System.

**UPON REGISTRATION** you and your partner will receive a questionnaire and a phone interview will be arranged. Please register as soon as possible.

## Couples weekend registration | \$350 Per Couple

Name \_\_\_\_\_  
Phone (     ) \_\_\_\_\_  
Age \_\_\_\_\_ Email \_\_\_\_\_  
Name \_\_\_\_\_  
Phone (     ) \_\_\_\_\_  
Age \_\_\_\_\_ Email \_\_\_\_\_  
Number of years in relationship \_\_\_\_\_

PLEASE PAY & REGISTER ONLINE. Visit [www.Goodenough.org](http://www.Goodenough.org). This event is the first announcement on our homepage. Click the online registration button.

OR Enclose a check and mail.  Check Amount \_\_\_\_\_

**MAIL PAYMENT & FORM TO:** Couples Weekend  
2901 NE Tahuya River Road  
Tahuya, WA 98588



Space is limited for this weekend. Please register your intention to attend soon. To register for this event, go straight to the Convocation Form for the couples weekend at <https://tinyurl.com/yahwk666>



**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 perhaps even to experience the Divine Feminine. The next gathering will be **January 26, 2019**, from 10:00 to 2:00, at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. The annual women's weekend will be May 3 to 5 at Sahale Learning Center.



**Saturday, January 26 – 10am to 2pm**  
Home of Elizabeth and Pam Jarrett-Jefferson  
3446 77<sup>th</sup> Place SE  
Mercer Island, WA 98040  
Elizabeth cell 206 313 9803  
*Please RSVP to Elizabeth @ this email*



### Working for Climate Action

Kirsten Rohde

On Monday January 14<sup>th</sup>, I joined others on the Capitol steps in Olympia to raise awareness about climate change and ways to convince the state legislatures to support upcoming bills.

I was glad I went. I connected with others who have been meeting at the Salmon Center in Belfair to discuss what we can do to influence our state government to pass earth friendly legislation.



*The Olympian Jan 15, 2019*

On January 29<sup>th</sup>, in Olympia, a large demonstration is planned and I encourage everyone to go. As we know, our legislators are persuaded in many ways, including demonstrations. Letters to your senator and representative will also make a difference.

I'm convinced that we can make a difference, even at this very late date for saving our Mother Earth and bringing her back to health.

Environmental  
Lobby Day on  
January 29

[Here is some more information.](#)



**Environmental Priorities Coalition Lobby Day**  
Tuesday, January 29, 2019 / Volunteer

**RSVP**



**Date:** Tuesday, January 29, 2019 **Time:** 8:30 am - 5:00 pm **Location:** United Churches, 110 11th Ave SE, Olympia, WA [Register now](#)

Join the Environmental Priorities Coalition and hundreds of activists to push for key environmental legislation in Olympia on January 29th!

During lobby day, you will team up with other activists to speak up for the environment and gain the skills to be a persuasive constituent. You'll have the opportunity to attend issue briefings, learn how to lobby, hear from environmental champions, and meet face-to-face with your elected officials to advance the Environmental Priorities Coalition's 2019 priorities.

For the 2019 legislative session, the Environmental Priorities Coalition adopted four priorities essential for healthy communities and a thriving environment: 100% clean electricity, orca emergency response, oil spill prevention, and reducing plastic pollution. [You can learn more about our priorities here.](#)

[Register now during general admission to save your spot.](#) Registration lasts until January 24th. Same day registration is available.

**Ticket Rates:**

We offer [several rates of tickets](#) to accommodate all financial needs. All tickets include a small breakfast, coffee, legislative activist training and contributes to funding the Lobby Day venue and materials. A boxed lunch can be purchased for an additional cost.

Reduced cost and scholarship tickets are available. The Environmental Priorities Coalition strives to be welcoming and accessible for all Washington residents. To request a scholarship ticket please email Kat at [kat@nwenergy.org](mailto:kat@nwenergy.org).

**Transportation:**

[Carpools with attendees in the same district are available here.](#) For any questions with carpools please email Ben at [bsilesky@audubon.org](mailto:bsilesky@audubon.org).

**Legislative District:**

To register attendees must report their Washington state legislative district. [Find your district here.](#)

**Questions?**

For all other questions regarding registration please email registration coordinator Tony at [tony@wecprotects.org](mailto:tony@wecprotects.org).

[Join us on January 29th to ask your legislator to support these key priorities!](#)



**Pathwork, January 27, 2019**

*Colette Hoff*

Our Pathwork Circle will meet again on **January 27 at 7:00 p.m.** We will be gathering at the home of Barbara, Joan and Jim in Tukwila. The address is 3535 S. 126<sup>th</sup> St, Tukwila, 98168. Barbara’s cell phone is 206 412-9417.



Pathwork is an excellent context for instituting new spiritual practices, support for maintaining current practice and provides many with a feeling connection so necessary for a good life.

Pathwork will continue to meet February 10, 24; March 10, 24. April and May dates will be listed soon.



*Your true home is in the here and the now.”*

— Thich Nhat Hanh, *Your True Home: The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teachings from the beloved Zen teacher*



## The deAnguera Blog: Practicing Lab



Drai Schindler is sure enjoying preparing dinner. Notice the big smile on her face. I helped her with the dinner which included meatloaf, mashed cauliflower, and a salad. We had a great time working together. Both of us got fed by the energy of the work we shared together. This was my first time making meatloaf. I had to really get in there with my hands mixing all the gummy stuff together. I remember the first time I did that when I was helping Amanda Lovell with cooking.

A smiling face is the indication we are both doing the right thing. When we do any kind of work I am very careful to check on how each of us is doing. Having fun is the best way in insuring a good result.

Every day we practice skills learned at the Human Relations Lab. Sahale is probably the best place to do it because we can have our relations work according to Lab ideals. Each year we get better. The fact other people like living and working with us is proof of our success. Thank you John Hoff for all you have taught us.

Part of our practice is checking in with the larger Goodenough Community every so often to see how we are doing and to cultivate our dreams together. Manifesting dreams through relationships is our bread and butter.

Last weekend was our Friends of Sahale Weekend. We dreamed, checked finances, opened up to each other, and reviewed current projects.

Sahale is the one place we can use as our stage to do all kinds of things. It is a manifestation of our collective wealth. The facilities acquired and created all need a lot of maintenance to stay useful. Whatever we create is subject to entropy and will degrade over time. If nobody lived here the forest would take over within 15 years.

We ground our work in Spirit by doing ritual. Draai and Bruce Perler set the tone of our meetings with the big mother drum. We have empowered this drum by giving her our life energy. The drum also gets invested with our community vision.

We had two new people join us for the weekend: Russ and Julie. They live just 10 minutes away. A former community member introduced them to us. They are very enthusiastic and want to share the good times with us. Our circle is expanding to include our neighbors. Those neighbors can share our vision with other folks we currently don't know.

If we really want to change our country and the world we have to start with our relations with each other. I have to be willing to help find out what really works and share it. That's how social change happens. Each of us can be a teacher because each of us embodies the knowledge of Lab. Sharing what works is the true test of whether or not we have mastered our skills. It can also quicken and deepen the learning process.



Zac Caswell is demonstrating what a good tool can do for us. With the Kubota tractor he can haul out a whole tree.



*Everything you perceive is your presence. Today, look deeply into every moment and perceive divine presence. Recognize each circumstance as having a particular bearing on your soul. Over time, this practice will bring you presence of mind and make manifest your own catalytic presence.*  
— Alexandra Katehakis, *Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence*

## A Moving Experience

Dear Friends,

With a plan set in motion almost three years ago, and in collaboration with our community friends, Pam and I are on schedule to move to Sahale and build a home there. This spring, our plan is to put our Mercer Island home on the market and formally begin our transition.



We are asking for your help to help us get our home ready to sell and our belongings packed.

In collaboration with Colette and the community calendar, we have established work parties from late January through early spring.

We would truly appreciate your help and good will – this has been my home for 45 years, and Pam's for 23. It truly will be a moving experience. Any and all help will be gratefully received.

Please let Pam or me know if you can join us ([adventuredog@hotmail.com](mailto:adventuredog@hotmail.com); [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)).

**All Days Are Saturdays, 10am to 2pm, except as noted**

**Location: 3446 77<sup>th</sup> Place SE, Mercer Island 98040. Lunch and beverages happily provided.**

January 26, after the women's gathering at our home

February 2

February 9

March 9

March 23

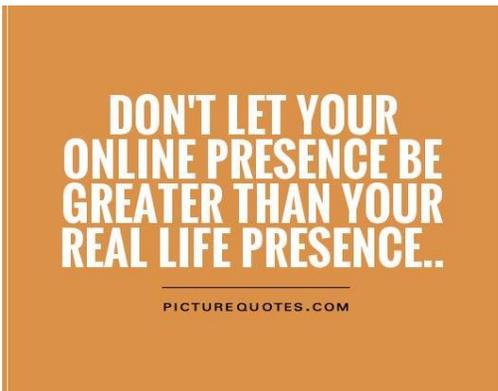
April 6

April 13

April 27

Warmly,

*Pam and Elizabeth Jarrett-Jefferson*



### News from Elias by Elias Serras

Hello GEC Friends!

As some of you may know I am now working for a really cool company called Imperfect Produce that buys fruits and veggies directly from west coast farms, that would otherwise be sent to landfills for being too big, small, misshapen or more often than not... just for being surplus. Americans throw out 25% of the produce we grow each year just because it doesn't meet our cosmetic standards!



## Ugly produce. Delivered.

**Want to fight food waste, support farmers, and eat more fresh, seasonal fruits and vegetables?**

**Use Promo Code  
GEC  
when you sign up  
and \$10 will be donated to  
the Community!**

It is fully customizable and there are no membership or cancellation fees. Try a box and see if you like it. Feel free to contact me at [Elias.S@imperfectproduce.com](mailto:Elias.S@imperfectproduce.com)

Learn more at [www.imperfectproduce.com](http://www.imperfectproduce.com)



Our company battles food waste by buying up as much as we can at a fair price and selling this produce for 30-40% cheaper than most grocery stores. You can make a fully customizable box online, no sign up or cancellation fees, delivered to your house. I am an outreach associate, so I am hard at work trying to spread the good word, and my success is measured by how many people sign up using one of my coupon codes.

Just got to <https://www.imperfectproduce.com/join> and you can use the code Elias50 if you want 50% off your first box OR use the code GEC if you want us to donate \$10 to the GoodEnough Community. Unfortunately, you cannot combine both. Please also tell any friends who might be interested and pass along the codes as it will support the work that I'm doing :)

We are currently delivering from Olympia to Marysville and will continue expanding in the coming months.

We are also set up in the following cities and adding one a month:

- Bay Area, CA \ Los Angeles, CA \ Orange County, CA
- Greater Sacramento Area, CA (includes Davis) \ San Diego, CA
- Chicago, IL Metro Area \ Indianapolis, IN \ Baltimore, MD
- Washington, D.C. \ Austin, TX \ Houston, TX (coming soon!)
- San Antonio, TX \ Portland, OR Metro Area
- Seattle, WA Metro Area (including Tacoma and Olympia) \ Milwaukee, WI

In other news, I have been working with a Berkeley-based organization called YES! (<https://www.yesworld.org/>) whose mission is to "connect, inspire & collaborate with change-makers to build thriving, just & balanced ways of life for all." Since its founding in 1990, it has held over 100 week-long Jams all over the world. I had the privilege of attending the HOME Environmental Jam last spring. HOME standing for Healing Our Movement Ecosystem.

This year I was asked to return as part of the paid facilitation team, YAY!!! This is absolutely the work that I want to be doing most. The Jams are so much like Human Relations Laboratory with such a deep focus on building community and learning to better BE with ourselves, each-other, and the planet that supports us. I am helping to brew up

**JAM** HEALING  
OUR  
MOVEMENT  
ECOSYSTEM

**MAY 19-24, 2019**  
QUAKER CENTER  
SANTA CRUZ MOUNTAINS, CA

The HOME Jam brings together 30 passionate, dynamic changemakers of diverse backgrounds and regions, from throughout the environmental movement. Join us for visioning, connecting and learning together, towards personal, interpersonal and systemic transformation.

“ We need to be setting our sights higher and deeper. What we're really talking about, if we're honest with ourselves, is transforming everything about the way we live on this planet. ”

Rebecca Tarbotton, Rainforest Action Network, 1973 - 2012

FOR MORE INFORMATION AND TO APPLY, VISIT  
**YESWORLD.ORG/HOMEJAM2019**

the first ever PNW Jam that will happen in the next year, maybe even at Sahale. Several of us are also in communication about starting a Men's Jam. See the flyer for this year's HOME Jam. Please pass it along to anyone who is passionate about Environmental work, art, and ethics.

The last thing I want to mention that I will be involved in is an event in March that is being produced by friend Ben Browner and others on Orcas Island. It is called the Imagine Convergence (<http://www.imagineconvergence.com/>), and the mission is "to nourish the holistic evolution of society by showcasing emerging ideas and stewarding networks of awareness. Through the connection of participants and presenters we are weaving stories to inspire transformation in our daily lives and the world at large." If you are interested in attending, you can use the code **convergencepromo10** to get 10% off a ticket. See the attached flyer and check out the website if this is something you may be interested in.

From my heart to yours: I wish your 2019 to be filled with lots of deep connection, play, and learning.

Love, Elias

**IMAGINE**  
CONVERGENCE

CHARLES EISENSTEIN    NIKKITA OLIVER    PAUL STAMETS    JULIA BUTTERFLY HILL    YOUSSEUPHA SIDIBE

A CUTTING EDGE CONFERENCE IN THE HEART OF THE SAN JUAN ISLANDS - MARCH 2019

WWW.IMAGINECONVERGENCE.COM

## Happy Birthdays

Congratulations and happy birth-day to **Camden Dean Callo**, son of Annalise and Reggie Callo, little brother of Josie and grandson of Rebecca & Paul Abenroth, born January 18, 2019, at 8:41 am; 5'2.5", 18.5 inches. Congratulations to all!



Happy birthday to our beloved **Joan Valles**, Friday, January 25. We love you, Joan!



Michael Pilarski of Friends of the Trees Society is launching a Go Fund Me campaign to put on the first-ever Global Earth Repair Conference which will bring 500 people together to envision a thriving planet for our descendants seven generations from now and strategize the many steps it will take to get there. Here is the Go Fund Me link.

<https://www.gofundme.com/global-earth-repair-conference>

More info at <https://www.earthrepair.friendsofthetrees.net>



### **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**.

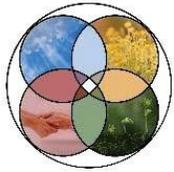


## **Programs and Events of the Goodenough Community**

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



The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be January 28 at the home of Tom George (8708 182<sup>nd</sup> Place SW Edmonds, WA 98026). Future meetings are Jan 28, Feb 11, 25, Mar 11, 25, April 8, 29, May 13, June 3, July 15.

**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** at Sahale Learning Center. Contact Elizabeth for more information and directions to our meeting place.

**The Third Age - Those** of us age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting. Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)



**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](mailto: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, beginning January 13 and will continue Jan 27, Feb 10, 24, Mar 10, 24, April 7, 28, May 12, June 2 and July 14.** Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Weekend for Couple, March 1 to 3, 2019**

**More is Possible - More Connection - More Communication - More Passion**  
**More is possible in your relationship now!** This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



**Annual Goodenough Community Meeting March 15 to 17, 2019**  
 This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. [krohde14@outlook.com](mailto:krohde14@outlook.com)

## Summer Camp for Youth, June 23 – 29, 2019

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

Contact: Irene Perler, [Irene\\_Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)



## Human Relations Laboratory, August 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

## True Holidays Celebration, Saturday, December 7, 2019

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 (May 24 to 27)** 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](mailto: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) to make arrangements.