

# The Village View

October 27, 2021

Marjenta Gray &  
Elizabeth Jarrett-Jefferson, Editors

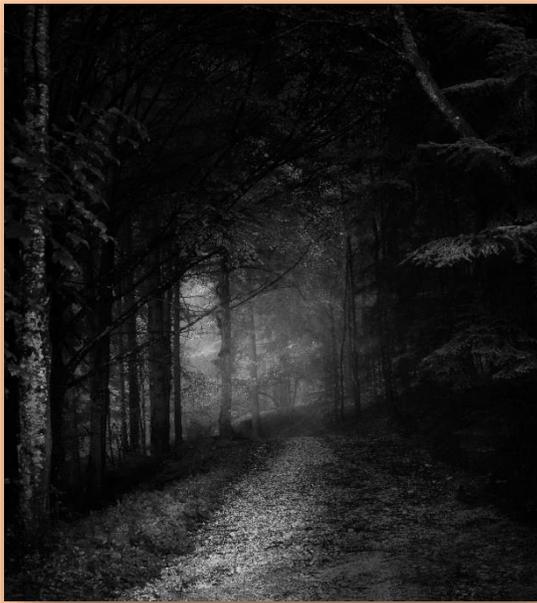


Photo by Simon Berger on Unsplash

## Embracing Darkness

By Marjenta Gray

**D**o you feel grumpy about the darkness that seems to be crowding us into smaller and smaller, shadow-surrounded patches of watery light this time of year? Do you feel uneasy that the hours of sunlight are becoming shorter each day, and will continue shrinking for almost 2 more months?

I do! I've had a hard time getting up in the mornings when it's still dark. If I do get myself out for a walk before work, I don't want to walk under trees, where shadows may hide a lurking person or who knows what? I need a fluorescent vest or jacket, so I'll be visible and safe from cars, and not appear as a shadowy lurker to the early morning dog-walkers.

I think of ancient peoples, who didn't have electric lights and sturdily built houses like we do. Most of us modern people are protected from the cold, living as if it wasn't so dark outside.

### Coming Up—

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

**November is Native American Heritage Month**

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

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

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

## Embracing Darkness – continued

I imagine the ancient ones sitting around campfires, hearing the howls of wolves and other nocturnal predators, hoping they and their families wouldn't come to harm before the sun returned in the morning.

In spite of our fortunate, insulated lives, some hereditary fear and gloominess seems to seep into our bones with the darkening days.

The Bible, literature and Western culture use darkness and the color black to symbolize negativity, evil, death or the unknown; those things we fear, want to avoid, and believe we must fight.



*Photo by Nathan Lindahl on Unsplash*

There is an intrigue, a mystery in darkness also.

Halloween, or *Samhain*, as the original Celtic celebration was called, features the dark side of things, with ghosts and skeletons gamboling about. Originating 2000 years ago or more, Samhain was the dividing point between the light time of year and the dark. It was considered the New Year, where the time of darkness was seen as the necessary gestational time before life burst forth again in the Spring. It was considered the time where the veil between the world of the living and the otherworld of the dead was thinnest, where spirits could pass through. Spirits of deceased loved ones were honored, and harmful spirits were warded off. Ancient Celts wore costumes and masks to disguise themselves as harmful spirits, warding off harm.

Samhain was the most significant of the four quarterly fire festivals of the early Celtic calendar. Hearth fires in family homes were left to burn out while the harvest was gathered. Huge community bonfires were lit when the harvest was complete, and participants took flames back to their homes to re-light their hearth fires.

In our modern culture, death and the dark side of things are not given much attention or are actively avoided. Halloween, though highly commercialized, gives permission for darkness to come out to play. Ghosts, skeletons and all nature of scary beings emerge, and there is a delight in being spooked. There also is a permission to claim different identities for the night; perhaps a ghoul, or someone we wish we could be. What if we used the positive example of Halloween/Samhain as a guide to be curious about what we fear and usually avoid?

In our community women's gathering last Saturday, we explored dark aspects of our personalities. We talked about, and learned about being triggered emotionally and responding defensively, fearfully or angrily. Elizabeth and I shared some personal stories as examples to the whole group. This was a humbling, but also an empowering experience. As I talked about reacting in fear and shame recently in a work situation, the shame shrank when others appreciated our transparency, joining by identifying their own dark places. Being triggered into an emotional “split” is not too unlike being possessed by a demon.

Suddenly, I might become a child or an angry banshee, turning on those I love, or unable to make an adult decision. But shining the light of curiosity on these less-mature aspects of myself has revealed them to be forlorn children in need of reassurance, calming, and positive discipline. The discipline to not cave, but to have the strength and insight to bring forth an adult to resolve the situation. My angry teen-ager sub-self may unskillfully assert her autonomy. If I do not push her away or run from her startling energy, I find she is craving direction and wants to follow an empowering inner adult who is competent to lead, teach, encourage, and put her foot down.

I can say after years of exploring the dark side of myself, and watching others do the same within the support system of the Goodenough Community, that this is an honorable journey and one with great rewards. It can be frightening to walk into the darkness, but the illumination it can bring is even more satisfying than relaxing with a loved one, drinking hot cocoa in front of a warm fire on a cold winter day.

Happy exploring and a spine-tingling Samhain to you!



*Photo by Taryn Elliott from Pexels*

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

# AWAKENING

## To the Precious Present

A MEDITATION RETREAT

AT *Sahale*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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**PLEASE REGISTER ONLINE**

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

# Membership in the Goodenough Community: Second in a Series

Hollis Guill Ryan

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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

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



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

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

Additional information and a formal invitation will be forthcoming in early November. For additional information, please contact [Elizabeth Jarrett-Jefferson](#) or [Colette Hoff](#).

## Men's Weekend and Tent Takedown

By Jim Tocher

Last weekend as a big storm was developing off the coast, the tent takedown crew carried on through rainstorms and intermittent breaks in the rain. As we do annually, we take down the big white event tent and store the pieces for the winter. About 15 men participated in the weekend and we were helped (a lot) by about a dozen ARCC (gap year students) and their leaders who were visiting for a week.



The takedown took Friday and Saturday and went very smoothly. The rain made it very challenging to dry the roof sheets and the plywood dance floor and so we have to figure out how to dry off (at a later time) the items we put away damp. As you natives of Washington State know, mold loves this weather. A big 'thank you' to the hardworking ARCC students – they did a great job wiping what seemed like acres of wall and roof material.



The Men gathered on Friday and Saturday nights (after delicious meals prepared and served by Tod and Niles, our diligent cooks for the weekend) for evening circle meetings. Our leaders, Tom George and Bruce Perler, guided the discussions. We talked about many things. We reminisced about men who have died but, in the past, have contributed to our Men's Circle – John Hoff, Phil Stark, Neale Huggins, Greg Garbarino, Bill Sieverling and Beaver Chief. We drummed and absorbed the vibrations. We talked about retirement, goals, near death experiences, family issues and gratitude for the lives we have lived.

All in all – a very fine and rewarding weekend for all those who participated.



### Mindful Mike's Blog – Tent Take Down

*Mike de Anguera*

What would you say to another tent take down. Is it a good thing for men to do together? Taking down the big white tent is a project none of us can do alone. It is just too big. So a group of us Goodenough guys got together to do it. We had help from the ARCC young people staying with us. My, they have so much energy. Their bodies actually work whereas us older guys don't have bodies working well.

Taking down a big tent is dangerous work.. We followed Bruce Perler's instructions to the letter. That's extremely important. As our leader, he should be the only one giving instructions. No side conversations either. Any slip ups could get people hurt.



Meeting in the evening we had some very big stuff to help each other with. Like taking down the tent a group of us will be needed. A process will always need to be followed with some good leadership. As a community we can supply that leadership.

I well remember my bout with prostate cancer. There was no way I could have faced it alone, especially meeting with the doctors. Luckily, I had my community family along with my brother Paul and his wife Pat. They took notes for me and helped me think through my choices. This was something I had to approach step by step.

Community members also helped me sell my condo and buy a tiny house. Both were extremely stressful experiences. I never knew buying and selling real estate could be so hard. So much negotiation. There is nothing simple about it.

Taking down and putting up a tent is a good test to see just how well we can apply what we learned at Lab. As a group we always passed the test.

This article is how I put it all together in my mind. This gives all of us a chance to give me feedback. I now have to organize my thoughts and ask: did I do the right thing? Was I always listening to the others?

Many long years ago I worked with a creativity coach Tama Kieves. I learned from her what it took to be a good writer. The secret is simply to go ahead and practice, practice. That's how I got good at writing. You all did so much to help me become a good writer just by giving me positive feedback.



It is the same way with raising a tent or doing the Human Relations Lab. Practice makes perfect. A lifetime is all about practice right to the very end. We have all absorbed this through the years, especially when John Hoff left us.

A lifetime is boundaried by birth at one end and death at the other. What's between is up to each of us. I am not convinced a lifetime is predestined. That robs me of the ability to work with my lifetime as a creative person. For me a lifetime is about creation rather than discovery. I am at one with the Divine on this. Now I am coming together with others to do big things, even with young people I have never met before.

## Smile Foundation:

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

Kirsten Rohde

For the Goodenough Community Economy Team

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



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

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

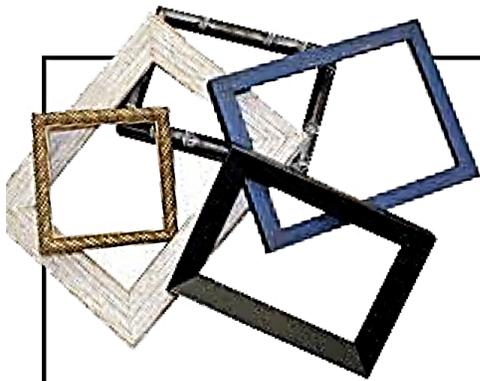
#### Here are the details:

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

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

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

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



# *Sahale* Walls of History PICTURE FRAMES NEEDED

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

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

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

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

*Thank you!*

## **Programs and Events of the Goodenough Community** **Fall, 2021 – Winter dates announced soon**



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

Throughout the year our intention is to offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential to have a good time in life and with others.

Information about programs and upcoming events can be found on our website:

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



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

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



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

- *November 15*

For additional information, contact [Elizabeth Jarrett-Jefferson](mailto:Elizabeth Jarrett-Jefferson)



**The Women's Program** is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine.

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



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

Next fall date: December 10.



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

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



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

- *November 7*



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

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



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



**Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual wellbeing, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. *Call Colette (206-755 8404).*