



The Village eView

August 24, 2016

On-Line News of the Goodenough Community System

Coming Up:
Labor Day Weekend at Sahale! Sep 3-4-5
Pathwork – Sunday, September 11
Council – Monday, September 12

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

Elizabeth Jarrett-Jefferson
Guest Editor

leg·a·cy

'legəsē/ *noun*

bequest, inheritance, endowment, gift, patrimony, settlement, birthright; consequence, effect, upshot, spinoff, repercussion, aftermath, by-product, result

Legacy: Now there's a word for you. It's powerful as it conjures up, for me, such things as responsibility; impact; passing on words and deeds, be they intended or unintended; prophecies to live up to or trances to break; family; traditions; credos and codes of honor; memories; DNA; lifeways; community; and culture. In this eView we continue to carry forward the legacy imparted by and from our most recent Human Relations Laboratory, by the founders from which it originated, from our community, and from each and every HRL participant. You'll soon read several "postcards" from lab participants. I invite you to share your own memories, experiences, thoughts, feelings, and expressions that would be your own legacy or personal postcard of transformation at the Lab (don't be shy – transformation need not be in the form of a lightning bolt---but if it is, that's okay, too). Know that your words will be lovingly held and they will become part of the collective legacy of this beloved event and community.

- *Elizabeth.*

Lab: Past, Present, and Future

I was walking around the land at Sahale today. There's only a few of us here right now so it is quiet. As I stand outside the tent looking in, and walk by the Swamp I can almost hear the echoes of voices and laughter at Lab. I don't think I've ever in my life before been in an experience of being in the midst of passing it on – a legacy of over four decades has a future and I and we are part of this future. It was an honor to be a member of the design team for Lab this year. We start thinking about Lab in the fall pretty soon after the previous Lab has happened. And by the winter we are thinking about theme, and considering roles for the coming Lab.

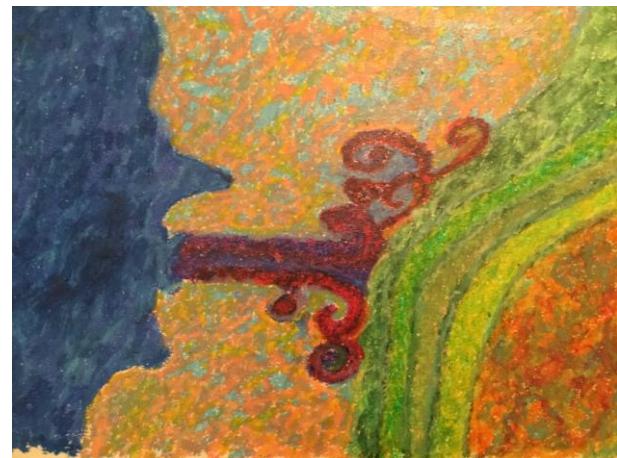
This year, at a leadership training weekend in the spring we affirmed the members of the design team. From then on we met at least twice a month: Colette, John, Bruce, Hollis and myself. We also had conversations with others in the community and reminded ourselves of all that we have learned in the years of Labs past. I am grateful that many in our community have consciously taken on

the goal of helping Lab continue into the future. I like to think that years after I am gone, something called the Human Relations

Lab will be held, hopefully still at Sahale, and people will arrive for a week again, different and the same as what we just had this year.

Thank you John for your vision and Colette for seeing this vision as something special to offer year after year.

- **Kirsten Rohde**



Bend Don't Break by Chris Harshman

Poem

I wrote a poem that I want to share with the Goodenough community--
I wrote it back in 2014 but it laid dormant for years until the final day of lab... it emerged in my psyche with a newfound life:



*No, It's not a single story
but it has a single heart
and the blood it flows through chambers
that at first appear apart..*

*but the chambers work together
as your blood flows into mine
and this pulse keeps on pumping
as our stories intertwine*

*yes, the chambers work together-
heart blood flows into mind
moment keeps on pumping now
our stories intertwined*

- **Sommer Harris**



Dear Self,

Thank you for taking me to Lab, and helping me to be so open! I think it may have been my best Lab ever.

I loved having so many new people there, who were so receptive to the GEC teachings, so willing to open themselves and share. And so many talented musicians! The music in the Swamp was top-notch! The song and grief circle Dyanne led us in brought healing tears and there was such a sweet, profound connection in grieving.

I think the heart of what made it my best Lab was how connected I stayed with you, and with the friends who invite you out. I think I have finally learned that I must listen to your guidance. You help me know we need to resource our teachers and friends; we cannot thrive on this journey alone. I really appreciate how you pushed me to bring out the 5 Rhythms Dance I've had such passion for. You truly made sure I couldn't back down from my intention, when you had me demonstrate my inner dialogue with the whole circle, Inner Child in tow, and Nurturing Goddess hovering over my shoulder. It did work. I didn't back down, and it was a good experience, especially when Aliko was so appreciative of the opportunity to dance.

I wasn't always comfortable with the direction you pulled me in, like sharing some very personal revelations about my Wild Teenager in the large group. But I did notice that some space was opened for others to share deeply. I notice I allow connection when I follow you. I am coming to trust you more. Well, it's true, you have been coached by the best; Colette, John, the wisdom of the ages.

All in all, Lab was great. I still feel touched by the connections, the laughter, unexpected surprises. After all that sharing, I felt cleared out, like I was floating on clouds of joy. Here's a picture from the last night in the Swamp. See what I mean? Remember? Ahh, yes...

Let's do it again next year, shall we?
With love and utmost respect,

- **Everyday Marenta**



Front porch Musings on Legacy

I returned home to my new house in Freeport, Maine, a few days ago after 2 weeks away at Sahale for Lab 2016 and a tour of the Olympic Peninsula with Kirsten. I am enjoying beautiful late summer weather with butterflies visiting the flowers we planted in June and crickets chirping. For some reason, I have always thought that time stands still, briefly, during these last days of August, before the

season turns and the year moves on into the fall and winter months which are such a contrast here in Maine.

Last summer at this time, there was an old cottage on this property, that had outlived its usefulness. We were eagerly waiting for our builder and his crew to tear down the old place and begin work on a new house we had been dreaming about and planning for several months. Now, here it is, and I realize how fortunate I am to be enjoying this peaceful and beautiful spot that I have chosen for my home. I plan to live here as long as I can, but as an older person, I can't help but wonder who will live here when it passes on to others. The deed to this property goes back to the 1700's when it was undoubtedly part of a larger farm. The remains of old stone walls that we see everywhere around here attest to the fact that this was once farm country, before the farmers left in the mid-1800's for the smoother terrain and more fertile soils to be found in the mid-west and, here in New England, the trees took over. The stone wall which forms our back property line heads off into the woods where it intersects with several others. I try to imagine the immense amount of work it must have taken to move these boulders back in those days with only simple tools and teams of horses. I wonder who lived here, what their houses looked like, and what their lives were like.

When we are gone from here, this house and the little bit of land it sits on will pass to my children and grandchildren, or perhaps on to others. I wonder and also worry about what the world will look like to them. We have tried to do our part with solar panels and triple-paned windows and air source heat pumps, all truly miracles of modern technology, and certainly there are more innovations to come, but it feels like that is not enough.

What I would most like to pass on to my children and grandchildren is a sense of possibility. That we can, even as individuals, take responsibility for what we can do and, if we join together, the world could be a better place. It was a privilege to be at Lab this year, to be part of the multi-generational "community of the week" working together and helping each other to see and make the changes in ourselves that will help. This spirit is what I would like to pass along to others. I came home feeling optimistic!

- **Katie Sullivan**

Here's a photo of the stone wall in back of my house!

On Legacy

When legacy first comes to mind I think about how much I know or remember about my parents, grandparents and great-grandparents and what legacy they left, are leaving or will leave behind. I think about my legacy and a stirring arises to make a difference to the world, to not just be a tombstone forgotten after a generation, followed quickly by laughter at my ego and impertinence. Then I start thinking about my children and my spouse and legacy begins to really coalesce into a thought.



I work every day to be a better person myself, and to help coach and lead by example my children and my partner. When I really examine my need for a legacy, I find that I really don't care if people remember who I was. What I really desire most is my "legacy" to be that I don't impede progress and transformation for others. That I am there in the lives of the ones I love as the support they needed. That I am not the "daddy issues" faced in the future. That I am remembered in every kind word, positive action and moral deed committed by the ones I surround myself with. That is my hope for a legacy. A legacy of love, shown to others, because of who I was, nameless, faceless, but felt forever by someone through someone else.

- **Andrew Hovenden**



The deAnguera Blog: Hoff Family Party

One of the advantages of living at Sahale for me is being included in Hoff family gatherings. The Goodenough Community can actually enable you to be included in Hoff family gatherings. It's like being part of the Hoff family.

My brother Paul is often busy with things and I lived alone in the past. So it's nice to be part of another family.

There were kids such as Sophie and Lillian Hoff. Also baby Wiley, Colin and Amy's son. You can see Sophie holding Wiley in the left hand photo. Sophie was really enjoying having Wiley in her arms.

On Saturday Pam and Elizabeth Jarrett-Jefferson opened the Swamp. I got to drink Bailey's again. I have to admit Bailey's can be addicting. Goes along with my other well-known addiction: fish and chips. Oh yes, we got entertained by our totally cool Swamp Band featuring Douglas DeMers on guitar and his son Josh on the drums.



Of course, the Swamp is getting a nice library of its own. Sort of like an old fashioned men's club except it is open to everybody. I found a nice book on log cabins. They were originally popularized by wealthy industrialists around the early years of the 20th Century. A way for the wealthy to rough it in style and comfort. A number of National Parks such as Yellowstone had mammoth log lodges built in the 1900s.

Hmm.....imagine if we could share more family gatherings? They can help all of our families blend together like one big family. We already have Summer Camp for the kids, Lab for the adults and an assortment of other activities keeping Sahale and the Goodenough Community bubbling all year long.

I had a chance to see Laura, John Hoff's oldest daughter and her husband Mike from Phoenix, Arizona. This was the first time I had ever seen them. Phoenix is quite different from Seattle being spread out on a plain with mountains all around. Mike works at a TV station as a computer technician. Laura is in health care.

Lab is the foundation for everything we do. Most families appear isolated from each other. Isolated families like isolated individuals can find life quite a challenge. Most people in our country experience depression at one time or another and the rate is rising. Our society is getting more and more atomized. Before Lab I really had nobody I could just hang out with.

If people want more community in their lives, they are going to have to choose it. But where are they going to find community? Is community a cultural value? I am not sure it is. No matter where I go I have not found a single place where I can get to know people more deeply.

Any good party requires horses and stables according to Liliana Hoff.



Grandma & Grandpa and the Grands



A reunion of the Hoff family at Sahale and welcoming of Baby Wiley

Passing It On

There's a millennial old tradition of passing on, through experiential learning, what are believed to be the best ways to live well and be of service in the world. For twenty one years I've been attending this annual human relations laboratory and in that time I've witnessed hundreds of lives touched, families healed, couples rejuvenated, wounds soothed, accomplishments celebrated and adventures begun. This event has proven itself to be of great worth and by now has developed a life of its own. The Lab's life, spirit of community in action, deserves to live on for all these reasons. I hope to see you there next year.

- **Bruce Perler**



Legacy - A postcard from Sahale Ecovillage herself

Irene Perler

Legacy is my middle name. Sahale Legacy Ecovillage... I want to thank all the people who come visit and enjoy my beauty and who share in the ideals of creating a sanctuary for life; and for the work done on my behalf.



I watch from my treetops as generations before and yet to come keep planting and tending to the trees – cedars, firs, maples, alders, walnuts, hemlocks, hazelnuts, apples, plums, cherry, pear and fig. While some are cut down and the forests are thinned, you use the wood for your fires, for building and for mulching and composting. You are stewarding the use of these resources well. Thank you for considering the wise use of anything you harvest and thank for taking the time to remember what you are doing when you cut something down.

I also watch from the ground and I see how you work with the land to develop food for yourselves. I appreciate your attention to balance and hope you continue to discern how much water use is adequate in the gardens and notice what food grow best here. I appreciate that you think about these issues and seek balance. The fish and the wildlife and the other creatures benefit and also share these resources with you. It is good to evaluate and watch what impacts come from the work on the land. So far, there is enough for the beautiful trees and gardens.



I see you with the children; how you each help them grow up and that you want them to learn about all the life that lives here. I see how they enjoy learning about the worms, snakes, lizards and frogs, the pill bugs and beetles, the spiders and the wasps and bats and birds, the deer, the salmon and creatures of all kinds. The native people who came before you called on all the creatures and

gave them names like: winged ones, creepy crawlers, fishes, the four leggeds and the two leggeds. They give thanks over and over, every morning and every evening, thanking the sun and the moon and stars as they rise each day. These natives live their daily lives in gratitude and awareness of the cycle of life and of the importance of living as if our actions influence the next 7 generations. I'm glad you all think of these things, too.

I particularly watch how you take care of one another and the friends who visit me and walk this land. You are teaching one another what respect is and how to live more respectfully of each individual life and of the collective life of your tribe, these are challenging times for humans to feel connected and part of a tribe. You invite other groups of people who are learning how to tap into their healing and heartful life source. I honor your work at this.

You ask people to treat one another with respect for human kind and also for all the living beings on this land. This is the only way that I will exist into the future and live up to my middle name – Legacy. I am the gift you inherited when you came here and I am glad that you are taking seriously what it is that you will leave behind.

Please keep taking care of me and learning and teaching others especially those younger who come next. Please do what you do with thought and care and an eye for the future. Also, care about your neighbors and the region and the world at large. You have a song about me – “Sahale’s Gift”. I like this healing song. I also like that you have altars and sacred places where people can be with their still small voices and learn to listen to spirit which connects us all. Listen deeply and listen some more, make decisions carefully and slowly as they pertain to my “Legacy”.



Thanks for listening.

Lynette's Poem

Hello son, hello daughter
I am here at Camp Relations
There is large group time in the tent
Where we sing, dance, laugh, and vent
There is small group time
In which the minutes seem to fly by
Most important, in those minutes we hope to satisfy
Each other spiritual and emotional journey.



Oh and yes we are offered three meals
For sure the no cooking definitely appeals
There is quiet time and free time too
However, napping id generally what I do



For people here are kind, welcoming and warm
Leaving here makes me feel torn
But I know I have a community for life
Therefore my ANXIETY will not cause me strife

Last but not least I need to mention my friend Chris
Who last night put me up to this
Even though poetry is no my thing
I thought I would rather read than sing

So I'll close but I want to say
I thank these people for making each and every day
Fill my heart and soul in so many ways
Thank you my dears for setting me free
And giving this birthday gift to me.



- ***Lynette Hall***

Artistic Creativity & Other Images of HRL 2016



Community News

By Elizabeth Jarrett-Jefferson

Birthdays and Anniversaries

- Happy 9th Anniversary, Aric & Jennifer Weiss Jarrett – August 25
- Happy 3rd Anniversary, Amie and Colin Aylward – August 25
- Happy 1st Anniversary, Andrew and Carolyn Hovenden – August 29
- Happy 3rd “Legal” Anniversary, Pam and Elizabeth Jarrett Jefferson – Aug 31 (with their first marriage in 1998)

The 9th Northwest Permaculture Convergence.

October 7-9 at Fort Flagler, Marrowstone Island, WA.

Michael Pilarski

I am the overall coordinator this year and we are whipping up a top-notch, exciting event. There will be an illustrious line-up of speakers, presenters, artisans, organizations and businesses. We will have an outstanding Permaculture Fruit & Nut Show, a Northwest Permaculture Pioneers reunion, an International Development and Permaculture Track, lots

of artisans at the Skillshare Village and dozens of booths in the Exposition/Trade Show/Vending. <http://northwestpermaculture.org/>

Cultural Programs & Events in 2016

Women's Saturday – September 24 @ Barton Street.

Third Age – Friday, September 23 @ Barton Street

Watch for new dates for the other cultural programs coming soon!

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.

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

