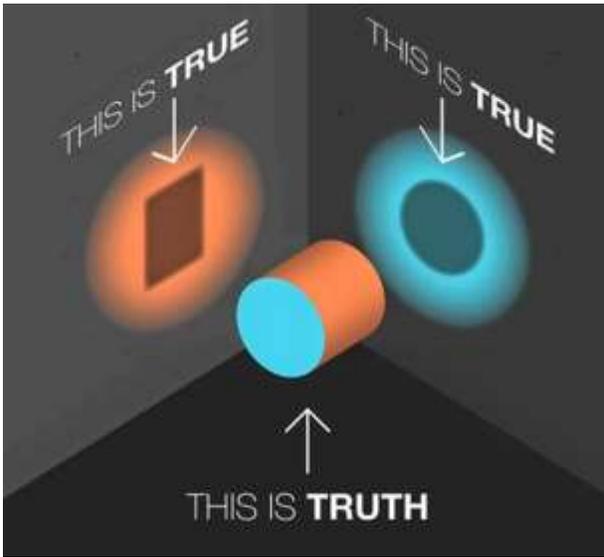


July 29, 2015

Kirsten Rohde, Guest Editor



### Upcoming Events

[Human Relations Laboratory,](#)  
[August 9-15](#)

See the last two pages of this eView for announcements about our fall program.

## TRUTH

The best mind-altering drug is truth.

- Lily Tomlin

Be a lamp to yourself. Be your own confidence. Hold to the truth within yourself, as to the only truth.

- The Buddha

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# The Village eView

***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**

## A story about truth- telling

John Hoff

Some say that truth is found in the rightness or correctness of the words being used to describe the truth. Still others say that for something to be true it must be supported by the integrity of the person speaking. However I think we all recognize that there needs to be a combination of useful words and a sincere and honest heart and when these come together they have great power. When a person speaks the truth they create an “event” and that’s powerful stuff. The two combined is very commanding. We can sense truth if we’re willing to pay attention to our own inner guidance. One of the funniest things that happens with little children is that long before they know the meaning of words they use words in a very powerful way. Sometimes it surprises adults when they hear kids speaking truth in such a sincere or mature way.

A story about truth comes to me from when I was a young man. Harold Kline was a very funny man. When I knew him he was in his early 20’s, portly, and often taken to be years older than he really was. He was very serious yet could be uproariously funny. He knew the truth well enough to make fun of it and knew people well enough to make them squirm with what he was saying. He had a sharp tongue and a sharp wit although he was basically a kind man. After years of being himself, he knew a young woman who decided that he had been unkind to her and was maligning her to where she could hardly stand him. He was heartbroken. He couldn’t understand her viewpoint and seemed to authentically despair of relating to anyone when he was having so much trouble with this friend. There came a time when after an argument between them, he jumped in his car (and no one really knows the full truth about this) and drove fast down a road striking a truck backing in to the highway. He was almost killed and took a long time to recover. And the word was around that his broken heartedness over his friend’s rejection of him was behind all of this tragedy. Fortunately they eventually worked it out yet this story was a big story in my inner life because I was trying to understand the power that was in words as well as the difference that I could make in someone’s life if I said the right words to them – words they were open to and words that lifted them up.

I can remember the summer when I was preoccupied with this friend’s depression over the accusation that he was unkind. I also wondered if my words could be unkind and I became cautious about how I spoke for awhile. I spent the summer in discerning my own soul as to when I was unkind and when I was not. Toward the end of the summer one of my teachers, Dorothy, came to me and shared how much my listening to her and questioning her helped her be a better teacher. She was appreciating my being her student. I needed her affirmation desperately because I was lost in my own self questioning. However, for all of my angst my mind cleared and my soul settled when someone told me that my words helped them and my intention was seen as kindness. We all go through a period of time in our early lives when we realize the power of words and wonder what to do with that power. Here we are talking about truth and something, whether it’s a word or an activity, has a power all of its own. We need to learn to respect the truth that’s in words and the truth that’s in people’s hearts when they’re trying to say something truthful. I’m saying this on behalf of all young people because I find them quite honestly seekers after the truth and perhaps each of us has to work through our confusion about how we use our words and understand better when we misuse them.

*There are times when we must sink to the bottom of our misery to understand truth, just as we must descend to the bottom of a well to see the stars in broad daylight.*  
- Vaclav Havel

## True Community A Human Relations Laboratory

*I am a place* created  
(in your mind and actions)  
an environment, a rich  
fabric of relationships  
(with yourself and each other)  
woven together  
by a shared commitment  
to grow.

I am a good enough space  
a womb in which  
to grow yourself up  
a place to remember where and who you  
are  
your birthright  
encouragement to be nobody but yourself  
and more of who you are.

I am a school of life  
a place to learn through relationship  
through experience  
a time to experiment.  
to discover  
your life as a continuing learning  
adventure  
using the content of your life  
as curriculum  
honoring fear as teacher  
in journey to re-reclaim  
your true nature.  
I am unique  
as the individuals weaving me  
honoring your struggles for unique self-  
expression  
upholding each person's truth  
to live with integrity  
from the inside out

encouragement in your search  
to find your unique spot  
in the universe.

I am a  
response to  
authentic  
human life  
a framing  
of events  
for growth  
re-cognitions  
of life's transitions  
celebrations of passages in  
your life's journey.



I am action, organized  
through roles  
and the agreements made  
in respect for the safety  
of your inner child,  
in an honoring of mystery.  
I intend only to uplift  
and help you discover your  
basic goodness  
or human-ness.

I am a time to rediscover,  
reclaim meaning in your life  
to move beyond a life of fear  
to a recognition of your connectedness  
and honor all your relations,  
and the aliveness of the earth  
and the oneness of all creation.

I am an invitation  
to honor the spirit  
of your life.

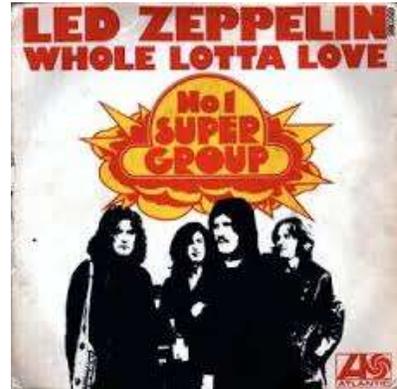
*Nan Krecker, July 1987*

## The Truth about the Human Relations Lab

Kirsten Rohde and Irene Perler

There was a time, 1960's and 70's, when events such as the Human Relations Laboratory were happening all over the country and beyond. The "human potential movement" was active amongst people seeking to grow, change, and perhaps resolve issues in their lives. Learning happened through exploring the perennial wisdom carried forward through the teachings of contemporaries such as John Huston, Virginia Satir, Frances Vaughn, Alan Watts, Fritz Perls, Joseph Campbell, Robert Bly, Richard Alpert and many more.

The history of the Esalen Institute describes it in the following way: *"They come for the intellectual freedom to consider systems of thought and feeling that lie beyond the constraints of societal norms. They come to re-discover ancient wisdoms in the rhythms and tides of the body, and poetry in the pulsing of life itself. They come to rediscover the miracle of self-aware consciousness. Often they come away inspired by a fierce desire to learn and keep on learning through all of life, and beyond."* (esalen.org)



Now there are only a few Lab type experiences that we can find around the country. The Goodenough Community's Human Relations Lab, in its **46<sup>th</sup> year**, is one of these. We believe that learning is always available to us and often happens best in a supportive community of others who are equally eager to learn more about ourselves and life.

Please join us!



Lab is a "Whole" package deal for everyone. You can make it whatever you need it to be for yourself. You can focus on self-awareness with mindfulness and quiet listening for your own still voice. You can focus on what your impact in relationships seems to be telling you about yourself and your attitudes and learn what you could do to become a better friend. You can focus on how to be a really good participant joining as fully as possible in the collaboration of the whole event. Perhaps you are not a confident musician but you love to sing and you decide to bypass your self-judgment and join the band and sing your heart out for the pure joy of being in the band. I usually choose this experiment sometime in Lab and find it a

very rewarding experience.

Lab is a time for learning on many levels in a very natural way. I was fortunate to have Lab in my life as a young mother with young children. Technically, I was a single Mom with a shared parent plan, but in reality, I rarely experienced being alone as a parent while I began my journey as a community participant. Lab was a wonderful place for me and my children as many friends cared

for all of us and helped us learn to trust others and let them bring us healing and support of all kinds. My children learned that friends outside their families are interested in their wellness and they were encouraged to be their unique selves and that they “belonged”. This principle applies to each person and soul who attends a Lab. There is a basic intention to respect the “wholeness” and individuality of each person and to embrace it as fully as we can, allowing for the diversity and depth and breadth of human potential that comes from this attitude. As I reflect on this writing, I realize I’m not really saying much about what you can expect to do at Lab, but I am underlining how you are likely to experience learning and growth if that’s what you want to do! I hope you will join me in experimenting with social learning and self-development. See you there!

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**Lab of Love** *Lyrics by Yako and Boyd, HRL 2014*

There’s something happenin’ here,  
What it is – is becoming clear,  
People circlin’ round,  
With so much friendship to be found

Chorus:

Hey, now, what’s that sound,  
We’re all connected in and out,  
Love now and open up,  
Come to the well and fill your cup.

There’s people speakin’ their minds,  
Making the change to better mankind,  
We’re all talkin’ things through,  
Goodenough is the place for me and you.

(Chorus)

Friendship flowers in me,  
Into your life it will seed,  
It starts when you’re always alone,  
You’ve come to Sahale – and now you’re home

(Chorus)

(2x):

All you people sittin’ there,  
Join together and fill the air “with love!”

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## The deAnguera Blog: A Story of Life and Wholeness



Our honeybee colony is now about 3 times the size it once was. Yet the bees swarmed once again. I am told the swarm is somewhere down around Central Park so Irene Perler told us to not use the trail going past it for the next few days.

The bee hive makes me think of the densely packed human cities spread around the globe like New York City above. Living conditions in our cities are deteriorating as they get bigger and more wealth gets siphoned by the wealthy. Are we getting ready to swarm like the bees? Maybe we already have. There seem to be so very few of us establishing ecovillages in comparison to the world population.

The worker bees serve the hive since without it they would all be out of luck. What do we serve in our cities? We compete against each other. Do the bees compete against each other?

It's easy for me to see life in its fragmented parts. It is only when I compare us to the honey bees that I can begin to see human life in its wholeness.

Here at Sahale we do what we can everyday to keep everything in running order. It's a lot of work but so is maintaining a hive. I am told worker bees live only 10 days when they are working. They literally work themselves to death. Now, that's devotion!

It's almost impossible for me to see any kind of devotion to human city life. I am ready to swarm!

When a swarm starts, it's just a few at first. They are like scouts and when they pick a place then many more follow. How many? Possibly as much a half the hive.

We in the Goodenough Community are like the honey bee scouts seeking a new way of life. As we become successful others will join us. Eventually we may see a huge swarm of folks leaving an unsustainable way of life.

Since we are at the very front of a swarm we have a responsibility as messengers to inform others and bring them into our circle.

Is it possible we could develop an alternative to the isolated nuclear family? I believe so since I know from experience that such isolation is psychologically unhealthy. In fact such families in the long run may be unsustainable. Many things in life can be easier if we band together.

Oh, but what about interpersonal conflicts? They can kill a community experiment. If I really want to be part of a community of any kind, I need to know how to handle interpersonal conflict.



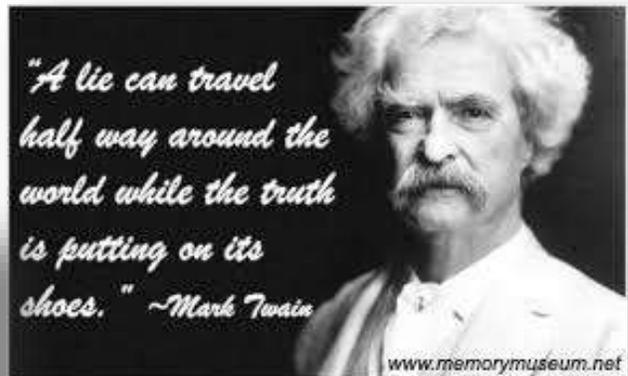
Irene harvesting vegetables in one of our gardens. We are learning to garden more and get more from our gardens as times goes on. A garden like the one at left requires a lot more attention than the typical home garden.

## News from Members and Friends

By Elizabeth Jarrett-Jefferson

### Birthdays & Anniversaries & Special Announcements

- Happy birthday, Gabe Harshman - August 2
- Happy birthday, Marta McDermott - August 6
- Happy Anniversary, Rachel and Larry Hoff!



## Chris Harshman and the Award-Winning SWHS Jazz Band: ‘It’s All about our Community’

BY CAROLYN TAMLER South Whidbey Life Magazine  
Contributor  
May 20, 2014



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### South Whidbey High School JAZZ BAND

Upcoming performances

S. Whidbey High School Auditorium

**May 23 - 7 p.m.**

All Island Jazz Festival

\$8 general admission

**May 30 - 7 p.m.**

Jazz Night, Free admission

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**May 27 - 7 p.m.**

CONCERT BANDS

High School / Langley Middle School

Free admission.

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In 2008, schools in the Seattle Area accounted for five of the 15 finalists in the Essentially Ellington High School Jazz Competition—the most prestigious high school jazz festival in the world. The South Whidbey High School Jazz Band was one of the five.

That’s only one of the many distinctions the SWHS Jazz Band has achieved in recent years. They have been winning First Place in their division at the Lionel Hampton Jazz Festival for 15 years. In 2009 they were finalists in the Monterey Next Generation Jazz Festival. The Wind Ensemble just received a Gold Award at the Vancouver Kiwanis Music Festival in British Columbia, qualifying them for the Canadian National Music Championship.

In addition, the Jazz Ensemble has been featured on the KPLU School of Jazz CD four times.

Someone at one of the East Coast festivals once asked Director Chris Harshman, “Is there something in the water out there?”

So, what makes the South Whidbey High School Jazz Band Program so exceptional?



“It’s great family support and great community support. The support comes in the form of the energy provided, the financial support and the attendance at our performances,” Harshman said. “Every time I make a move to improve the Jazz Band, the whole community seems to move to support what I’m doing.”

There are currently 21 students in the Jazz Ensemble and 44 in the Concert Band, which includes most of the jazz students. They rehearse four days a week during school and often before school as well. Harshman said that many students not only practice on a regular basis but also study recordings and attend live performances. “These kids are highly committed to the program and continue to participate in many other extracurricular activities for the school and the community.”

Harshman also attributes some of their success to their unique style. “During the 1970s, many high-school jazz bands added a rock or Latin feel to their swing feeling,” he said, “but most Northwest bands stuck to the traditional way of Basie and Ellington. That feeling is highly prized by Wynton Marsalis, the artistic director of Jazz at Lincoln Center, which sponsors Essentially Ellington. This rootedness of traditional swing in Seattle area high-school jazz bands goes a long way toward explaining why kids in this area have been so successful at Essentially Ellington.”

Chris Harshman has been involved with music since he was a small child. He came from a family of musicians; his mother and both of his brothers are professionals. He said, “In our household, we were raised with the value of music and athletics.” He started out playing jazz saxophone but found himself drawn to the bassoon, which has been his primary focus for most of his musical career.

Harshman taught in several Puget Sound area schools and lived in the Shoreline area for many years. In 1997, he and his wife Dyanne, also a musician, moved to Whidbey Island so their two sons could attend the Waldorf School. Harshman commuted to work in Shoreline for three years; then the job of Langley Middle School Jazz Band teacher opened up, and he got the position. The LMS Jazz Band already had an “exemplary reputation” when Harshman took over as the Director.



In 2006, the job of Director of the High School Jazz Band became available and Harshman took on that role. He realized that the Middle School Band provides the talent that moves up to perform at the high school and was pleased that Jess Foley (now Monett) took his job, where she continues to groom the talented youngsters who move on. “I’ve had such fantastic talent in my classes,” Harshman said, “and many are now performing professionally.”

He came back to the original comments about the support of the community: “The community and the Band work together. Adult musicians invite the kids to play with them and many of the groups on the island tap into our resources,

including the Whidbey Community Orchestra, the Saratoga Orchestra and many of the churches. There are lots of opportunities for the kids to shine.

“Music crosses so many barriers,” Harshman continued. “There is so much for each generation to learn from the other.” He concluded, “I enjoy watching all of this happening.”

## **Y’all’ve been warned:**

## **Now y’all’re invited to Cancerversary XVI.**

By Sam Staatz

**Where:** Mom’s House. It’s a couple of blocks south of the Mercer Island Post Office. For you detail oriented folks, the address and directions are towards the end of the invitation.

**When:** Saturday August 22, 2015 from noon until midnight. No, you don’t have to be here the whole time (but it would rock if you were), but the party is that long because it gives everyone a chance to drop in at their leisure (that’s what we tell you just to be polite – the real reason is that if you’d survived brain cancer for XVI years, wouldn’t you want to party for XII hours, too? – so stop by).

**What:** If you hadn’t surmised by now that we’re celebrating surviving a brain cancer, you’re a fellow brain cancer patient.

**How:** Arrive between noon and midnight at Mom’s house with something to share and a BEvERage. It is a potluck, after all. We will provide some burgers, chicken, hot dogs, and some soft drinks; but please bring something to share. And please bring only enough for your party. We love leftovers, but two gallons of six-week-old macaroni salad gets a little tiresome (and probably a little dangerous – I know, I pick on mac-salad every year, but I really do like the stuff). To help us out, please RSVP so that we have a handle on how many burgers, hot dogs, and Coke products we need to stock up on.

**Who:** You, silly.

**Why:** Because I can. It’s because I’m not pushing daisies. And for you detail oriented folks, the address and directions:

**7801 SE 37th St.**

**Mercer Island, Washington**



**BYOWhole Enchilada to  
Sam’s Party**

## Cultural Programs & Events in 2015

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

*Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.*

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

### Programs & Events:

*Third Age Gatherings*

*The Conscious Couples Network*

*Family Enrichment Network*

*The Men’s Culture*

*Women’s Culture*

*Human Relations laboratory*

*Sahale Summer Camp*

*Relational Weekend, page*

### Third Age Gathering

**Joan Valles**

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

**Sept 18, October 23, and November 20** are the remaining 2015 dates.



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

### Women’s Culture



*Hollis Guill Ryan*

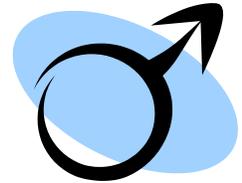
**In September** we began a new year in the women’s culture, a year of exploring our journeys as women on “the path from Stuckness to freedom.”

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: September 19; October 24; and November 24.

## Men's Program

*Theme: Friendship among Men*



The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as “are there characteristics of sound maleness that should be lifted up and taught to other generations of men?” The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men's group and here is an announcement from him about a planned weekend this fall. -JLH

***The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall October 9 to 11. Please let [Bruce Perler](#) know of your interest.***

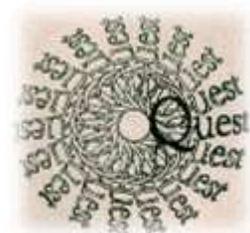
## Announcing . . .

**October 2 to 4, 2015**

A Quiet Retreat with a focus on meditation and spiritual development, offered by John and Colette Hoff at Sahale Learning Center.

## 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 (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957.**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.