



Feeling, our theme this week, is good preparation for the holiday season.



Christmas is a feeling

John L. Hoff

A few weeks ago as Colette and I were getting prepared for the Christmas season we both remembered a song that meant a lot to us, the title is "Christmas is a feeling." We have looked high and low, far and wide, and have not found the song we've been looking for. We have a sense of a tune and we remember several of the words but not enough to be very helpful. In fact, we are asking your help in finding this song (words and music and perhaps who recorded it. Colette and I were impacted by this song in the late 70's and early 80's and lost it from our cassette tape collection. Some words are:

*Christmas is a feeling
only children know,
Theirs for such a little while
they lose it when they grow.*

*Candy, toys and mistletoe
and, Santa's ho ho ho*

The Village eView

December 17, 2014

Colette Hoff, Editor

On-Line News of the Goodenough Community System

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

Upcoming events:
[Pathwork, Celebrating Advent and Solstice, Dec 21](#)
Christmas Day dinner at Sahale
New Year's Eve at [Sahale](#)

*Christmas comes a winging
just once a year you know
If only it could stay a while
then Christmas would come true.*

We are reminded that Christmas lives in our memories and stays with us as a memory. I personally love the memories of Christmas and have many memories that make Christmas real for me today. There's a lot I can't remember such as which group or chorus sang "Christmas is a feeling." I think you too will become aware of how much the present day enjoyment of the holiday depends on remembering good warm times in the past. Thus it is that I settle for provoking some memories in you of Christmases past and that still live on in our minds and Christmas customs. I am personally glad for grandchildren that live nearby who share holiday excitement. I'm also glad for grown children that live around and speak of memories we all shared because the very nature of Christmas is the quality of feeling it possesses. For instance, I still enjoy what I call the best "Christmas present I ever had—a bicycle for my 16th birthday (in July). The present had to wait for a Christmas sale the following December. I can remember my dad shopping with me and picking it out. I asked the salesman when it went on sale. He said just before Christmas there was a huge drop in price. My dad said we'd wait until then. I can remember my deep disappointment that I wasn't getting it for my birthday, I was getting it for Christmas when the snow would be deep.

As you go through the next few weeks of the Christmas holidays I encourage you to pay attention to your feelings and your memories of what you felt when you were younger. **Now** I suggest you spend something like a minute's reflection on a few of the following words: mother, father, brother, sister, Christmas tree, festivity lights, Christmas journeys, the inn in Bethlehem, the Wise Men from the East, and the donkey that carried Mother Mary. I hope is that these reflections connect you more deeply with the season.

As I listen to Christmas stories and reflect on my own, I notice there is a contrast between great warm stories and stories that make me sad and a little frightened, my long-ago fears. Perhaps you have a mix of feelings about Christmas, too. I find that each Christmas brings me some new psychological/social work to do. For instance, my mother came from a tee totaling family and hated alcohol. She as quite sure that my father's occasional enjoyment of alcohol meant that he was an alcoholic and she worried about him at Christmas time that he would be caught up in that addiction. I took on her worries and only slowly learned that her worry was more in her head than about my father's behavior. In fact my father turned down offers of a Christmas shot or a glass of wine. I slowly sorted through how my parents saw each other, and to this very day, I notice my sister's support of my mother's view and of my own sense of my father's caution. Thus it is that Christmases past relive themselves in our lives today. I think Christmas is about feelings and I encourage you to allow yourself time for reflection on the feelings that come round this season. They make me do some work inside and that may happen to you as well.



Feelings are everywhere—be gentle.

~ J. Masai

He who feel it, knows more.

~Bob Marley

It is through our capacity to feel that we join each other and sense that we are connected. We need to see that emotions and feeling are quite different although both are part of our emotional make up: feeling connects us and emotions are used to protect ourselves. Psychology generally talks about our “feeling function” which suggests to me the validity of the concept I used—a capacity to connect with others at a feeling level.

~John L. Hoff

In the words of Caren Goldman:

Because I grew up in a family that discounted feelings, I didn't know I had any until I was an adult. When I hurt, my father would shout, “Stop crying.” When I laughed too loud or too long, he would ridicule me in a demeaning way. If I expressed anger, I was punished, and if I was “caught” doing a child's random act of kindness, my father usually sneered that I was wasting my time. “Don't bother,” he would say, “No one cares.” (This piece is continued on page 4.)

Christmas is an exercise in feeling connected

(Editor's note: As an editor I have overheard comments that my husband John has been helpful in improving attitudes toward the holiday season. So I interviewed him and present the following.)

Editor: I am curious about your use of the phrase, “Christmas is an exercise in feeling connected.”

John: Yes, I see the holiday season as a challenge to the human spirit. “Scrooge” is a good illustration of someone who was challenged to join and give and yet resisted. I think each of us is challenged by the season to be less self-absorbed and more supportive of a warm relational environment and there is some resistance to this as well. For instance, gift exchanges challenge us to loosen up a bit, spend some money and value someone else. Employers and educators know that the people they deal with will experience holiday distractions. People who offer professional services, whether it be a policeman or a marriage counselor, experience an increase in relational tensions.

Our memories of Christmas past are a mix of pleasant and unpleasant illustrations of experiences. Our current experience of this holiday season contains both pleasantries and confronts us with some difficulties. Thus I say the holiday season is a challenge to the human spirit that requires us to be mature and caring people. I personally believe that this is the purpose of the holiday season—to call us into relationship and awaken our feeling connection to each other, allowing us to be more generous and loving to each other. As you go through the holiday season whether you are dealing with family or other associates, try to remember that the purpose of all of this is to increase our sense of relationship and to help us feel more

deeply. I think Christmas works us over spiritually and elevates the demands of relationship. I believe that being a “grown-up” requires us to give more of ourselves to family and friendship.

Identify relationships that need some improvement and adjust your attitude and strategy so that you can offer more of your heart to others. Focus more on the people than the lists and obligations. Focus more on speaking your feelings than buying a gift. Be sure to count your blessings by receiving from the people who love you.

Editor: After our conversation, I can experience more deeply that Christmas is a feeling and an opportunity to feel more deeply for friends and family.

Continued from page3.

With so many feelings dulled by my demigod’s disapproval of them, I never learned when or where it was appropriate to express them. For example, throughout my childhood, I got lots of cavities. When it came time for the dentist to fill them, I always refused novocaine. Instead, I’d just get a death grip on his chair and signal him to drill away. Once, he pulled one of my teeth without numbing the nerve first. My father was so proud of me for bearing all that pain that he bragged about it. Not until years later did I understand how strange his badge of courage was.

When we push our feelings deep inside, they harden us, instead of helping to heal us. But intuitively, we know they’re there, and through unconscious attempts to make the invisible visible, we may turn to self-destructive behaviors. For years, I wouldn’t just bite my nails, I would also peel away the layers of thick skin around them and study them as if they were maps of my inner world. When I touched them, they’d bleed, sting, and, like my dentist drill, remind me I was alive. Despite the fact that I knew my hands always looked as if they had gone through a meat grinder, I couldn’t stop that self-destructive cycle.

Not until I began peeling back the hardened layers of my psyche and soul instead of the calloused skin my hands was I able to begin to access my repressed feelings. In the process, I rediscovered joy, wonder, happiness, ecstasy, and self-love and found appropriate ways to display anger, grief, sorrow, disappointment, and fear. Most importantly, I also learned what forgiveness felt like. And not long afterwards, a day came when that new feeling stirred me to forgive my father. And when I did, I felt my heart expand and my hands began to heal.

~ Caren Goldman, *Healing Words for Body, Mind and Spirit*.

Never apologize for showing your feeling. Remember that when you do so you apologize for truth.

~Benjamin Disraeli

Seeing is believing, but feeling is naked truth.

~Proverb



See Ad for a racey red car on page 24.

The Holy Nights...an invitation to pray for feeling, healing, self-illumination and world peace.

Irene Perler

As a teacher in the Waldorf tradition, I was exposed to thoughts about the “Holy Nights” as understood by those studying Rudolf Steiner and other esoteric Christian sages. There are many deep ways to consider the movement of the stars and our relationship to the cosmic and earthly worlds at this time of the year. This year, I find myself remembering some of the metaphoric symbols of the “Christ – mas” time and the turning of the light from darkness to more light, the renewal possible – or the birth of my inner child. I am hungry to awaken my own spiritual depths as they have been napping. The symbology of Christianity is profound whether you believe in Christ as a savior or as a story of a being of light and goodness. I find myself wanting to meditate on light and hope and healing at this time and I know that I am naturally drawn to inwardness, meditation and self-understanding. Many people simply find themselves wanting to deepen and reflect at this time of the year and others believe that this is actually an ancient and natural phenomena written in the stars and the hearts of men and women.

Please consider your own meditative natures at this time and know that the dates Dec 24th through January 6th, referred to as the holy nights, are auspicious and powerful for this kind of inner and outer work and prayer. Read on and perhaps visit a couple of the following links to join others at this time of year in global prayer and shared meditations. I wish you a good season of reflection and hope you will find renewal and peace in the month ahead!



The following is taken from the website www.globalpeaceprayer.com:

In Anthroposophy, a field of study developed by Rudolph Steiner, the nights between the nativity and the epiphany, roughly December 25th to January 6th, are thought to be the time when the veils are the most thin between the spirit realm and the human realm. These nights are the best time of year to set intentions, to plant seeds, and to go inward in prayer and meditation. Each of the Holy Nights represents a month of the following year. When close attention is paid during these days, sometimes people get a brief glimpse into their upcoming year.

*Anthroposophist, mystic, and teacher, **Claudia McLaren Lainson** explains the Holy Nights:*

In the darkness of Winter's night, when the great breath of the Earth Mother finds its greatest point of inhalation, human beings are afforded the grace to touch into both magic and miracle. In the pause between her mighty in-breath and out-breath there is a still-point of rest. This still-point has long been known as the Holy Nights. In these blessed Nights, the angels circle the globe as if in a great cosmic dance. They long to speak to listening human hearts. Throughout the ages the 'listening ones' on earth have heard the angelic choir; they have received messages of Peace and Love. What is received during these sacred days and nights, resounds a thousand-fold in the year that follows. In this year before us, a great light is striving to find willing human hearts. May we each be the 'listening ones' during these Holy Nights. May we work with angels.

Claudia McLaren Lainson is a teacher and Therapeutic Educator. She has been working in the field of Anthroposophy since 1982, when she founded her first Waldorf program in Boulder, Colorado. She lectures nationally on various topics related to spiritual science, human development, the evolution of consciousness and the emerging Christ and Sophia mysteries of the twenty-first century.

Please visit www.globalpeaceprayer.com and the associated links within it. There is a group meditation that will take place at noon each of the days of the holy nights.



The following is a description of Solstice from a standard text on Solstice written by John Matthews, *The Winter Solstice, The Sacred Traditions of Christmas*.

Welcome everything! Welcome all alike what has been, and what never was, and what we hope may be, to your shelter underneath the holly, to your places around the Christmas fire, where what is sits open-hearted! CHARLES DICKENS, 1851



LEFT: The modern Western celebration of the Winter Solstice has become inextricably linked with the celebration of the birth of Christ.

The Solstice and Christmas

In our own time the Solstice is indissolubly linked with the festival of Christmas, though it was not always so. The myths of the festival are so deeply imbedded within us that we no longer ask why we decorate a fir tree at this time, or why we place green boughs and candles in our home. We take these things for granted, as we plunge into the whirlwind passage of preparations that lead up to the all-too-brief day of Christmas itself. Yet even here we forget the season is really twelve days in length – we sing the carol “The Twelve Days of Christmas,” but have little understanding of its origin.

Today the festival is most often known simply as Christmas, and it has been celebrated for nearly two thousand years. During that time, it has taken many forms, changed direction several times, absorbed the influence of many cultures, and developed into a modern industry. Yet the simplicity of the Christmas message has continued to ring through the ages, and despite the commercialism and nonliturgical appropriateness of many aspects of Christmas today, it continues to exert a powerful effect upon everyone who celebrates it, adults and children alike.

There is a moment of silence that occurs every year, somewhere between the dawn of Christmas Eve and the setting of the sun on Christmas Day itself – a moment we have all experienced at least once in our lives, maybe more than once. It can silence a great city like London or New York, and it can bring stillness to our hearts, whoever and wherever we may be. That moment of is unlike any other. It offers the promise of new beginnings, of the clean slate of new year, and it incorporates the breathless expectancy of Christmas night itself, when a familiar figure enters our lives and changes them briefly. It is a moment such as this that lies at the heart of the Midwinter Solstice, and it is in celebration of this that this book is written.

The fourth Holiday story we are including this week is the poem, The Night before Christmas:

**'Twas the Night Before Christmas
or Account of a Visit from St. Nicholas**

by

Major Henry Livingston Jr. (1748-1828)

(previously believed to be by Clement Clarke Moore)

Editor note: *I read two contradictory version of the history of this song.*

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled down for a long winter's nap,

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name;



Now, DASHER! now, DANCER! now, PRANCER and VIXEN!
On, COMET! on CUPID! on, DONDER and BLITZEN!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

Continued on page 18

Another Fulfilling Year for the Goodenough Community

Kirsten Rohde

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

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

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

With the move out of the home in Seattle, we are saving some facility expenses, however the move itself incurred costs. As the dust settles, we are realizing that supporting the Hoff's practice and cultural and organizational gatherings in the Seattle metropolitan area means we will need to find some type of rented space. We are seeking solutions to accommodate a continued professional and community presence in Seattle that will cost less overall than the prior location. We also have needed to install a new hot tub at Sahale after 14 years. We appreciate the \$1600 raised to date for this specific fund raising appeal.

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

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

Thank you!



The Goodenough Community: How you can support us

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

Here are some ways your donations helped last year:

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



This coming year donations will help:

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



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

When Appreciations Are Not Silent, As In An Auction Or A Song

By Elizabeth Jarrett-Jefferson

Oh holy night, what a wonderful True Holidays Celebration and Silent Auction we beheld this year. I wanted to say a heart-felt thank you to everyone who sent their good energy and good will (and good items) to our annual event this year on December 6. The Auction has been an important part of our True Holidays Celebration for many years now, a wonderful way to connect with friends in many ways and an important venue for giving-and-getting during the holiday season. I thrilled this year in particular, for we had almost 100 items donated (the most on record), and the proceeds from those items and experiences were donated from the heart to a wonderfully worthy cause, our community and its work. I am especially thankful to all of the community members and guests who came to partake (and celebrate the season) and to the entire True Holidays team, in particular Catherine McGuire and Carla Tanner Geraci, both of whom were instrumental in the success of this year's event. To everyone, I offer the invitation now to be thinking of what creativity may lie in your heart for next year's event... for now, hold the first Saturday in December 2015 as the tentative date.

Happy holidays,

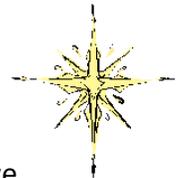
- **Elizabeth**



Holiday & Upcoming Events

Pathwork - Sunday December 21, 2014, 6:30 pm

John and Colette Hoff are proving leadership for a "Pathwork" which is about sharing our own faith journeys and our focus in human development. This week as we move toward Christmas we will celebrate the fourth Sunday in Advent. Pathwork is a process in which we coach each other and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. *John and Colette would welcome meeting with anyone interested in attending.* Email John or Colette at hoff@goodenough.org to RSVP and/or if you are interested in attending. Pathwork will be meeting in West Seattle at the [home of Joan, Phil, Barbara, and Jim at 7723 13th Avenue SW, Seattle 98106.](#)



Pathwork is for those persons who have consciously decided to develop themselves and improve their lives. The group supports each other in doing this. John and Colette have always made sure that this process is offered in our community and we rely on ancient guidelines for human development.

On **Sunday, December 21**, all are welcome to celebrate the 4th Sunday of Advent and Solstice. The festivities will begin at **6:30** with hearty snacks and treats and caroling.

Christmas Day Open House at Sahale

John Hoff

This fall has been a time of transition and Colette and I are *not* opening our home in Seattle for some portion of the season. Instead we will be returning to Sahale on Christmas day in the afternoon and **welcome** others to join us there. We will provide dinner and drink (at 7:00) and invite any one coming to bring a dessert or a favorite side dish.



Please RSVP at hoff@goodenough.org. You are welcome to spend the night and join a brunch on Friday morning.



New Year's Eve at Sahale!

This year New Year's Eve is on Wednesday night. We plan to continue our Sahale tradition of good conversation, winter walks, hot tubbing, making meals together and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Of course, we will have our 9th annual Train Dominoes Tournament. Time will also be given for some personal and shared reflection and for joyful celebration.

This year, with New Year's Eve on a Wednesday, we have the opportunity for relaxing at Sahale the weekend, Monday, and Tuesday before New Year's Eve on Wednesday. A chance for creative expression or a quiet day in the country. Art, poetry, trying out a recipe, music, reading, conversation. Hot tubbing and enjoying Sahale of course. You are welcome to come as early as Friday December 26th and stay through New Year's Day or for any part of this time – **please do let Kirsten or Elizabeth know of your plans.**

Suggested donation:

New Year's eve (one night): \$30

Additional nights: \$25 per night

Email Kirsten or Elizabeth to RSVP:

krohde14@outlook.com or

elizabeth.ann.jarrett@gmail.com



An energetic game of train dominoes!



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

Save the Date

For an **open house** honoring the 80th birthday of

Joan Valles

Sunday, January 25, 2015

3 to 6:30 PM

7723 13th Ave SW
Seattle, WA 98106

Wine, Appetizers & Desserts

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



The deAnguera Blog: Christmas Preparations 2014



Christmas is for children. We all love the energy and fun they add to the Christmas Season. In the left hand photo Sophie, Lilliana, and Pharoh Kuykendahl are having the adventure of their lives around the sofa as well as pillows. It is a fun indoor sport requiring kids just the right size to disappear in pillows as well as sneak around the couch.

This is our first Hoff Christmas celebration out here at Sahale. Last year we put up the tree in the stairwell of the Community Center. With the Community Center gone, our tree will now go up in the Kloshe living room. Yesterday I helped Pharoh cut down the tree and carry it over to Kloshe for installation. We will pour out our full Christmas spirit on Sahale for the first time.

I will have a brief gift exchange with my brother Paul and his wife, Pat on Christmas Eve. Then I will come to Sahale on Christmas day. Paul's family will do Christmas in Belize, leaving here on Dec. 27th. For me Christmas is about much more than just a gift exchange. We will gather around a lighted tree, tell stories, sing carols, eat too much candy and other sweet stuff. We might even watch a movie. Holiday favorites during my childhood included the Wizard of Oz and A Christmas Carol. There has been a request for It's A Wonderful Life. I think we watched that movie at least once onboard the Solstice Bus as we headed back to Seattle. It is an old time classic from the 40's with Jimmy Stewart in the role of the hapless hero who is rescued by an angel and saves his town.

Time seems to fly by so fast, especially during the Christmas Season. It's hard to believe that we will go on our Solstice Trip next Saturday. Maybe it is because there is so much to do and so much is happening. A lot of folks feel the pressure of the Holidays. Get the tree up. Get presents wrapped and put under the tree. Put up the lights around the outside of the house. Make a snowman? We will need snow for that. Yesterday I got gifts for my nieces Alice and Anna in the mail at the Tahuya Post Office. Luckily there is never a line at this Post Office. I hope it will stay open with all the cutbacks.

The highlight for us during the season is the New Year's Party out here at Sahale with the Train Dominoes Tournament. Will I win it this time? Who knows? But it will still be fun even if I don't win it. In fact the pressure to win can take some of the fun out of playing the game as we know from experience.

Then will come.....January 2015. All the lights and stuff get put away until next year.

I promise I will stay in Christmas Mode until it is done. It should be a cheery time. A time to reflect upon the last year, especially during the dark cold days of winter.

Just think, after Solstice on Dec. 21st, the days will start to get longer again as we go back towards Spring.



Before and after photos of this year's Gingerbread House, a Hoff family tradition we all got to share in. The house is a masterpiece and the candy leftover bits were nice and sweet.

Help Us fund the new Hot Tub

*Jim Tocher and Wesley Boone
installing the first tub in 2001.*



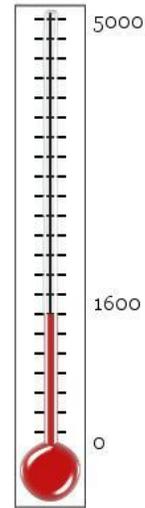
Well that hot tub has worn out and we are going to replace it. We need to raise \$5,000 for the next hot tub. If you have appreciated the hot tub or look forward to the new one, you may be some of the early investors in our new hot tub. It is now nicely installed and ready for you!

Donations of cash are welcome and checks can be made to The Goodenough Community. Mark your contribution to the New Hot Tub Fund (NHTF). You will notice the thermometer is rising.

We have made two payments of \$860. Perhaps you will take a payment? We have four more to go in the no interest contract we received.

Donations of any amount are welcome. Please join us in continuing to provide one of the most valued amenities we provide at Sahale!

The Goodenough Community is part of The American Association for the Furtherance of Community, a 501(c)3 nonprofit charitable corporation.



Max and John christening the new hot tub!

Sirens on a

Shelf: Claudia Fitch at the Greg Kucera Gallery

Nov. 6 through December 24

The Greg Kucera Gallery has announced its [seventh exhibition of sculptures and drawings by Seattle artist Claudia Fitch](#). The show, titled *Sirens on a Shelf*, presents a stylized representation of the artist's own female form cast in ceramics and bronze. Claudia's show runs Nov 6 through December 24.

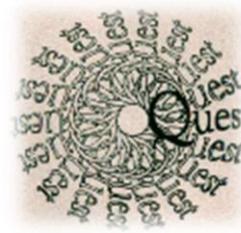
Hours

Tuesday through Saturday 10:30 - 5:30 Closed **Sunday + Monday**



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships. **Call John (206 963-4738), Colette (206-755 8404).**



Where are you working, you might ask?

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



ANNOUNCEMENT:

We now have a post box in Tahuya for all organizational correspondence including donations. If you use automatic bill paying, please change the address to: **American Association for the Furtherance of Community, Convocation, or the Goodenough Community**

P.O. Box 312

Tahuya, Washington 98588

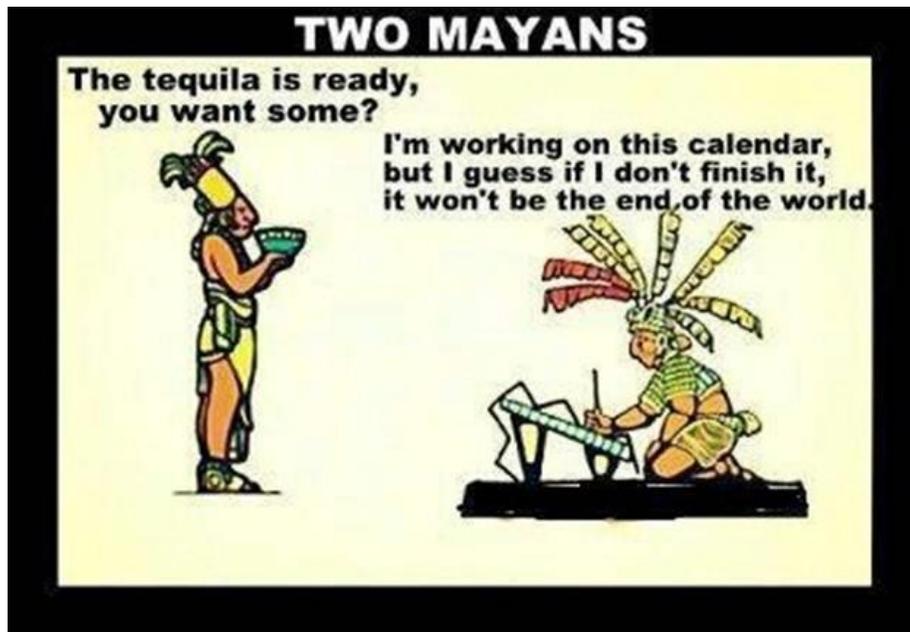
Thank You!

Bit O' Holidays

By Elizabeth Jarrett-Jefferson

Birthdays

- **Jeni Hogenson** – December 20. Happy birthday, Jeni!
- **Keegan Harshman** – December 21. Happy 25th, Keegan!
- **Anne Mason**—December 20. Happy birthday Anne, see you on the bus!



Contributed by Tom James, 2012

The Night before Christmas, continued from page 8:



As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too. And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my hand, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

His eyes -- how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
"HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!"



The Goodenough Community:

Cultural Programs & Events in 2015

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

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

Programs & Events in 2015

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



New Year’s Eve Weekend at Sahale!



This year New Year’s Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to bid farewell to 2014 and to greet 2015. You may arrive as early as Friday. We plan to have our usual times in good conversation, winter walks, hot-tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year’s Eve. Of course, we will have our **8th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten or Elizabeth: krohde14@outlook.com, elizabeth.ann.jarrett@gmail.com

Third Age Gathering, Next Meeting Jan 16, 2015

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



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

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

Women's Culture, Upcoming Next Gathering:



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

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

For directions, call Rose:206 764 0193

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

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

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

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

All the best, Hollis



The Conscious Couples Network presents: An Evening for Committed Couples

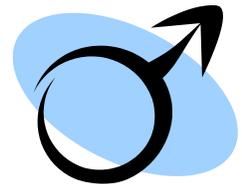
We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples. This group will meet at the home of Pam and Elizabeth Jarrett-Jefferson on Mercer Island.

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

Men's Program

Theme: Friendship among Men

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



Introducing . . .

A Workshop offered by John and Colette Hoff

April 17 to 19, 2015

Saving your Own Soul . . .

Growing your self up . . .

Maturing . . .

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

Email hoff@goodenough to express your interest.

Memorial Day Weekend, May 22-25, 2015

at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp



June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>

Sahale Summer Camp is entering its 10th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.



We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.

A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#).

Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.



Mark your calendars for 2015!

Human Relations Laboratory

August 9 to 15, 2015

The best event to experience the Goodenough Community

Seven Fun-filled Days of Social Creativity & Experiential
Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on the Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 **or email**

irene_perler@hotmail.com. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

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



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

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

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

Yes, I want to support the work!

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

Name: _____

Address: _____

Phone: _____

email: _____

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

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

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

Payment Method Check _____ (amount) made out to Convocation

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

Mastercard Visa _____ (amount)

Card Number _____ Exp. Date _____

Signature

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

Yes, I want to support the work!

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

Name: _____

Address: _____

Phone: _____

email: _____

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

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

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

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

Payment Method Check _____ (amount) made out to AAFC

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

Community Box 312, Tahuya, WA 98588

Mastercard Visa _____ (amount)

Card Number _____ Exp. Date _____

Signature

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

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