



Rebirth a second or new birth;
a renaissance; a renewed existence,
activity, or growth; a revival

*New seed
Is faithful.
It roots deepest in the places
That are most empty.* ~ Clarissa Pinkola Estes

Birth and Re-birth

One summer, at a seminar at a retreat center in Northern California, our leader quoted Fritz Kunkel, a German psychiatrist: "Imagine yourself re-walking the path of your life when you come to a gravestone on which is inscribed, 'This is where I was first killed.'"

Where is the place where you were first killed?" she then asked.

The Village eView

March 25, 2015

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

Upcoming Events

Relationship Group – Tuesdays – 7:30pm

[Pathwork, April 5](#)

[Planning Workshop for HRL 2015 – April 17-19](#)

[Third Age – April 24](#)

[Annual Meeting – April 27](#)

*To live fully is to let go and die
with each passing moment,
and to be reborn in each new
one.* ~Jack Kornfield

Flash! I see myself inside a hospital in 1947. Sam Markoff, our family physician, smiles as he shows me to my father for the first time. “It’s a beautiful girl,” he says. But my father doesn’t see it that way. He looks disappointed and turns his head away. I sense immediately, that I am not acceptable. Before it all begins, a part of me dies.

The existential death that I believe I suffered on my birth day was the first of many I experienced every time my father said he wanted me to be a boy. Desperate for some sign of recognition, seven-year old I began reciting a special prayer at bedtime: “Please, please, please, God. Please, please, please, let me be a boy when I wake up so Daddy will love me.”

It didn’t work. Nothing worked, being a tomboy didn’t help. I remained invisible. Morphing into a yin-and -yang teenager-- wild on one hand and an honor student on the other—never got me acknowledgement. Neither did carving out a successful career as a writer. When at twenty I eloped with a Catholic, that arrested my father’s attention—but only long enough for him to talk to his rabbi and then say prayers for the dead in my name.

In spite of all those rejections, I continued to long to be acceptable in my father’s sight. That is, until the day when a doctor in a delivery room placed the baby I had just brought into the world in my arms. And as they enfolded around the most beautiful girl I had ever seen, I looked right into her eyes and felt something new come alive deep inside of me. And for the first time ever, I felt profoundly grateful that I was a woman and thanked God that it was so.

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



All Life Is Woven from A Single Thread

John L. Hoff

This past week I was about to begin a project and found I could not begin it until I finished up another project that I had started working on more than two years ago. It seemed that the old project had nothing to do with the new project I was being drawn to. However, as I completed the old project I found that it was really a path to my newer interests. There was something I needed to finish before I could move on. I am learning this again and again. All of life is woven from a single thread. I find that I am an expert with this yarn. It is a story that cannot be separated from my thinking and working. I find that the same thread has been used for



hundreds and thousands of years. In fact, it is often referred to as The Perennial Wisdom. It is the yarn that connects each part of the human story to others. And it connects the story of my heart's journey to others. In the past year, I was gifted a book, *The Power of the Heart*, authored by an attorney who admitted he had started out writing to display his abilities to think and write yet found himself writing to reveal his heart and express

his feelings. I sense that I understand Baptist De Pape because I want you to listen to the feelings of my heart and not the logical processes of my head as I share.

When I was a boy of seven, my father took us—his family—to be with him in the Yukon and Alaska where he was one of thousands of people building the Alcan Highway which was a joint project of the United States and Canada. My father had been born in North Dakota and had also always felt warmly toward the United States. He often commented that it seemed right that he would be working on a joint project of the two governments. Later in his life, he returned to the United States and became an American citizen. And, while I moved to the United States to complete my education, I remained a Canadian citizen since I had been born in Prince Albert, Saskatchewan although a part of my rationale was shaped by having married a Canadian girl. I am wanting to communicate that I was strongly influenced by both Americans and Canadians throughout my life. In my own mind I was trying to bring together the best of the US and Canadian culture and politics.

During all the time we lived in the Yukon I was very close to clan of Tlingit natives and my father saw to it that that this group of Natives had the right and opportunity to influence me with their ideas and practices. My father seemed to see the value of their culture and deeply respected many Native people.

During the past decade of my service to the Goodenough Community I have added to my responsibilities some teaching and coaching of young people from nine to twelve and in my preparation for working with this age group I have been reliving some of my experiences of that period in my life, years that were very shaped by Natives and the way they applied their culture to my adolescence. I am greatly appreciative for the help their culture gave to me.

Perhaps the greatest influence Natives had on me had to do with their emphasis on living life from the heart as feelingful people. This showed up as affection, humor, and as practical wisdom. Even during the years when it was happening to me I recognized the gift Native culture was to me. While my brother and I were three years apart we were joined by two male cousins who filled in the years between myself and brother Don. As four cousins, the native children related to us as though we were all brothers to each other.

It is out of this experience that I woke up to a different way of life than my parents had introduced me to in their Western white Christian home. It was in the native culture that the seeds of the Perennial Wisdom were sown into my consciousness.



Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray. ~Rumi



Community Day at the Seattle Community Home, Saturday March 28

Kirsten Rohde

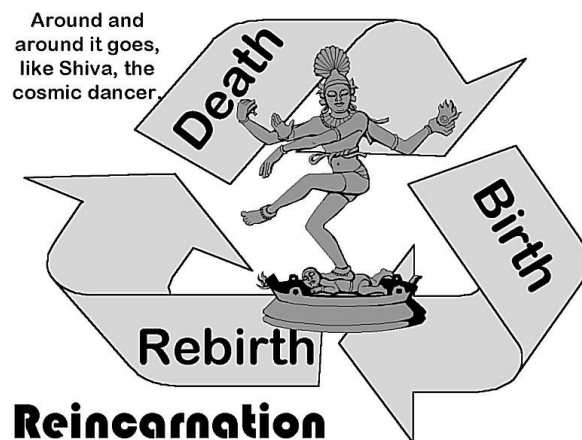
Our community planning day on Saturday went fast; we were surprised to notice the time towards the end of the day – a good sign that we were working well. The Council (Bruce Perler, Colette Hoff, Elizabeth Jarrett-Jefferson, Irene Perler, Jim Tocher, John Hoff, Kirsten Rohde, Nan Kreyer-Scott) was joined by Norm Peck, Joan Valles, and Sahale friends, residents, and interns, Mike deAnguera, Josh DeMers, Evelyn Cilley, Pharaoh Kuykendall, and Serena Davidson. It was a good combination of folks for our conversations. I appreciated the interest and good input from everyone. Having some people participate who were newer to our

community meant that we delved into some topics at more depth based on their questions. Altogether we accomplished the following:

- Reviewed our job description for John in this interim period of his involvement while acknowledging his transition to retirement.
- Reviewed a draft job description for Colette. Each of these descriptions cover qualities of how each John and Colette work, as well as the functions and roles that they fill.
- We all agreed and John and Colette affirmed that through this process they feel empowered in their roles. They each shared some biographical stories that have shaped who they each are now. There was also agreement that these two conversations felt different than prior ones and with a good resolution for how we will move forward.
- We asked John and Colette to be Co-Directors for the Human Relations Lab this August (9-15th). After good conversation we settled on a theme for this year's Lab. We had productive conversation about lab planning and outreach to get the word out to others.
- We reviewed the latest version of how membership can be re-invigorated for our community. We have not emphasized membership as much in the recent years and are now feeling an interest from others in the different ways to be involved.
- We started conversation about what the next year will look like and will continue developing program at our Monday night Council meetings.

Evaluation of our day was positive. We all appreciated the way we interacted with each other all day, using good process and including everyone.

For me, it continues to feel as if we are moving into a new life together. We are able to resolve some long standing work needing to be completed and this is freeing us up. Our gatherings seem relaxed, fun and productive. With the theme for this week's eView being re-birth, it feels as though we are experiencing together a new time, optimistic, inclusive, and collaborative.



OUR COMMUNITY CONTINUES TO BE IN A PERIOD OF TRANSITION!

Please note that the Council has shifted some dates and events previously announced. You are invited to participate with us in the following events:

New Day and Time! Please mark your calendars for the....



Annual Meeting of the Goodenough

Community and its supporting organizations **Monday, April 27, 6:30 – 9:30 PM, at the new Community Center in Seattle**

Our annual meetings are integral to our community and formally mandated by the charters of the Association for the Furtherance of Community and Convocation: A Church and Ministry. Our annual meetings are a wonderful opportunity to see members and friends and to lend our energy and good will to the **vision** and ongoing work of our community. Please join us!

Announcing: A Very Special Event!

Yako's Mom, Arji Cakorous and her partner, Laraaji

an evening of music and laughter

Tuesday, April 28th at the Community Center

3610 SW Barton

The following is a description from Facebook:

Edward L Gordon's first album as Laraaji was Ambient 3: Day of Radiance, the third in Brian Eno's ambient series. His extensive discography focuses on the celestial sound of his modified 36 string AutoHarp, with alternative tunings and innovative electronic enhancements. In addition to his signature sound, he has also developed a series of **Meditative Laughter Playshops** presented in the US and abroad. He will share this experience with Seattle on Saturday, April 25th. Laraaji serves as senior faculty presenter at the prestigious International Healing Sounds Intensive founded by pioneer sound healing musician Jonathan Goldman, held annually in Colorado, for most of its 19 years.

<http://laraaji.blogspot.com/>

He's also playing at:

Friday, April 24 at 9:00pm

Machine House Brewery,

Airport Hwy So (Georgetown)

Recently we have decided to use the weekend of **April 17 to 19**, to develop the Human Relations Laboratory.

Lab Planning

April 17 to 19, 2015

Sahale Learning Center



Lab planning and training provides an effective experience of leadership development. The training experience can be likened to a mini-lab that includes personal sharing, team building, collaborating and group leading. This is a wonderful opportunity to see how the lab works!

Anyone interested in shaping this multi-layered learning event is encouraged to contact Colette Hoff at hoff@goodenough.org

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

Seven rich days of experiential learning and social creativity within a community environment

Sahale Learning Center

Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)

360-275-3957



Useful for your marriage, a resource for your family and a kick in the pants for your personal development.

Muscles and Brussels and Brains

Insights and Observations from The Next Generation of Goodenough

Photography by Serena Davidson

Poetry by Boyd Shelby

The Lumberjack

*Limb the limbs,
Skin the bark,
Chunk it up,
Load the truck.*

*Limb the limbs,
Skin the bark,
Chunk it up,
Load the truck.*

A red flannel whips at the waist
With axe in hand,

Chisel, chunk, chip,
He chops crescent blocks of wood,

Sweat blossoms and dribbles down his neck,
Syrup oozes over Sunday morning pancakes,

He leans back, against his axe,
The tree snaps and sinks like a battleship.



Pharaoh's Hindi chicken recipe. I came up with this after wondering if I could combine coconut milk and chicken in a way that looked and sounded good. I scoured the Flavor Bible book for ideas, and here it is, tho I didnt really use measurements so most of it is approximate guessing. Here goes:

First I put on 2 c brown rice and 1/2 c black rice with 6 3/4 c water to cook in a rice cooker. Then I thawed 8 boneless thighs, and as they were so doing, I fried one banana sliced in olive oil. When it was done I took it out of the pan and set it aside. I then combined in said pan to first come to a boil and then simmer;

1 can coconut milk

1 c orange juice

1.5 c pineapple juice

1/2 c plain yoghurt

1 tsp tamarind paste

1 tsp cinnamon

1 tsp ginger

1/4 tsp cayenne

1/4 tsp cardamon

and once the above was simmering, I then cooked the thighs in the sauce till they were done (no idea how long that took). After the thighs were done I simmered the sauce more till it had cooked down to 3/4 of what it had been in the outset.

The 'spread' was the chicken on a plate, the rice in a bowl, with some banana on top and finally the sauce on top of that."

Enjoy.



The deAnguera Blog: Koyaanisqatsi (Rebirth)



Last week I came across one of the most powerful terms I have ever heard: Koyaanisqatsi. It is a Hopi word meaning: 1. Crazy life. 2. Life in turmoil. 3. Life disintegrating. 4. Life out of balance. 5. A state of life that calls for another way of being. It relates to the Hopi Prophecies concerning our future destiny. To me it also signals the possibility of rebirth. Prophecy often is about the worst case scenario. Its purpose is to warn us of what lies ahead if we continue our present course. The future is nothing but choices. We can always make another choice as a society. But we desperately need good guides. One such guide is our Goodenough Community thanks to the wisdom of teachings John received from the Tlingits as a boy. The Tlingits imparted a message to him over a period of seven years. A message intended to embody itself in the creation our community.

We spent the weekend at the Community Center pondering our future.

I remember what immediately preceded our weekend meeting: Pharoh Kukyendahl finding the two Western Wake Robin flowers and Julie Sockett's visit. Both were reminders to us to focus on the land out here. What we learn out here can definitely be useful to the folks in Seattle. Pharoh found the three pedaled white flowers down over a steep bluff just off Truck Trap Road. They are rare but not endangered. They occur in parts of the western US and western Canada usually under rich forest cover. I was surprised to see them knowing that our property had once been totally logged.

Julie Sockett, a forester from the Washington Dept. of Natural Resources, came last week to walk our land with us. She is one of just two people west of the Cascades helping forest landowners understand their forest lands so they can better manage them. She drilled holes in a couple of trees determining their ages.

Like the signs the Hopi were given by their Guide, Masaaw, signs have come to us showing the next steps on our journey of rebirth. Our rebirth will involve sinking our feet into the wet earth. What precedes a birth? Well a mother goes through an ordeal lasting about 9 months finally culminating in the birth itself. Then the baby is born at last and a new life begins. The same is true for a rebirth. Our community has definitely been undergoing a change, a challenge. In order for rebirth to happen, the old way must be shaken up. Christians would call this a metanoia: a waking up. That's what it means to be 'born again'. To see things as they really are and choose a new course. Old ways of living and habits are dropped.

Sahale called us to herself just two days after 9/11. She brought us permaculture thanks to Mike Pilarski. Sahale has also called our interns, Yako Serra, Evelyn Cilley, Pharoh Kukyendahl, Serena Davidson, and Josh De Mers to share their knowledge and skills with us.

Yako is doing a documentary about us over the next several months for his degree at Evergreen State College.

Evelyn is working with Irene in our gardens and green house down by Kwanisum. She also brought us Julie Sockett who can help us with all sorts of contacts through the Forest Service.

Pharoh brought his farming know how as well as his handiness with all sorts of tools.

Serena has been writing about the younger generation at Sahale for the eView.

Josh has been helping us with a lot of the heavy tasks and knows how to use power tools. Our new Hugelkultur was his idea. I can remember the many long hours he spent working on it with the Kubota. To all our interns I say, "Thank you".



Colette and Elizabeth are smiling. You can tell that our weekend was a success!



A Time to Gather as Men



(Liberally paraphrased and shamelessly plagiarized from Ecclesiastes 3)

To everything there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to reap;
A time to kill, and a time to heal; a time to break down, and a time to build up;
A time to weep, and a time to laugh; a time to mourn, and a time to dance;
A time to cast away, and a time to gather together; a time to embrace;
A time to get, and a time to lose; a time to keep, and a time to let go;
A time to keep silence, and a time to speak;
A time to love, and a time to hate; a time of war, and a time of peace.

May 8, 9 & 10

Hosted at Sahale Learning Center

Sponsored by the Goodenough Community

Contact

Bruce Perler

bruce_perler@hotmail.com

206.419.8361

Community is an organized social response to authentic human life. Last year a number of men asked to begin gathering again in the context of the Goodenough Community, an intentional learning community. Bruce Perler, Douglas DeMers and Norm Peck have agreed to organize a response to that request, with the help of our consulting elder John Hoff. We are inviting the men who made the request and others we would like to share time with as men, and others who have expressed interest.

For as long as bands, clans, tribes and cultures have been, it's been true that men have gathered together with men, and women with women. In the larger American culture, some traditions such as this have faded or become splintered. We believe there is merit in the perennial wisdom, which encourages us to gather as men, that is worth exploring and enlivening in our modern context.

*Somewhere there must be **a balance that organizes around the goal of men supporting men in becoming the best version of ourselves, facing what our lives present us with, and learning better ways of being while moving through life's circumstances.** That is the kind of men's culture I seek to support in this community.*

~ Norm Peck

This week end gathering is a time to spend talking, catching up with each-other's lives, working together and designing together a Men's Culture we want and need in our lives.

We'll be gathering first on Friday evening around 8:00 PM, and closing our weekend at around 3:00 PM on Sunday.

New to gathering as men? See if it's a fit by talking with Bruce. [206-419-8361](tel:206-419-8361)

SAVE THE DATE
Celebration of Gratitude

Sunday, May 17, 2015
With Barbara Brucker who is grateful
as we are for her!!

Work Resourcing Needed!

by Marjorie Gray

Many of you know I am seeking work. Do you know available or people who work in any of these could contact for information interviews?

- Writing (brochures, website content, blog posts, marketing)
- Graphic design (for web or print, layout, image photo editing, Adobe Creative Suite)
- Web design & maintenance (front-end, information architecture)
- I am also interested in finding out more about recreational therapy, as a completely different direction.



of any jobs
areas that I

articles,

selection,

If you know of anyone I could contact about any of these, could you please let me know? Also feel free to give out my contact info:

email: m.dancingriver@gmail.com

Phone: 206-300-1315

Rent a Marjenta!

In the meantime, I would love to help you with any household needs:

- Cooking
- Organizing
- Cleaning
- Color consultation and interior painting

Thanks so much!

Majorie/Marjenta

Upcoming Events

Especially for those of the Third Age (although all are welcome)

Several of us participated a few years ago in a workshop series on death and dying led by Trudy James. Trudy and her group have produced a film, and its first public showing is on **Thursday, April 16, at the Frye Art Museum on First Hill**. Kirsten and I are going. Would you like to join us? The doors open at 6 p.m., the half-hour film shows at 6:30, and there's a QA panel afterwards. The link to the film website for more information is <http://speakingofdying.com/>.

It would be nice to have friends join us for the showing and to show support for Trudy's efforts. You could let me know if you're interested.

15th ANNUAL
Fairy & Human Relations Congress
Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms

JUNE 26-28, 2015
Skalitude Retreat, Twisp, WA.

<http://www.fairycongress.com/>

Michael Pilarski's North Cascadia Workshop Tour, April 2015

April 22, North Seattle, *Wildcrafting Edible and Medicinal Plants*. Wednesday 9:00 - 5:00. At Discovery Park with special afternoon guest Arthur Lee Jacobson. Directions to the meeting place will be sent upon registration.

April 22, North Seattle, *The Emerging Alliance between Humans and Nature Spirits*. Tuesday. 6:30 – 8:30 pm.
Dandelion Botanical, 5424 Ballard Ave. NW (*to be confirmed.*)

April 23, South Seattle, *Wildcrafting Edible and Medicinal Plants*. Thursday, 9:00 - 5:00. At Seward Park. Contact Laurie Horne, 206-856-1396. emberglow8@hotmail.com Directions to the meeting place will be sent upon registration.

April 23, South Seattle, *The Emerging Alliance between Humans and Nature Spirits*. Thursday. 6:30 – 8:30 pm. At Horneholdia Urban Permaculture Homestead, Seattle, WA. Contact Laurie Horne, 206-856-1396. emberglow8@hotmail.com

April 24, Tacoma, *Wildcrafting Edible and Medicinal Plants*. Friday. 9:00 - 5:00. Swan Creek Park Food Forest. 2820 Pioneer Way, Tacoma, WA 98404. Contact Kelda Lorax, kelda@riseup.net

April 24. Tacoma, *The Emerging Alliance between Humans and Nature Spirits*. Friday. 6:30 – 8:30 pm. At Crystal Voyage, 3802 South Cedar Street, Tacoma, WA 98409.

April 26, Oakville/Olympia, *Wildcrafting Edible and Medicinal Plants*. Sunday. 9:00 - 5:00. At Wild Thyme Farm, 72 Mattson Road, Oakville WA 98568.

April 27, Olympia, *1000 Crops for Northwest Growers*. Monday, 10:00 - 5:00. At The Woman's Club of Olympia, 1002 Washington St SE.

April 27, Olympia, *The Emerging Alliance between Humans and Nature Spirits*. Monday, 6:30 – 8:30 pm. At The Woman's Club of Olympia, 1002 Washington St SE.

For further details (unless indicated otherwise) contact:

Michael Pilarski, friendsofthetrees@yahoo.com
406-493-4691 cell

"Greening Our Neighborhoods With Permaculture."
Permaculture Convergence, the weekend of August 28, 29 and 30.

This year's Convergence will be in the River Road Neighborhood, 3 miles northwest of downtown Eugene, Oregon.

We are excited to be planning the first Convergence ever to be held in a residential suburban neighborhood.

You can find many of the [places we will be visiting on tours here](#).

Plus, there are "invisible social structures" of friends and neighbors engaged in various mutual assistance networks and outreach to the public. You can find [early schedule info here](#).

Bit O' Fooling Spring

By Elizabeth Jarrett-Jefferson

Birthdays

- **Happy #65 Birthday, Larry Hoff – April 6**
- **Happy #37 birthday, Bruce Tarlo "BT" – also April 6**

Happy Anniversary, Rose and Phil, April 1

Today is April Fools' Day.
Believe nothing and trust
no one.

Just like any other day.

your  cards
someecards.com



**It's OK, I didn't
believe in
reincarnation the
last time, either.**

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

| | |
|--------------------------------------|-----------------------------------|
| <i>Third Age Gatherings</i> | <i>Women's Culture</i> |
| <i>The Conscious Couples Network</i> | <i>Human Relations laboratory</i> |
| <i>Family Enrichment Network</i> | <i>Sahale Summer Camp</i> |
| <i>The Men's Culture</i> | <i>Relational Weekend, page</i> |

Third Age Gathering: Next Meeting April 24, 2015

Joan Valles

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.



April 24, 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

Women's Culture, Upcoming Gathering: May 1 to 3, 2015

Hollis Ryan



The Women's Culture meets on Saturdays, and our upcoming dates are **September 11, October 24 and November 21, from 10am to 2pm.**

There will be a weekend **May 1 to 3. Mark your calendars!**

Spring is a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future. And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

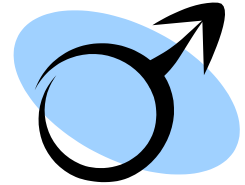
As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more fully into spring, what changes are taking place in your life?

Our meetings will take place at our new community center, 3610 Barton St 98126
Come join us!

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**. Please let [Bruce Perler](#) know of 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 for 9 to 12 Year Olds

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.

Human Relations Laboratory

August 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957

*Useful for your marriage, a resource for your family,
and a kick in the pants for your personal development.*

Sponsored by

The Goodenough Community –

An event designed to encourage human development

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.

To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

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.

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).

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

