



June 17, 2015

Colette Hoff, Editor

Upcoming Events

Relationship Group – Tuesdays – 7:30pm

[Open House, HRL 2015, July 20](#)

[Sahale Summer Camp, June 22](#)

[Celebration for John Hoff's 80th, July 5](#)

A medium or an agency of expression; the right or opportunity to express a choice or an opinion . . .

The body is truly the garment of the soul, which has a living voice; for that reason it is fitting that the body, simultaneously with the soul, repeatedly sing praises to God through the voice.

~Hildegard von Bingen

Have you ever felt that somewhere in your past or something stole your natural voice__the one that would spontaneously express your thoughts, joy, sorrow, and song? Perhaps it was a parent or a teacher who told you to be quiet when you were trying to explain or describe something. Maybe it was when someone said "Don't sing." Possibly it happened because someone you loved or respected angrily said "Be quiet," "Shut up!" "You're stupid," or other caustic words that silenced you.

In the early nineties, I attended a workshop designed to help me reclaim the voice my parents stole from me during my childhood. This form of "soulwork" interested me because I knew that

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

indigenous people had always used sound as an instrument of healing, and for years I had yearned for my natural sound, not just my writing, to speak for me. Similar experiences drew others who, like me, were seeking ways to tune in to the sacred sounds in our bodies and help them break through sealed trapdoors in our throats.



By the week's end, many of us felt reunited with a long lost and beloved part of ourselves. This seemed especially true for a withdrawn young woman with a disfiguring harelip. Throughout the week, she sat silently whenever forty-five of us gathered to inhale deeply and then release sonorous sounds as we exhaled. That is, until the last session, when suddenly she stepped into the center of the circle. Anxiously, I watched as she began to rhythmically breathe. With each cycle, her thin body expanded and her mouth opened wider and wider. Then, magically, celestial sounds began floating everywhere. Twenty minutes later, as the sound drifted away, a beautiful, radiant, and

confident woman stood before us. I sat stunned by her courage and felt honored to witness the healing power of her voice. Later, she confessed that she had never sung before. "I tried once in the shower a very long time ago," she said. "But I got so scared I never tried again."

All cures are partly "talking cures," in Freud's phrase. Every patient sends mouth-to-mouth resuscitation, for talk is the kiss of life. ~ Anatole Broyard

Through working with the voice we can learn to enter the state the Tibetans know as rippa—the awareness which combines emptiness with clarity. This leads ultimately to illumination. ~Jill Purce
Excerpted from *Healing Words for the Body, Mind, and Spirit* by Caren Goldman



Come to Celebrate John's Journey!



John Lawrence Hoff

It's your 80th Birthday!
We're going to celebrate on
Sunday, July 5,

Sahale Learning Center
Games and Play at 3:00
Dinner at 5:00 p.m.

RSVP

You are welcome to celebrate the 4th at Sahale. Come anytime beginning Thursday July 2. The Tahuya Day Parade begins at 1:00 Saturday, July 4.

Email hoff@goodenough.org with your plans.



Themes for Village EViews, Voice Your Opinion1

We have been putting out this on-line newsletter for many years. We have agreement among us that it could be improved by having more stories and personal information from our lives. We are encouraging you to help us by suggesting *words* that might serve as useful anchors in your life, something to help you ponder and reflect on your own thoughts. For instance, we will appreciate your ideas, dreams, brief messages and concerns you want us to know about. The Village eView has a purpose to encourage communication among us and to make sure that ideas and concerns get talked about in our everyday lives. Many of you have appreciated having themes published ahead so you can think and write about them. As a community we continue to learn that the path to a better community involves communicating more. Help us! Consider taking a pause and write out words you would like more clarity about. This summer we are going to be talking about words that are key in describing our community and its purpose in our lives. We welcome your contributions. Thanks for helping! Here are some suggested themes:

June 24, Seeing

July 1, Gift

July 8, Passion

July 15, Risk

July 22, Whole
July 29, Truth
August 5, Listening
August 12 is the Human Relations Laboratory and no eView is published
August 19, Self



June 22 to 28, 2015 Can you feel the excitement?

A little more room left in Sahale Summer Camp!

Help us fill space for a few more campers!

Irene Perler



The campground at Sahale is being prepared for our 10th Annual Summer Camp and the staff are all preparing for a variety of activities and experiences, which we use to deepen our circle of friendship for the week.

We are very excited to continue with themes about friendship and enjoy such things as evening campfires and stargazing; playing Frisbee in the meadow; learning about fish, frogs and snakes; swimming in the river; singing songs and learning about our own thoughts and feelings.



If you know anyone **aged 9 to 12** who may still want to join our camp....please send them to our website www.goodenough.org and better yet, have them contact me personally at irene_perler@hotmail.com and I'll enjoy orienting them and getting them registered.

Send a child to camp

Irene Perler

Each year, for the last 9 years, Sahale Summer Camp has enjoyed a program rich in culture and learning for campers and camp staff alike. This year, our tenth, the theme is Friendship again, because it is the best theme we can keep learning from. There are skills to learn that help make friendship fun, fair, creative, meaningful and playful. Young people can learn about older people and older

folks enjoying finding out what young people think and feel.

Our community has a deep investment in the next generations and in family life. It is a vision and mission to pass on learning about relationships, family life and self-development. Our summer camp program does that very naturally through the week of camp life and it also works with the parents ahead of time to help them learn more about their parenting goals and hopes for their children.

Consider a donation to the Goodenough Community Scholarship fund, which supports families who want to send their children to summer camp, and may need financial assistance. Our camp fees are very reasonable in order to make it accessible, and a little help goes a long way to make our camp experience a diverse and welcoming one.

Please feel free to donate on-line with a note about scholarship fund, or you may send a check to:
Goodenough Community

Box 312

Tahuya, WA 98588

Thank you for considering this way to make a difference!



Available for Rent: Private Suite in West Seattle Home

Nice neighborhood in West Seattle, near a main arterial, on the RapidRide bus line, close to shopping, and 10 minutes from the Fauntleroy ferry. Beautiful, modern home shared with friendly people.

Master suite:

- ☐ Large bedroom with lovely west view of Puget Sound
- ☐ Huge walk-in closet
- ☐ Beautiful bathroom with large soaking tub

Rent of \$950 per month includes utilities, Wi-Fi, and a spacious, shared kitchen.

Call Kirsten 206 719-5364



Get On

By David Wilcox

This song was presented by Pamela Jarrett-Jefferson at the 2015 Lab Training weekend in March and is very descriptive of the human experience. Editor

It's sure to take its toll on me
'Cause my heart and mind will not agree
But there's something in this mystery
That calls me from beyond the blue

Right now I only wish I knew
Where all of this is leading to
I'm working up the courage as I stand here
With your hand in mine and I'm running out of time

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

It's not just by coincidence
That lives are made of accidents
And doesn't it make perfect sense
That life turns on a point in time
And I know that this is mine

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on

Someday somewhere
With one sweet kiss
You will bring me back to this

And my heart says, "C'mon, let's go"
But my mind is saying, "I don't know"
And the train is at the station but I'm lost in conversation
And this ticket's only good for just so long
So I can talk about it 'til that train is gone or just get on



He who sings frightens away all his ills.

American Proverb

More about the 2015 Human Relations Laboratory, August 9 to 15

John Hoff

Last Sunday and Monday evenings, June 14 & 15, a group of people who have been working with the design of HRL 2015 met to share their thinking. I have been asked to offer my sense of what the Lab will be like. First of all, I want to give some information to individuals who might be considering attending the Lab. The purpose of this Lab (and perhaps all Labs) and human relations events offered by the Goodenough Community is to support human development including mental and emotional health and relational soundness. Attending this Lab will enable you to revisit the therapeutic process in your life. We will be encouraging a review family of origin work and understand the core issues in various developmental age zones. You will have an opportunity to evaluate your own inner work and recommit yourself to health and wholeness as an integrated person and a relational partner.



The theme of this Lab is ***"A Path From Stuckness to Freedom."*** The Lab will look at ways we have become stuck in our development and perhaps distracted from growth and learning. During the week we will be identifying a variety of ways we can each become stuck in our own inner process and encourage people to take the opportunity to recommit to growth.

After our review of goals and themes which we have done in preparation for the event, we are seeing a core of activities and several rich areas of learning that have emerged as basic exercises in Lab processes. For example, the following have been identified: intergenerational conversation; how to do the work to integrate body, mind and feelings; and aging, dying and death as well as grieving.

We will be remembering the books that have most impacted us and the therapeutic processes that seem to work the best and the problems that have yielded the most growth and learning in our lives. I have found that getting ready for this HRL 2015 has been a demanding exercise for Colette and me and several others who have been doing research. If you have some learning to share or some questions you would like to see discussed in the Lab context, please send an email to"

John and Colette Hoff hoff@goodenough.org

Kirsten Rohde krohde14@outlook.com

Bruce Perler bruce_perler@hotmail.com

Elizabeth Jarret-Jefferson who is registrar for the event elizabeth.ann.jarrett@gmail.com

By the way you can help our planning for Lab by registering at www.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.



The deAnguera Blog: Sahale's Voice



In the Book of John the Word is defined as being there with God at the beginning of all things. It is said that the Word refers to Jesus Christ. I believe it refers to all of us. We each represent the Word through which the voice of the Divine speaks.

Here at Sahale we can see the Word being manifest in the landscape around us. There is no division between us and anything else. We are all One.

Our Oneness with creation bubbles up in the Inuit style sculpture of Max Fain.

I am the creative Word of the Divine but I have lived almost all of my life in denial of this truth. Why would I do such a thing? Because it sounds too good. So I muffle the voice of the Divine in myself thereby denying my Oneness with the Divine.

Oneness is the place Jesus came from. He came to remind us of this truth. We have muffled him as well letting our theologians speak for us rather than seeking a personal relationship. This is how religions get created. I let somebody else define for me how to access the Divine and wonder why I don't have a living relationship. It is this relationship that makes wisdom possible. Wisdom gives me the perspective to make the right loving choices in my life. If I don't have wisdom, I never learn from my mistakes so I keep repeating them over and over again. I always live in fear making my decisions from a fearful place. I give myself away and thus experience the consequences. This of course produces more fear. When I live in fear I don't grow and mature.

I need to listen to the Divine, to the land and let its voice bubble up within me. Permaculture is not possible with it. I will just simply continue buying my food at the supermarket without thought as to where it came from.

Our hosting of groups over the summer has required a lot from all of us here at Sahale. I always need to keep my true identity in mind and how we can best serve each other.

I speak of my own experience. It is difficult for me to speak of the experience of others for I am not living their lives. I am sure I can notice facets of other folks they might not notice about themselves. That is the Johari Window. I cannot know myself as others know me if I get no feedback. Also others cannot know me as I know myself.

Communication is so important. It is what makes community possible. The Goodenough Community is the only place I know of where community is a practice rather than a wish.

Opening myself to the Divine should be the easiest thing for me but it has proven to be the hardest. I am not strong enough to do this work alone and would not make a good hermit. I need other people to support me and to practice with.



My dachshund voice made its appearance out here at Sahale.

Celebrating 20 Years of the Global Ecovillage Network and 10 Years of Gaia Education

(A voice for global community)

We stand at a critical moment in Earth's history, a time when humanity must choose its future ... To move forward we must recognise that in the midst of a magnificent diversity of cultures and life forms we are one human family and one Earth community with a common destiny....

Preamble, The Earth Charter

***Organised by GEN in partnership with Gaia Education, the Findhorn Foundation
and New Findhorn Association, the GEN+20 Summit is an invitation
to celebrate 20 years of walking our talk.***

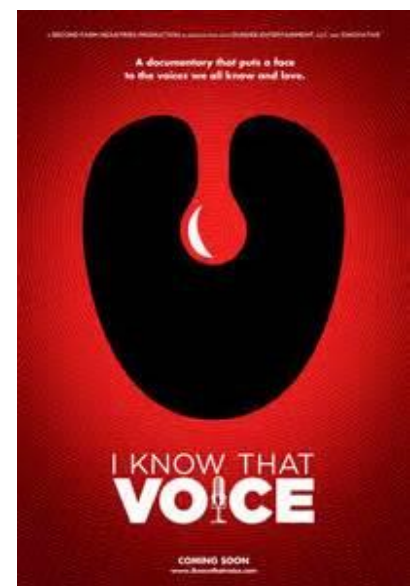
Established in Findhorn in 1995, the Global Ecovillage Network (GEN) today connects more than 10,000 villages, urban neighbourhoods and intentional communities in more than 100 countries worldwide. Spanning all continents, GEN showcases high quality, low impact ways of living that have led to some of the lowest per capita footprints in the industrialised world, and a healthy integration of heritage and innovation in more traditional settings. GEN has consultative status with the UN Economic and Social Council.

With its 20 years of experience, GEN has a wealth of inspiration to offer, emphasising local solutions to global challenges and demonstrating that the creation of a different world is possible!

We can live a new story

As human beings living in community, not only is there no need for us to further destroy our beautiful planet, we are actually able to regenerate the very fabric of life around and within us. We can heal ecosystems: the waters, the soils, the atmosphere, forests, oceans, and coastlines. We can create sanctuaries for biodiversity to flourish again. We can heal social isolation and historic wounds, communicate across all sectors and divides and celebrate the wealth and diversity of our cultural heritage. We can create cyclic economies that serve environmental and societal wellbeing instead of the maximisation of profit. When we pool the best of our intelligence and wisdom to these ends, we can shift from business as usual to an entirely new paradigm. We can live a new story:

<http://www.findhorn.org/programmes/559/#.VYJ3XEdRF1w>



News from Members and Friends

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries & Special Announcements

- Happy Birthday, **Kirsten Rohde** - June 18
- Happy 18th anniversary – **Nan Kreyer**
Scott and Bill Scott – June 21
- Happy birthday, **Maeve Aeolus** – June 22
- Happy birthday, **Susan Smith**- June 22

Engaged!

Brittany Smith & Vince Pettit recently announced their engagement to be married. Brittany, daughter of Hal Smith, Hollis Ryan and Paula Armstrong, will wed Vince at a time to be announced.

Congratulations, Britt & Vince!



You are invited to a graduation celebration

Honoring

Kathleen Rose Buchmeier

June 20th 2PM to 6 PM.

Refreshments will be served

Toasting !

Where: Philip and Rosemary Buchmeier's

9033 13th Ave S.W.

Seattle, Wa. 98016

RSVP 206-764-0193

Congratulations to the Upcoming Graduates



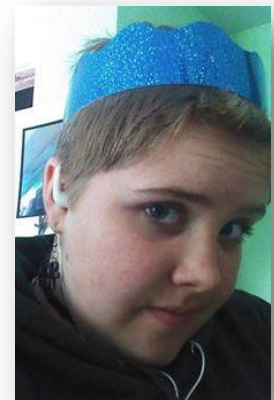
Chris Benner-Kenagy, son of Richard Kenagy and Lee Benner, will soon be graduating from Central Washington University (CWU) in Ellensburg. Chris will be graduating with a psychology major. He will be working this summer working on a research project with a professor before he graduates, having enjoyed analysis and statistics this past year. He then will be starting a job with College Access Now, an AmeriCorp position that helps students with little support get what they need for the process of getting into college. He will be working with 30 students at Nathan Hale HS where he went to high school. *Congratulations, Chris!*

Kathleen Buchmeier will graduate from CWU on June 13 with a degree in Anthropology and a minor in Native American studies. Kathleen's parents, Phil and Rose, will be hosting a party on June 20 and you are invited (**see below**). Congratulations, Kathleen!

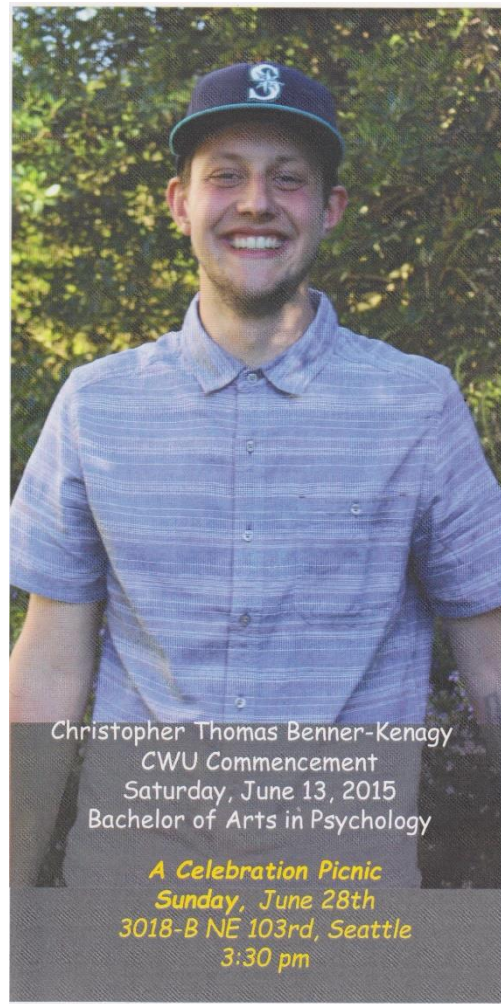


Gillen Martin, daughter of Kate Martin, will graduate in June from Arcata High School, Arcata, California. Gillen plans to attend Brown University (Providence, Rhode Island) in the fall. Congratulations, Gillen!

Brynn Zebold, daughter of Ryan and Liz Zebold, will be graduating on Friday, June 12, from Burlington-Edison High School. In September, Brynn will be moving into her dorm at The Evergreen State College, Olympia, where she plans to study creative writing and art. Brynn hopes to become an author. Congratulations, Brynn!



If you have news about yourself or other friends or family, please email [Elizabeth!](mailto:Elizabeth@...)



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

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

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

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



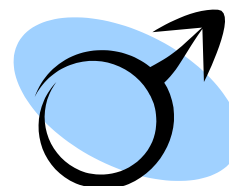
and while

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

Men's Program

Theme: Friendship among Men

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



Sahale Summer Camp for

9 to 12 Year Olds

June 22 to 28, 2015

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



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

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.

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.

