

Village eView

December 12, 2018

Colette Hoff Editor

COMING UP

Christmas Day Open House at Sahale

New Year's Eve

Pathwork, January 13

General Circle, January 14

Friends of Sahale Weekend January 18 to 20

The New and Ancient Story of Interbeing

by Charles Eisenstein

Why does the sun shine? A random result of coalescing gases igniting nuclear fusion? Or is it in order to give its light and warmth to Life? Why does the rain fall? Is it the senseless product of blind chemical processes of evaporation and condensation? Or is it to water life? Why do you seek to pour forth your song? Is it to show off your genetic fitness to attract a mate, or is it to contribute to a more beautiful world? We may fear those first answers but it is the second that carries the ring of truth.

Every culture, as far as I know, has something that I call a Story of the World. That story is a weave of myths, meanings, narratives, words, symbols, rituals, and agreements that together define the world. That story tells us who we are, how to be a man or a woman, what is important and valuable, what is real, what is sacred, what humanity's role and purpose is on earth.

The world's dominant culture, the one called modern, has a story of the world too. I call it the story of separation. It is the story that holds us as separate individuals and holds humanity separate from nature. Here, giving does not come naturally. In fact, that story says our default nature is selfishness, down to the genetic level. If I'm separate from you, then more for me is less for you.

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

In the Story of Separation, trust does not come naturally either. The world is our adversary, full of other competing separate individuals, human and otherwise, whom we must overcome to have a good life – weeds, germs, the Russians, whatever. Beyond that, the forces of nature are adversaries too, because they are utterly random, and the whole universe tends toward entropy. There is no intelligence or purpose outside of ourselves. Therefore, to establish a comfortable human habitation in the world, we must dominate and control these forces, insulate ourselves from them, and harness them to our purposes. That's what the Story of Separation says.

Where in that story is there room for gratitude? Where is there room for gift? In the Story of separation you basically have to rise above human nature, rise above the way of the world, to be selfless, generous, or altruistic. Becoming a good person, then, involves a sort of conquest, a conquest of self. It is the same domination of nature, this time turned inward.

Now I have to say, this story is quickly becoming obsolete. Even its scientific dimension in genetics, physics, and biology are crumbling. In complexity theory, we understand that order can emerge spontaneously out of chaos, without an external organizing force. In ecology, we understand that the wellbeing of one is inseparable from the wellbeing of all. So let me talk about gift, generosity, and gratitude from the perspective of another story, a new and ancient story I like to call Interbeing.

In the story of Interbeing, **life is a gift**. The world and everything in it is a gift. We did not earn our lives. We did not earn the sun; it is not thanks to our hard efforts that it shines. We did not earn the ability of plants to grow. We did not earn water. We did not earn our conception nor our breath. Our hearts beat and our livers metabolize all on their own. Life is a gift.

Charles Eisenstein (1967 to pres., philosopher and economist)
Submitted by Bill Kohlmeyer

What is peace?

- Respecting all life
- Rejecting all violence
- Sharing with others
- Listening to others
- Preserving the planet
- Rediscovering solidarity



Peace on Earth and Goodwill toward Man (people)

Colette Hoff

Tis' the season to focus on peace, inside and outside of each of us. Peace matters. Our world is more interconnected than ever before. The article above about interbeing describes this well. Life is indeed a gift and our work as humans is to find inner peace in order to receive as much life as possible. This is a good time to avoid violent movies, loud voices, perseverating over the news, and anything else that disturbs your inner peace.

While the holidays are about peace, it can also be stressful for so many reasons: grief, family of origin issues, gifting, holiday gatherings, travel, economics and so much more. An article on page 4 gives some good practical reminders to hold on to peace and joy.

And remember these two invitations in your holiday planning:



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. **Happy hour is at 5pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!



New Year's Eve at Sahale, 2018 – 2019. Monday will be New Year's Eve and Tuesday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. The Cultural-Life Sociocracy Circle will shape the time of reflection. Consider coming as early as your schedule allows. **Make your plans now especially if you would like specific sleeping accommodations.** Email **Kirsten** (Kirsten Rohde (krohde14@outlook.com)) to **RSVP**. A suggested donation of \$35.00 will cover expenses.



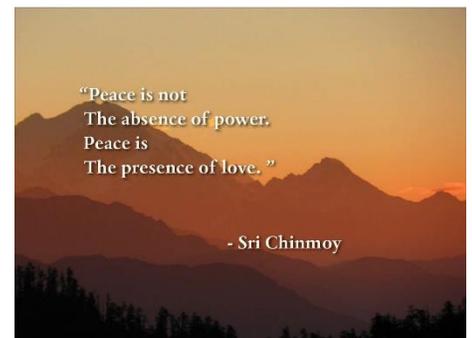
The 5 keys to finding peace through the holiday season

Donny Starkins

As the holiday season swings into full gear, let's take time to make sure we aren't letting the stress and "busyness" of the holidays steal our peace and joy. The holidays can be a reminder of negative memories and past family tension. We all know that stress left unmanaged can take quite a toll on your physical health, mental health, and even your relationships. Let's not wait till the season is over. Find that peace now by remembering to apply these 5 tools to your life.

1) **Acceptance**- Accepting where you are at right now. Stop fighting and resisting it! This is always the cause of our struggle. When we move with it rather than resisting it, we are riding the universal wave that allows us to go with the flow of life. This is accessible to all of us because it travels through and around us. We are always riding it. It's just a matter of whether we are willing to go with it or resist it. This can be scary. But, we must trust that we don't always need to be in control of our situations. Peace can happen when we accept, forgive and let go of the past.

2) **Being still/finding silence**- We think getting busy will make us happy. However, this "busyness" stops us from feeling what we are supposed to feel. When we get "too busy," we are focusing on outside stuff. However, the transformation happens in the place we can't see. It happens on the inside. This can only happen when we get still and quiet our minds. Among all the busyness that this season brings, always take time for stillness through the practice of meditation, yoga or anything else that quiets your mind.



3) **Be of service**- The best way we can get out of our funk is help another being. We often get stuck in our own heads and caught up in the doom and gloom of our thinking. When we stop thinking about ourselves and get into action by helping somebody else, an instant shift happens in our thinking. When we remove ourselves from ourselves and serve with love, that same love comes right back into our hearts. Like Gandhi said "The best way to find yourself is to lose yourself in the service of others."

4) **Find Gratitude**- No matter what we are going through, there is always something to be grateful for. Give thanks now for all the good in your life. These moments of gratitude are like nurturing seeds, empowering intentions, supporting change for a more vibrant relationship for you and your world. When you are in harmony with gratitude, the magic and beauty of this life is all around you. When living in gratitude, you are not only honoring yourself but are also offering a generous gift to all of humanity.

5) **Trust**- Be able to trust that you are exactly where you need to be right now. No matter what the struggle is, your good will always find you! Allow yourself to find peace knowing that your life is under the watchful eye of the universe and it will never give you more than you can handle.
<https://www.truewellnessbytrue.com/2015/12/13/the-5-keys-to-finding-peace-through-the-holiday-season/>



More Is Possible! March 1 to 3, 2019
More Energy - More Connection - More Communication - More Passion
A weekend for committed partnerships (over 40)

Again and again the sacred texts tell us that our life's purpose is to understand and develop the power of our spirit, a power that is vital to our mental and physical well-being . . . We are biological creations of divine design.

~Caroline Myss



For many years, the Goodenough Community, with leadership by John and Colette Hoff, has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and long-term partnered relationships. Couples have been encouraged to learn about themselves as individuals, as a relationship, and how to be a more effective partner with support from other couples.

More is possible in your relationship now! This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.

This weekend will deepen themes introduced at the 2018 Human Relations Laboratory. Materials will be provided for individuals to identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.

Each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present, although optional.

Leadership is offered by Colette Hoff and Rich McGrue, a new friend to the Goodenough Community.

From Colette Hoff, MEd: Since John's passing, I have felt called to continue our work with couples and offer a weekend. I've learned that couples need other couples to relate to. Many couples live with less relationship than they could have, and I want to be an agent for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication to relationship.

About Rich McGrue: Rich is the founder of the New Greenwood House in Seattle, an eight-person, two-year old intentional community founded on the principles of tantra, consciousness, and social justice. Rich is a retired Army officer and Boeing executive; a former non-profit executive director; a former Pastor of over 20 years; and a professional mediator, who has counseled/facilitated hundreds of couples and individuals in various states of marital crises and discord. Rich has recently expanded his healing skills and understandings to also include various alternative spiritual modalities to enhance this workshop, including Reiki, tantra, orgasmic meditation, professional cuddliest, erotic healing massage, and non-violent communication.

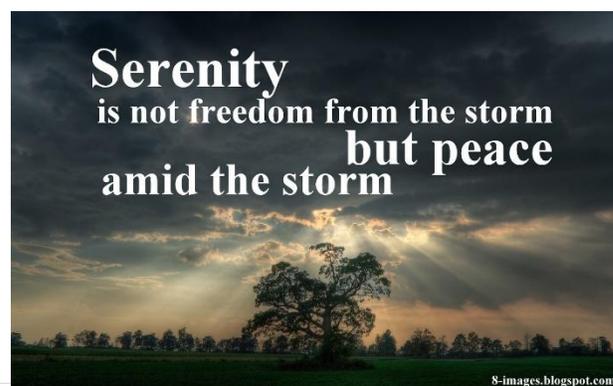
What You Can Expect at This Workshop

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be encouraged to spend time in the natural world, alone and with your partner. You will also be paired with small group (partners will be placed together) where you can practice, be observed, and receive feedback.

We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening, March 1, at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 on Sunday, March 3.

Cost: The cost of the weekend is \$350 per couple which includes room and board as well as learning materials.

For information, please contact Colette Hoff (hoff@goodenough.org)





The Fourth Annual Friends of Sahale Weekend January 18 to 20, 2019

This fourth annual weekend is a time for appreciation as well as sharing information and continuing to envision the future at Sahale. We want to gather all who are connected to Sahale for a good weekend together.

We will have the opportunity to be informed about the various aspects of Sahale: the EcoVillage, the finances of running Sahale, residents and future residents, the retreat business, land use and restoration, food production, educational programs, and more. We will review what we have learned this year and the status of various projects we agreed to at last year's gathering, including fundraising.

Together we will engage in shared visioning for the future and put some directions, priorities, and plans in place.

The General Circle of the Goodenough Community and the Sahale Sociocracy Circle in addition to residents, hope you will join us this weekend. Let Elizabeth know if you are interested.
elizabeth.ann.jarrett@gmail.com



The deAnguera Blog: Peace Starts with Me



Peace is not just the absence of war. It is so much more than that. I conceive it as being a practice, a way of life. A way of life making war unthinkable.

Peace requires cultivation, like a garden full of fresh fruit to eat. We cultivate that garden within our community here at Sahale.

What can we share with each other? Christmas is about the joy of sharing our gifts with each other. It is about giving and receiving. It is also about something in common with each other particularly during this time of year. We can give each other a warm space during a cold wet time.

Our security is with each other. Because of our agreements nobody has to be afraid of anybody else here. No one is trying dominate anybody else. I wish our nation states could relate to each other in this way.

Peace is about giving. War is about taking. One community activist Carol Estes once asked, "Can we just stop taking"?

You can see Colette Hoff and Paul, a Work away, sharing something. What it is I have no idea. They are connecting together in the moment.

In the right hand photo Pedge Hopkins appears to meditate as she strings lights on our Christmas tree. How one does something can be just as important as what one does.

Our country needs to re-orient itself to trusting other nations. We like to dominate others. This causes conflicts around the globe. What would happen if enough of us started building a culture of sharing? Would that lower tensions within our country? I believe it would. It does not need to be all or most of us. Just enough of us to cause the rest to follow along.

A dream: What if we had visitors from other countries such as Russia, China, Iran, and Syria circulating helping us spread the culture of peace around the globe? I certainly would love that. People from other lands always fascinate me.

It is important we as individuals and communities connect with people in other lands. Otherwise the only connections we have are through our news media which can be used to manipulate us. They can manufacture consent for wars we would not otherwise agree to.

There are communities like ours all over the world. Possibly thousands by now. There is a Global Ecovillage Network. Each community is a seed making for a more peaceful world just by existing and making itself known.

How much oil do we really need? By sharing rides and homes and using public transportation, our need for oil can be cut down a lot.

What about those corporations feeding on war? The government grants corporate charters. It can just as well revoke them. We don't need these folks to stampede us into war.

I can talk about all the changes we need to make as a society to be more peaceful but it has to start with me and my friends. I must not even think any unpeaceful thoughts. Such thoughts not only harm my body, they also radiate out to those around me.



An action shot of Pedge, Marley, and Amanda in Potlatch Christmas decoration mode.

Watchcare



Aricia Jackalinn Persephone

Buchmeier born 11.18.18 @ 11:13 PM. 7.18 pounds 20 inches long to Joe Buchmeier and partner, Abbi Sack. After 33 hours of active labor, Aricia is bald, very alert, and sassy.



JANET WALKER

So sad to hear this news. Janet had the best laugh and she will be missed.



Janet Walker of Germantown, MD passed away on November 9, 2018 at the age of 62. She is survived by three loving siblings, James (Jackie), Marilyn (Jon), Dotty (Jim) and numerous loving family members including nieces, nephews and their families. She also leaves behind an extended family of wonderful friends and co-workers that were there for her over the years. She had a life as a student, a [firefighter](#), a bridge builder, a masseuse, and in recent years a bookkeeper. Per her request, the family will be having private memorial services to honor her. Donations can be made in her memory to Montgomery Hospice, 1355 Piccard Drive, Rockville, MD 20850

Our dear friend, Willow Mckean is on the mend. The surgery went well and Willow has the challenge of recovery ahead.

Events of Interest

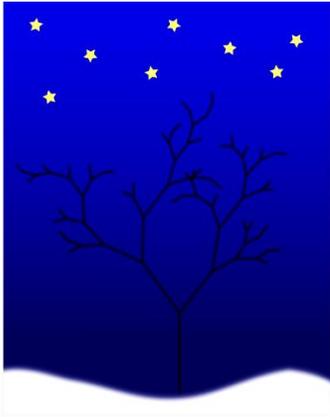
SOUTH SOUND WOMEN'S DRUM CIRCLE

December 15th - Friday
7 – 9 pm @ The Coach House

Wings

Wandering in the deep of the night
A thousand birds take flight
And our dreams are born
On the wings of change
We are weaving the world tonight

— Suzanne Sterling and Witchcampers



the light and renewed hope.

Come join *OTTER WOMAN*, our medicine drum, and *TURTLE HEART SONG*, our community drum in celebration of the **WINTER SOLSTICE**. Let our souls experience the deep stillness as the pendulum halts in its return swing toward

Lay your prayers upon the drums
Let them be lifted up with each drum beat & fly across
the Earth to bring new joy to every soul who is alive

***For Directions Google:** 21122nd Ave. SW Olympia, WA 98501
All Women Welcome - No Experience Necessary

This is a drug and alcohol free event
Donations gladly accepted



For more information call Barbara at 360-866-7687 or email:
bkurul@juno.com

Sponsored by Woman's Way Red Lodge: WWRL.org
*Enlivening the sacred feminine * Honoring deeply all life * Serving our world*

Matilda

One of our young friends and camper, Reidar Geraci is in this cast as a professional. At twelve, he's quite an actor. Many of you have asked for the schedule of performances.

Roald Dahl's beloved magical misfit comes to Village Theatre's stage in the hit musical that swept up five Tony Awards, seven Olivier Awards, and was named *TIME's* #1 Show of the year in 2013. *Matilda* is the story of an extraordinary girl genius armed with a sharp mind and a vivid imagination who dares to take a stand and change her destiny. With the help of her kindly teacher (and a little magic), this miraculous girl proves that everyone has the power to change their story. This West-Coast Premiere production features an incredible cast of 15 local youth who have been training together since June, and they'll be joined by some of the Puget Sound's best performers. Together, they'll create a magical experience for grown-ups and mischief-makers alike.

ISSAQUAH	EVERETT
Thursday Dec 13 7:30	Friday Jan 4 8pm
Friday Dec 14 8pm	Saturday Jan 5 8pm
Saturday Dec 15 8pm	Sunday Jan 6 7pm
Sunday Dec 16 2m	Wednesday Jan 9 7:30
Thursday Dec 20 2pm	Friday Jan 11 8pm
Friday Dec 21 8pm	Saturday Jan 12 8pm
Saturday Dec 22 2pm & 8pm	Sunday Jan 13 2pm & 7pm
Sunday Dec 23 2pm	Tuesday Jan 15 10am
Thursday Dec 27 2pm & 7:30	Wednesday Jan 16 7:30
Friday Dec 28 8pm	Thursday Jan 17 7:30
Saturday Dec 29 8pm	Friday Jan 18 8pm
Sunday Dec 30 2pm	Saturday Jan 19 8pm
	Sunday Jan 20 7pm
	Thursday Jan 24 2pm
	Friday Jan 25 8pm
	Saturday Jan 26 2pm & 8pm
	Sunday Jan 27 2pm
	Tuesday Jan 29 7:30
	Thursday Jan 31 7:30
	Friday Feb 1 8pm
	Saturday Feb 2 2pm & 8pm





Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

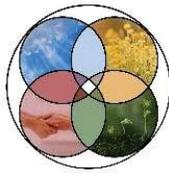


Programs and Events of the Goodenough Community

What makes community meaningful and fun? The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year's events. More information about programs and upcoming events can be found on our website: www.goodenough.org



The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be December 10 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026).

The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** December 14 and January 11. Contact Kirsten Rohde for more information: krohde14@outlook.com



The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women’s weekend, **May 3 to 5** at Sahale Learning Center. Contact Elizabeth for more information and directions to our meeting place.

The Men’s Program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Pathwork, a Program of Convocation: A Church and Ministry On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle.** Contact Colette Hoff for more information: hoff@goodenough.org



Christmas Day at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. **Happy hour is at 5pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at hoff@goodenough.org.** You are welcome to spend the night.

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spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!

New Year's Eve at Sahale, 2018 – 2019. Monday will be New Year's Eve and Tuesday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives. Consider coming as early as your schedule allows. Please email Kirsten (Kirsten Rohde (krohde14@outlook.com)) to RSVP with your plans. A suggested donation of \$35.00 will cover expenses.



Friends of Sahale weekend, January 18 to 20, 2019

Join with others for a weekend focusing on all aspects of Sahale. Proposals and decisions will be encouraged. All are welcome. Please email Elizabeth with your plans, elizabeth.ann.jarrett@gmail.com

Weekend for Couple, March 1 to 3, 2019

More is Possible - More Connection - More Communication - More Pssion

More is possible in your relationship now! This weekend will focus on increasing emotional intimacy, building connection, and improving communication. Tools will be provided for enhancing your physical relationship, including addressing chronic issues. The role of sexuality in relationship and new understandings of orgasm will be explored.



Annual Goodenough Community Meeting March 15 to 17, 2019 This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. krohde14@outlook.com

Summer Camp for Youth, June 23 – 29, 2019

A wonderful opportunity for children 9 to 12 to have a full camp a beautiful setting with loving leadership.
Contact: Irene Perler, [Irene Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)



experience in



Human Relations Laboratory, August 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth for more information.



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!



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 more effective in relationships. Call Colette (206-755 8404) to make arrangements.

