



# Village eView

December 19, 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 Essence of Solstice: A Primal View

by John L. Hoff, Th.D.

Solstice or “Sun Celebration” is held at the coldest, darkest, hardest time of the year as marked by the journey of the Sun. For Northerners, Solstice is a bitter-sweet event set among blizzards and cold clear nights. Anthropologists studying the most northern of native tribes stress that to understand how primal people thought about this ritual time we must remember how real was the threat of this winter test for all living things. Solstice is a “thought-form”—more than a word and not captured by any single set of words. Solstice is the intentional and ritual experience of life’s darkest night of the soul—in order to claim the hope of brightness and warmth.

A thought-form is very similar to the word metaphor but it extends to include symbol and ritual. Now we’re dealing with the thought-form here in Solstice. Solstice calls us to face the worst of something, the coldest of something, the hopelessness of something, the end of something, the death of something. But the thought-form would *be* **“How have human beings formed their thinking so that they could deal with the cold, dark, hopeless, death of life? How have they formed their thinking in response to this possibility? This threat?”**

Solstice then is a “thought-formed, ritual response.” **Even in entertaining dark hopelessness you do not need to feel like a victim, you don’t need to live in fear. Allow yourself to be part of the universe and allow yourself to have the power to bring the Sun back.** Long, long ago, in the day of the grandfathers and grandmothers, people of all places on the planet chose to get up before the Sun, for some reason they didn’t always know, and be gladdened to see it rise. They had a habit of talking

### ***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

about this together, and noticed that as they did this routinely they liked to do it. They felt a value in saying, ***“I like watching the Sun come up. I like to pray the Sun up. I want a good day. I want a good life. I want this day to be better than yesterday—so I help bring the Sun up.”***

As human beings, all religious response is to give us some reason to go on; some way to participate in the universe; some ritual way not to feel “done to,” but that our participation is vital to the cosmic process. On Solstice we need to get people expressing themselves and into their remembering a time when people lived this way. The old wisdom suggests: “Maybe it would be helpful for all of us is we felt ourselves more powerful and knew that we made a difference. Maybe taking Solstice seriously is to begin believing that we can change our world; that we can bring the Sun up again; give ourselves peace and hope.



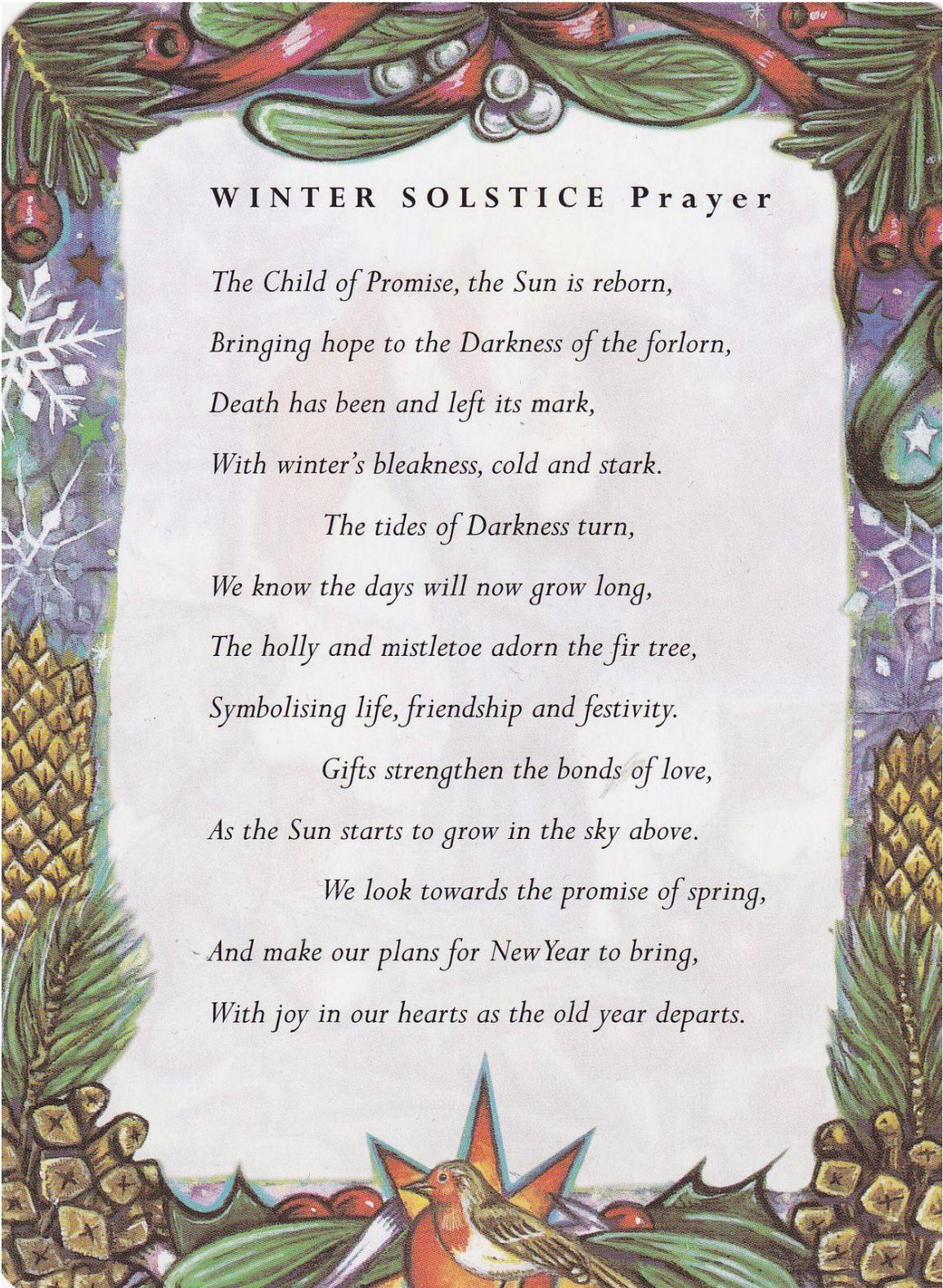
When a community of people does this ritual for itself, it becomes a witness. For instance, the native peoples of the North would hold summer gatherings, really large summer gatherings. The heart of the summer gathering was ***“What did you learn this winter about making it through?”*** They wanted to hear from each other about keeping life strong while shut inside for long periods of time, many persons who are having emotional difficulties and sickness just barely make it.

The if they were going to die anytime in the year, would probably die during the winter. Through the cold, hard times when things get tense, when there isn’t good energy around the old and sick would let go of hope and drift away. So also, Solstice didn’t used to be quite as abstract for us Northerners—native or settlers. We would just barely make it—usually with just enough food, fuel and strength to survive. We lived this as individuals—wondering if each would make it. ***“Will the Sun come back? Will I make it to spring? Will I greet again the spring and summer?”***

*Solstice contains the essence of this whole process of choosing life when life is hardest. It is often at the end of our resources and with our last ounce of hope where we discover the divine resource exactly when we most need and appreciate help. You are not going to empty, starve and die. You will just break open to a new potential.*

Solstice reminds us of the ancient wisdom that we are tested in darkness that we might appreciate light; we are made cold that we might choose warmth; we are tested by despair that we might learn the power of our own Hope!





## WINTER SOLSTICE Prayer

*The Child of Promise, the Sun is reborn,  
Bringing hope to the Darkness of the forlorn,  
Death has been and left its mark,  
With winter's bleakness, cold and stark.*

*The tides of Darkness turn,  
We know the days will now grow long,  
The holly and mistletoe adorn the fir tree,  
Symbolising life, friendship and festivity.*

*Gifts strengthen the bonds of love,  
As the Sun starts to grow in the sky above.*

*We look towards the promise of spring,  
And make our plans for New Year to bring,  
With joy in our hearts as the old year departs.*





## *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](mailto: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](mailto:krohde14@outlook.com))) to **RSVP**. A suggested donation of \$35.00 will cover expenses.



**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

**F**or 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](mailto:hoff@goodenough.org))**



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

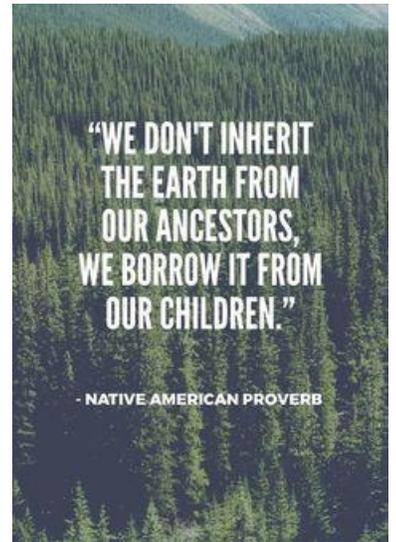
This fourth annual weekend is a time for appreciation as well as sharing information and continuing to envision the future at Sahale. We want to gather all who

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](mailto:elizabeth.ann.jarrett@gmail.com)





## The deAnguera Blog: Sahale Family



A family usually does many things together over the Christmas Holidays. All these pictures show family holiday activities. In the upper left photo I am grilling sourdough pancakes for breakfast. The right hand photo shows Avi Caswell sharing art time with Wiley Aylward. Our gingerbread housing still under construction is in the foreground. This house is our most elaborate one yet.

We are a combination of longtime residents and workaway participants who choose to stay and become work exchange residents yet we all come together as a family. Our community is quite successful. The workaway folks nearly always love us and many come back.

As I write this article I can hear Zac and Avi Caswell in the upstairs of Khlawi guest cottage. I can remember when that space was vacant except when we held events of one sort or another.

In fact, except for Kirsten Rohde, I can remember a time when I was the only one here. Before I moved out here as caretaker we had to get volunteers for every day of the week.

We are putting out the right kind of energy and our roots are growing stronger.

In the mornings we gather to determine tasks for the day. We also have regular Thursday evening meetings for residents and home owners. This is true daily community culture. Prior to all of us moving out to Sahale, daily community tasks were not part of our lives. A certain number of us live here without full time jobs which can be very time consuming. Keeping this place going is a lot of work. I am glad we can take care of things like daily wood production, laundry, meals, buildings, and gardens. Our daily work is the strongest factor in building our lives together.

More and more of us city dwellers are living alone with no meaningful family life. Many couples have just each other after the kids move out of the house. We might have neighbors we say "Hi" to on occasion although I never had these kinds of neighbors as a city dweller.

Without my Sahale family Christmas would have been a very lonely and painful time of the year. I am realizing that just now. I love hearing Zac and Avi upstairs. Unlike my condo neighbors, I know these neighbors very well.

My community is the most precious Christmas gift I could ever receive. It took many years to grow and appreciate. I even have a personal cat, Earlina.

2019 is only a few weeks away. It will be 50 years since Neil Armstrong put his boots into the moon dust. 50 years since my folks decided to move out to Vashon Island, our former summer place. Was that move prophetic?

My folks moved out to Vashon so my father could retire. I think of the kind of life he had as a banker. My life could not have been more different.



What better community image could you ask for than Cheesehead Marley holding baby Juniper?



And, we have the most beautiful Christmas tree, right from the land!

And the finished gingerbread house. Pictures by Marley Long!



## Watchcare

### 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

### 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**.

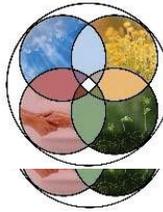


## **Programs and Events of the Goodenough Community**

**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](http://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 182<sup>nd</sup> 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](mailto: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](mailto: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](mailto: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](mailto: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. Consider coming as early as your schedule allows. Please email **Kirsten** (Kirsten Rohde ([krohde14@outlook.com](mailto: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](mailto: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](mailto: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](mailto: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.



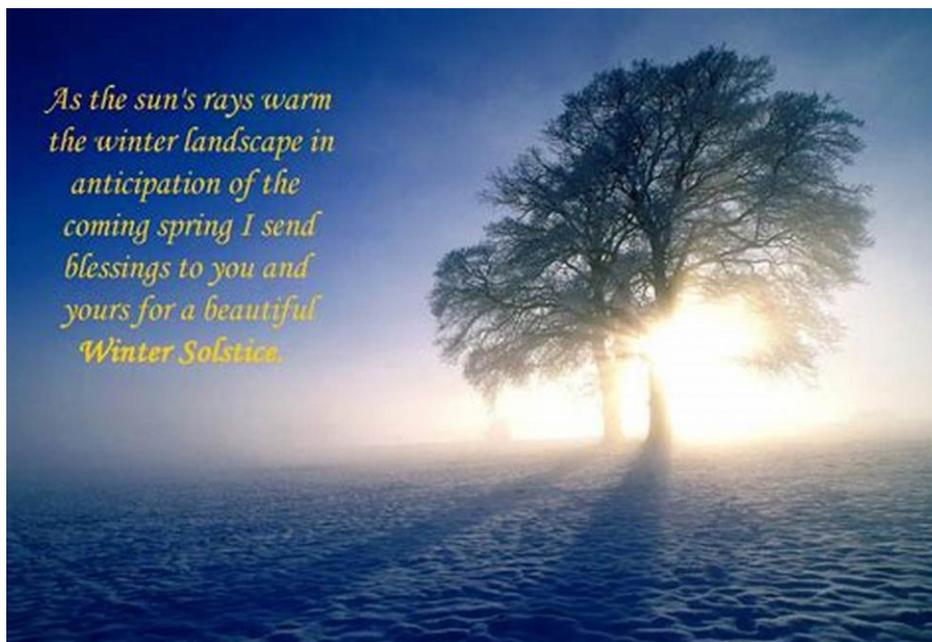
## Work and Play Parties throughout the Year

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](mailto: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.



*As the sun's rays warm  
the winter landscape in  
anticipation of the  
coming spring I send  
blessings to you and  
yours for a beautiful  
Winter Solstice.*

Happy Holidays, 2018!

*Love Colette*

*Edgar Albert Guest (1891-1959) was born in England, and came to the United States with his family when he was ten. He became a reporter for the Detroit Free Press, where his first poem was published in 1898. Guest's poems are occasionally humorous, but his Christmas poems tend to be simply uplifting, like this Christmas blessing.*

### **A Christmas Carol** by Edgar Albert Guest

God bless you all this Christmas Day  
And drive the cares and griefs away.  
Oh, may the shining Bethlehem star  
Which led the wise men from afar  
Upon your heads, good sirs, still glow  
To light the path that ye should go.

As God once blessed the stable grim  
And made it radiant for Him;  
As it was fit to shield His Son,  
May thy roof be a holy one;  
May all who come this house to share  
Rest sweetly in His gracious care.

Within thy walls may peace abide,  
The peace for which the Savior died.  
Though humble be the rafters here,  
Above them may the stars shine clear,  
And in this home thou lovest well  
May excellence of spirit dwell.

God bless you all this Christmas Day;  
May Bethlehem's star still light thy way  
And guide thee to the perfect peace  
When every fear and doubt shall cease.  
And may thy home such glory know  
As did the stable long ago.