



The Village eView

April 22, 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
- The EcoVillage at Sahale

Authentic — having a claimed and verifiable origin or authorship

We all wear masks, and the time comes when we cannot remove them without removing some of our own skin . . . —André Berthiaume

I'm tired of everlastingly being unnatural and never doing anything I want to do. I'm tired of acting like I don't eat more than a bird, and walking when I want to run, and saying I feel faint after a waltz when I could dance for two days and never get tired ... And I'm tired of pretending I don't know anything, so men can tell me things and feel important while they're doing it.

—Margaret Mitchell



When you are content to be simply yourself and don't compare or compete, everyone will respect you. —Lao-Tzu

Upcoming Events

Relationship Group – Tuesdays – 7:30pm

[Pathwork, April 26](#)

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

[Third Age – April 24](#)

[Annual Meeting – April 27](#)

[Laughter --Music Event, April 28](#)

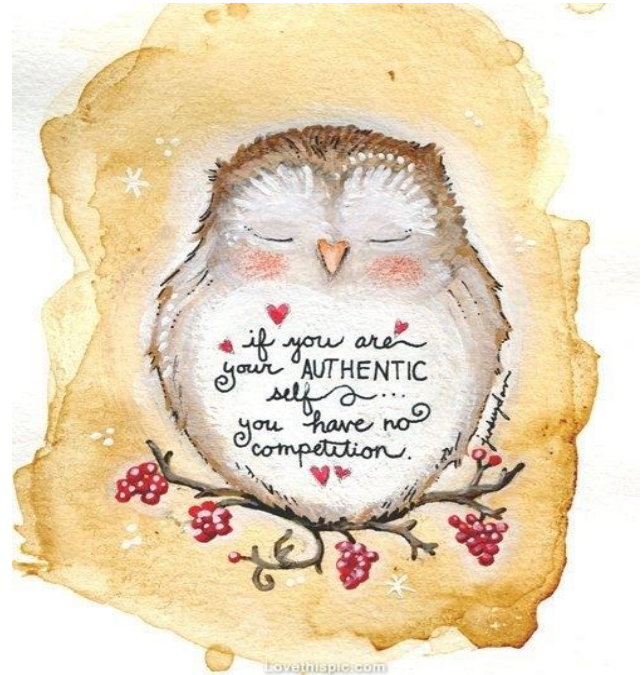
Women's weekend – May 1-3

Thomas Moore, the best-selling author of “Care of the Soul,” believes that we suffer soul loss whenever we try to fit some norm of health or correctness instead of “living from the burning core of the heart, with the creativity that comes from allowing the soul to blossom in its own colors and shapes.”

But how, one wonders, are we to live that way? First, Moore advises, we must uncover our “original self,” a process and potential that requires us to live with both paradox and originality.

An “original self,” he explains, is “one who came into this world full of possibility and destined for joyful unveiling and manifestation. It is this person we glimpse in another when we fall in love or when we idealize a leader or romanticize an artist. This is the person who comes to life in us briefly as we get married, start a course in school, or try on a new job—before worrying and cynicism have set in.”

To find this “seed of wondrous possibility that reeks with pleasure,” Moore tells us that we must go far beneath the many thick layers of indoctrination about who we should be. Moreover, he says, “chronically trying to be someone other than this original self, persuaded that we are not adequate and should fit some norm of health or correctness, we may find a cool distance gradually separating us from that deep and eternal person, that God-given personality, and we may forget both who we were and who we might be.”



Pablo Picasso put it this way: “My mother said to me, ‘If you become a soldier, you’ll be a general; if you become a monk, you’ll end up as the pope.’ Instead, I became a painter and wound up as Picasso.”

Excerpted from *Healing Words for the Body, Mind, and Spirit* by Caren Goldman

*When I peel back the layers covering my original self,
I become reunited with a deep and eternal person.*

On Being Authentic

John L. Hoff



To be authentic is to be yourself. There are two parts to being authentic. The first is the simple task of being yourself, that is being true to yourself. The second aspect has to do with becoming you yourself, more authentic more of the time.

Being authentic has to do with being yourself or being true to yourself. It seems that human beings have always recognized the temptation to strive after being like someone else rather than being true to ourselves. I have always recognized that my mind values the personality and social skills of other people more than my own abilities. Thus, my efforts have often gone into being like other people more than more fully myself. Being like other people is valuable, yet it is a quite different process than being yourself more fully and more skillfully. To be authentic is much more about being the best version of yourself than it is about being like someone else you admire.

I hope that you do know people who inspire you to improve your performance and to strive for improving your performance as a human being. I think we need to have models or demonstrations that encourage us to grow and learn. However, to improve yourself requires you to know yourself and have some ideas about how to improve your own attitude and your own behavior. As a younger man I was fortunate to have a number of older friends who were good demonstrators of mature and skillful leaders. The models I preferred to emulate were generally relaxed people who were at ease about their leadership and their social life. I have tried to be pretty much the same guy whether at work or play and I have needed people who modeled this ability.

Perhaps you are working to improve yourself and to demonstrate some ease as you go about leading and serving others. Look for people who are enjoying their own lives and finding that serving others is a fulfilling occupation. We do a better job of helping others when we are going about it in a relaxed way that allows us to really enjoy working. One way to improve your life is to improve the people you use for models of good behavior. Who are your models and why are they chosen? I have been more appreciative of my wife Colette during recent months because I've been watching her deal with stress and change in an exemplary manner. I can tell you that she is an encouragement to me to improve my resiliency. I find that Colette is a good model for me whether I am working or playing. Let's make sure we're talking about being more authentic and share more about the people who are models for us. I like living in a community that values life-long learning and appreciates people who strive for improvement and are willing to model improving behavior.

A Few Words in Honor of Robert C. Leslie

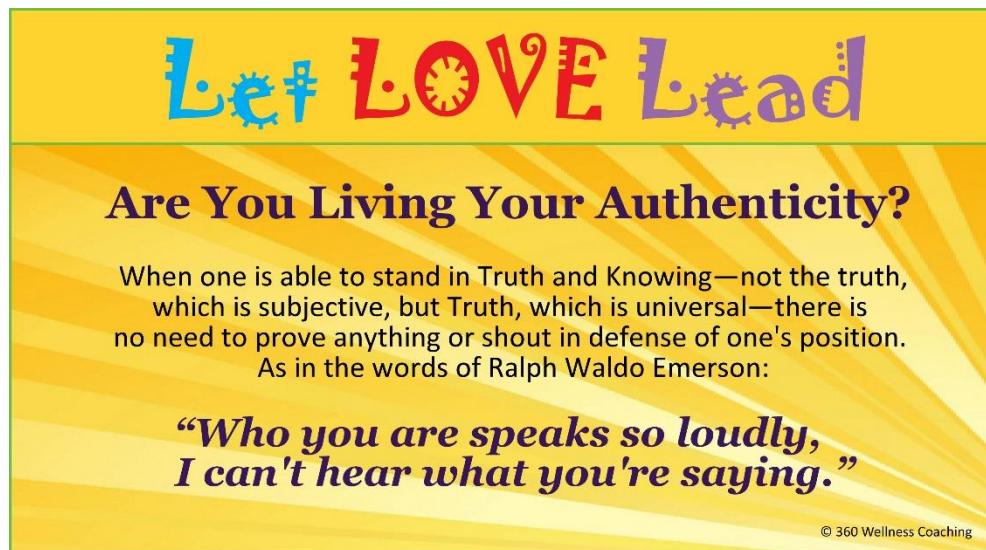
John L. Hoff

This man was about 20 years older than I am, and he was my major professor when I was in a doctoral program in Berkeley, California. When I was in the program he had two teen-age children and wrestled with their criticism of him. "Bob" was married to a social worker and was himself a servant of those he taught and coached. I have probably learned more about being a teacher and a friend from this man than anyone else. He was an



authentic being who understood that we all need models and demonstrations in order to improve ourselves. I needed Bob Leslie as a teacher and coach and I appreciated his contribution to me, which was always offered with patience and kindness. I hope that what I offer is also done with patience and in kindness.

Bob Leslie taught for just over decade after I graduated, and he passed away about four years ago, and I have felt the loss of his living truth in my life. I often called him with questions and problems and sometimes he consulted with me about students he was working with in his life. We were authentic with each other and valued the ways we were different from each other as well. While I have often appreciated Bob, I find myself wanting to make sure that you know how much this man gave to me and shaped me in my own development. Some of his parenting influenced mine, and the way he taught has influenced me greatly as a teacher and friend. So I conclude by saying, “thank God for Bob Leslie—professor and exemplary friend. I hope you have such authentic people in your life.



In the world to come I shall not be asked, “Why were you not Moses?” I shall be asked, “Why were you not Zusya?” —Rabbi Zusya



ABOUT EARTH DAY NETWORK:

The first Earth Day on April 22, 1970, activated 20 million Americans from all walks of life and is widely credited with launching the modern environmental movement. Growing out of the first Earth Day, Earth Day Network (EDN), the world's largest recruiter to the environmental movement, works with tens of thousands of partners in 192 countries to build environmental democracy and to broaden, diversify and mobilize the environmental movement. More than 1 billion people now participate in Earth Day activities each year, making it the largest

civic observance in the world. For more information, visit www.earthday.org



Lifelong Learning Begins Early!
A Weekend Retreat for Women—May 1 – 3, 2015

Sponsored by the Goodenough Community's Village
School for Human Development



When did you first ...

- ... seek the meaning of life?
- ... stretch your heart toward freedom?
- ... learn to care for someone unselfishly?
- ... begin taking responsibility for your own life?

Have you fully accomplished each of these tasks?

Your answer is probably like mine: “No.” Most of us have mastered some tasks that we began in our earlier life stages, but have not made as much progress with others.

Even though you and I started all of these “developmental tasks” in our youth, our perspectives change with advancing maturity, and we continue to learn.

Learning begins in youth and continues throughout life.

I invite you to join me in a group of women who are intent on continuing to learn the lessons of their lives.

In meditation, in friendly discussion, and in free time, we will examine our own development, noticing where we are whole and where we are stuck. Using the resource of the weekend community of women, we will choose ways to get un-stuck and move ahead in our life-long learning.

I get excited thinking about this womanly retreat, and I sincerely hope you will join me!

More about the Goodenough Community's women's events ...

The women's program encourages and supports self-development, helps women reach a greater connection with their inner source of feminine strength, celebrates who we are as women, and improves relationships with partners, family members, friends, and self.

At this weekend, you can expect to:

- Make new friends and deepen existing friendships
- Enjoy a rich intergenerational experience of women together
- Create together an experience that serves your own life

The weekend event will take place at the Sahale Learning Center, near Belfair, Washington. The natural setting of Sahale invites you to periods of relaxation and reflection as well as invigorating activity.



Our program will start with dinner from 6:30 to 7:30 p.m. Friday evening, and our weekend will formally end at 3 p.m. on Sunday. Cost for the weekend is \$250; limited scholarships are available. To register, please complete the registration form below and return it with a \$50 deposit, or register online at www.goodenough.org/

If you have questions, please call me or send me an email: Hollis Ryan 206 232 7027
hollisr@comcast.net



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.

Authentic Organization

Kirsten Rohde

One thing that makes a community organization like ours authentic is that people participate in helping evaluate our work together and shape our direction. There is a large group of people who participate in some way in Goodenough Community offerings over a year's time. My experience is that many people care about what the community is doing and want to see it continue. We are offering **our annual community meeting this coming Monday evening, in Seattle this year**, because we hope to have the chance to share some of the exciting and positive things that are happening and hear from all of you who choose to attend. The more participation the more the community represents all of us and is felt by all to be authentically carrying out its vision and mission.

Another happening that makes me think of the word authentic is our annual Human Relations Laboratory. This past weekend several dozen people gathered at Sahale for training and preparations for this year's Lab to be held August 9-15. What impresses me is that our training involves working for personal growth as well as exchange of ideas and planning. In other words, Lab isn't offered by some people for other people's benefit. We all benefit by

growing and learning at Lab. It is a relief to learn about myself so I can be the good person I want to be. When others confirm this I feel authentic as a person – the inside and outside matches up better. So it causes me to want to continue with a process of learning with others. When many people gather at Lab with the same intentions we create together a space where the work of being human together is something we share and value.



Tuesday, April 28,
Announcing a Very Special Event
Welcome to the Peace Garden or
A Meditative Tone Journey to Inner Space:
A Laughter & Music Workshop

Presented by Arji Cakorous [Mom of one of our Sahale interns, Yako];
and her partner, Laraaji

at the Community Center, 7:30 PM

3610 SW Barton, Seattle

This event will be sponsored by Convocation: A Church & Ministry
An open-hearted donation is suggested

Please RSVP

This experience promises to be an exquisite sound immersion of expansive dimensions. World-renowned innovative Zither/Harp master, composer & sound healing musical presence LArAAji NadaBrahmanada is joined by collaborative partner, sound healing musician/Reiki master Arji OceAnanda, for an evening of celestial sound making. They will transport you on a wave of bliss, emphasizing the beauty of the electric open tuned Zither/Harp, Kalimbas, Chimes, Ancient Wind Gongs, Voice and so much more, in a sound offering that is Celestial and Beyond....

The Inner voyage Nadam experience will also be preceded by an introductory Laughter release segment...part of Laraaji's signature Laughter Yoga Playshops that these two Light Beings have delightedly offered together in many venues world-wide.

Arji "OceAnanda" Cakouros, is a Sound Healer, Musician, Usui Reiki Master, & Dreamwork Teacher with a private counseling/healing practice based in Niskayuna, NY. Over the last seven years, she has enjoyed the deep joy and honor of collaborating Laraaji NadaBrahmanada in many venues worldwide, offering Healing Sound events and Laughter Immersion experiences, as well as a great variety of musical performances in conjunction with other artists.





Pathwork: A Circle of Trust

Colette Hoff

If I were to do anything in service in an ongoing way, I want to do a “Pathwork” evening where we talk about our spiritual journey, where the only rule is to not talk about our problems: It’s positively framed. It’s about noticing what is working and why it’s working, why it’s working, and who is helping with that.” John Hoff shared this purpose with a group of people gathered on Sunday evenings.

Pathwork is a commitment to let people matter, and let your own happiness matter: what makes you stronger and wiser, and what (depletes you). And trying to have a life as good as possible is the goal, to be fully alive, to be developing/enjoying.

Pathwork is a commitment to encouraging people to their fullest development. For John and Colette this means encouraging:

1. **Maturity** an awareness of one’s age and the responsibilities to act accordingly or even a little better, being aware of developmental tasks of all ages and being responsible to them including a conscience on fulfilling one’s own intentions.
2. **Sanity** or being proactively responsible for your mental and emotional life. Sanity also has to do with the choice to be in relationship and to care for other people’s experiences.
3. **Awakeness** as Self to the energetic quality of life in a body.
4. **Intellectual** preparation or an approach to learning about your own intelligence and how to make the most of your mental capabilities.
5. **Compassion** (learning to feel) and a sense of **service** to others.

The Pathwork Circle meets on Sunday evenings at 7:00 at our new Community Center at 3610 SW Barton St. in West Seattle. You are welcome to join!

Pathwork Schedule for Spring 2015:

April 26 Pathwork

No Pathwork May 3, 10 (Women's and Men's weekend)

May 17 Pathwork

No Pathwork May 24 (Memorial Day Weekend Work Party)

May 31 Pathwork

.....

*If you really want to become skillful
in your thoughts, words, and deeds,
you need a trustworthy friend
to point out your blind spots.
And because those spots
are blindest around your unskillful habits,
the primary duty of a trustworthy friend
is to point out your faults—
for only when you see your faults
can you correct them;
only when you correct them
are you benefiting from your friend's compassion
in pointing them out.*

*~Thanissaro Bhikkhu
(1949 to pres., Abbot of Metta Forest Monastery)*



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.

HRL 2015 Will Educate Us About How We Get Stuck and Will Inspire Us to Choose Freedom

John L. Hoff

I find myself remembering our Lab training weekend together recently where we talked about the Lab we wanted to see this summer. I appreciated the way we worked together in preparing for the Lab and I found myself getting ready and it still goes on—preparing for HRL 2015. I like our theme and I am intrigued with the way **stuckness** and **freedom** are influencing our preparation and hold promise of a rich learning experience later this summer. As I write you, I ask you to pay attention to the various ways that you are stuck in your life. I find that I am inspired by people who can own they are stuck and yet still work with being free in their lives. As I prepare for leadership, I find myself focusing more on freedom than I am on stuckness. I hope that both of these words are becoming more meaningful for you and I wish for you a growing appreciation for freedom. I am sure that we will all become more sensitive to areas of life or relationships where we are stuck, but I hope that we will all open ourselves to be freed up and that preparation for the Lab will add to your sense of personal freedom.

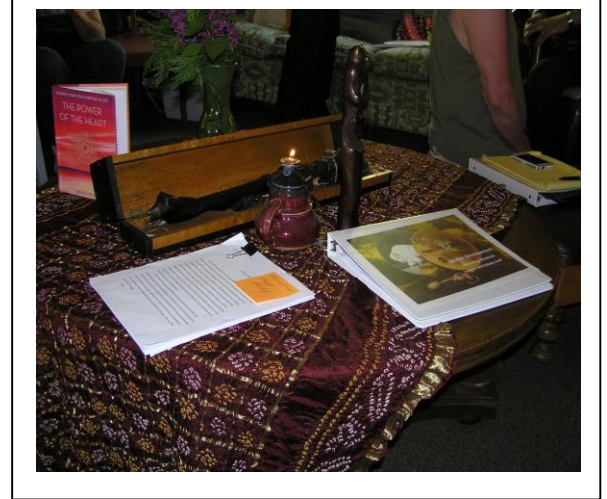
I encourage you to shape your growth by noticing people who inspire your freedom and encourage you to choose freedom rather than be held back by stuckness. To choose to be free is central to being a child and a youthful person. As I approach my 80th birthday, I realize how much I need what youth inspire in me—which is a love for freedom. I also appreciate the way so many of us as elders are very appreciative of having freedom in our lives and of choosing to be free enough ourselves that we encourage spontaneity and freedom in each other's lives. Quite often our elder experiences are filled with laughter and humor. Frankly I need the uplift

of humor and laughter. One of the worst things about stuckness is that it squelches the freedom to laugh. I am writing this piece for the “Village eView” with Joan, who is one of our older citizens but still has some of her humor. As Joan and I were writing this piece, we were appreciating Phil Stark’s being alive because he is the oldest and we recognize that we need him to save us from being the eldest in the group.

In our Lab training this last weekend we recognized that our theme requires us to be aware of becoming stuck. So perhaps we can all prepare for the Lab by noticing where we are stuck in our lives but move quite quickly to honor freedom and the genuine need we have to choose freedom and laughter. I am looking for this Lab to offer us a lift and a laugh. Joan is wondering if we could hire Kate Martin to come up and lead us in a freedom march much like she helped us organize a parade years ago. How about it Kate?



The deAnguera Blog: Lab Planning Weekend



What did I do this last weekend? I helped plan Lab! Stick around long enough and you will be asked to help plan Lab. Are my ideas important? Sometimes I have trouble believing they are. Fortunately I am with friends who take my ideas seriously. That’s the advantage of belonging to the Goodenough Community.

This year our Lab will focus on moving from stuckness to freedom. We will have the able assistance of Gabe Harshman who will help us look at the humorous side and laugh. As you can see in the left hand photo he is succeeding very well with both John and Colette.

As far as I know the Human Relations Lab is the only place where people will actually take an interest in my life by drawing me out.

Human Relations Laboratories used to be quite common all over the country during the 60’s. I recently checked the Internet to see if there were any groups like ours. I didn’t find any. We are the only group still holding Human Relations Labs after 45 years. We are doing something right.

Religions usually want to convert me. I need to accept their way otherwise I am lost. Are they really interested in my story and what’s important to me?

According to Osho my ego is made up of other's ideas of what I should be like. I know from experience when I am a bundle of other people's ideas, there's no Mike. So when I convert to a religion, this only adds to my ego. In other words it simply adds to my false self. When it warns of hell it adds to my fearful false self.

I wonder if maybe the reason why my ordinary life didn't work was to free me from my ego? It doesn't happen to everybody but it did happen to me. I am free of my ego! Horaay! This shows I still have an ego because now I will wait for your joy and approval.

Other folks have methods and meditations to help me get stronger, healthier, more wise, more loving. It is virtually all by myself. That's what self improvement is all about. There are lots of self help books all over the place. But what other opportunities exist for me to be part of a group, to work with that group? I am not strong enough to do the work of self-development alone. Nor would I want to. I have tried it in the past and it didn't work for me. I am sure some hermits manage to do self development work.

The reason we do the work together is that without good relationships, nothing else will be possible. Our world will not have a future. That's why we have Human Relations Labs. Do you want to help make the world a better place? Coming to Lab will be a good first step.

Think of all those folks fighting each other around the world. Imagine what a better understanding of relationships could do.



Relationships: How about a three some?
Cooper, Phil Buchmeier, and Elizabeth
Jarrett-Jefferson

Watchcare & Member News

Bon Voyage to Sarungano



- [KATE DANIEL](#), South Whidbey Record Features and Education

In Shona, one of 16 official Zimbabwean languages, the word Sarungano means storyteller.

The women of Sarungano are known throughout South Whidbey for sharing the story of traditional Zimbabwean music through their rich rhythms and joyous

melodies, most of which are performed on mbiras.

In April, the foursome will be acting as “ambassadors of the community” by taking the music back to its heartland.



Musicians Dana Moffett, Leslie Breeden, Donita Crosby and **Dyanne Harshman** are working to raise funds in order to provide traditional instruments like mbiras to Zimbabwean children, most of whom do not have access to them despite their historical origins and cultural significance.

Mbiras are African musical instruments known to some as “thumb pianos.” They consist of a wooden board with attached metal tines, staggered to produce different notes. The mbira is placed within a wooden resonator which amplifies the sound.

It is most popular in the Democratic Republic of Congo and amongst the Shona of Zimbabwe and is often played at sacred ceremonies while a similar instrument, the nyunga nyunga, is more often used for performance.

All of Sarungano's songs are in Shona, which the women sing with ease.

Instruments like the mbira were banned in many Zimbabwean schools in tandem with the onset of European colonization. Authorities deemed traditional music to be reflective of non-Christian spiritual beliefs.

During the 1950s and 1960s, musicians and activists began making attempts to get traditional music back into the schools. This work is continuing today through organizations like MBIRA and groups like Sarungano.

Most schools in modern Zimbabwe are unable to afford to purchase instruments and many do not provide a music program.

The members of Sarungano, along with a number of friends and community members on Whidbey and in Africa, are determined to bring the mbira and similarly quintessential Zimbabwean instruments back into children's lives.

It is a natural progression for the group of musicians, who are also avid teachers and students of African music.

Moffett has been teaching mbira, marimba and nyunga nyunga on Whidbey since 2003, when she opened her school and studio by the name of Rubatano paChitsuwa, which means "united on the island."

At Rubatano, Moffett hosts numerous Zimbabwean visitors, friends and fellow instructors. She, along with her bandmates, have established strong relationships with friends and fellow mbira, marimba and nyunga nyunga players overseas who are supportive of their work.

"They've been given the message to spread the music over the world," Moffett said of Zimbabwean traditional musicians.

Students of Rubatano paChitsuwa will be joining Sarungano during their third fundraiser Marimba Cafe at 6:30 p.m. Saturday, March 28, at Whidbey Island Center for the Arts in Langley.

Proceeds from the event will go towards the purchase of mbiras which the women will deliver to children on their upcoming trip to Zimbabwe on April 17. They plan to purchase the instruments from local craftsmen once they have arrived.

The suggested donation for admission to Marimba Cafe is between \$5-10, though larger donations are welcome.

Moffett emphasized that it is not only Sarungano, but the students of Rubatano paChitsuwa and numerous fellow music lovers, friends and community members who are assisting in this project.

This will be the first time visiting Zimbabwe for Breeden and Harshman, though Moffett made her first trip in 2005 and her second in 2008. Crosby accompanied Moffett in 2008.

The songs of Zimbabwe are reflective of the attitude of its people, according to Moffett and Crosby.

The country was in turmoil in 2008, with violent political unrest and an outbreak of cholera.

“There was heartbreak everywhere,” Moffett recalled. She noted that despite the immense hardships faced by the majority of the populace, people managed to find joy. She said that it is one of the defining characteristics of Zimbabwean culture, one which carries into its music.

Harshman explained that several of the cheery-sounding songs contain lyrics addressing deeply somber subjects such as the death of a loved one.

“That’s a cultural riddle,” she said.

The music, too, is a bit of a riddle for musicians trained in Western musical styles, according to Harshman. It’s a challenge she relishes, as she said it forces her to think differently as an artist.

“There’s the feeling in the music of a feather being lifted and never quite falling,” Harshman said.

“It’s not music you do alone,” she added. “It’s not complete if you’re doing it alone.”

Requesting Your Support

Barbara Brucker

Again this year I will be walking in the Seattle Brain Cancer Walk. This walk raises money for research at Swedish Hospital’s Ivy Center for Brain Cancer. The funds remain locally and all funds go directly to the Ivy Center with Swedish picking up the tab for the walk. The Ivy Center is dear to my heart since it is where I have received care. Both my neurosurgeon and my neuro-oncologist are staff members there.

The walk is coming up on May 3. I am part of Sam Staats’s team, Dain Bramaged. You can support me in several ways: 1) you can join our team and walk with us – it’s a short and easy

walk at Seattle Center; 2) you can register as a virtual walker, joining the team but not walking; 3) you can donate to support me in the walk. I'm hoping to raise at least \$500 and I'm about half way there. Please consider joining me at the walk or with a donation for what I think is a very worthy cause. More information is available via my webpage. The link is <http://community.swedish.org/barbarab2015>. Thank you.



Hello Everyone! If we haven't met yet, I'm an intern at Sahale and have been participating in meetings and workshops for about a year. There is a class this summer that I would love to take; it is a course that provides students with the tools and information for self empowerment and healing with the use of energetics. "Heal the self, Heal the World" is their motto. I completed Level I this march and cannot wait to take Level II. I have arranged a work trade for the prep that is needed for this class, but still need coverage for the class itself. And so, I am reaching out to *you* in order to meet the cost!

A little more about why I would like to take this class:

I take this class on my path to being a better person; One who remains centered in times of turmoil, one who speaks her truths, one who has let go of past hurts, one who can help to heal others, and one who acts with love and compassion- especially when the odds are against her! You can help by either donating in the next 17 days by following this link:

<https://life.indiegogo.com/fundraisers/evelyn-s-education-and-growth>

And/or by sharing this link with others, or liking/sharing my posts about it on facebook.

Thank you! Evelyn

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.

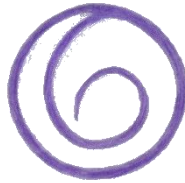
For as long as bands, clans, tribes and cultures have been, it's been true that men have gathered together with men, and women with women. In the larger American culture, some traditions such as this have faded or become splintered. We believe there is merit in the perennial wisdom, which encourages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



A Celebration of Gratitude

with **Barbara Brucker**, who is grateful...

...just as we are for her!

Sunday, May 17, 2015 - 3:00 PM to 6:30 PM

The Goodenough Community Center, 3610 SW Barton Street, Seattle

Please **RSVP** by emailing Elizabeth Jarrett-Jefferson
Elizabeth.ann.jarrett@gmail.com

Upcoming Events

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 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.

→→→→→→→→→→

LARAAJI's Laughter Meditation Work/Play Shop

[Saturday, April 25](#) at 5:00pm [Urban Yoga Spa](#)

1900 4th Ave, Seattle, Washington 98101
(206) 420-0222 info@urbanyogaspa.com

Known globally for his awesome healing Laughter and Celestial music presentations Laraaji offers this Interactive, playful, educational, empowering and Deeply inspirational Laughter work/play shop to transport us inward to refreshing states of Energization, Hilarity and Meditative Attunement. This experience will include guided laughter-cises for Stimulating the brain, heart, abdominal organs, immune system, positive hormones and for expanding lung capacity, oxygenation, blood circulation, and for reducing stress, tension, and negativity.

There will be some creative movement, singing and deep relaxation to live music. Dress comfortably and expect to have some serious fun.

\$25 / \$20 with Elevator.9 ticket

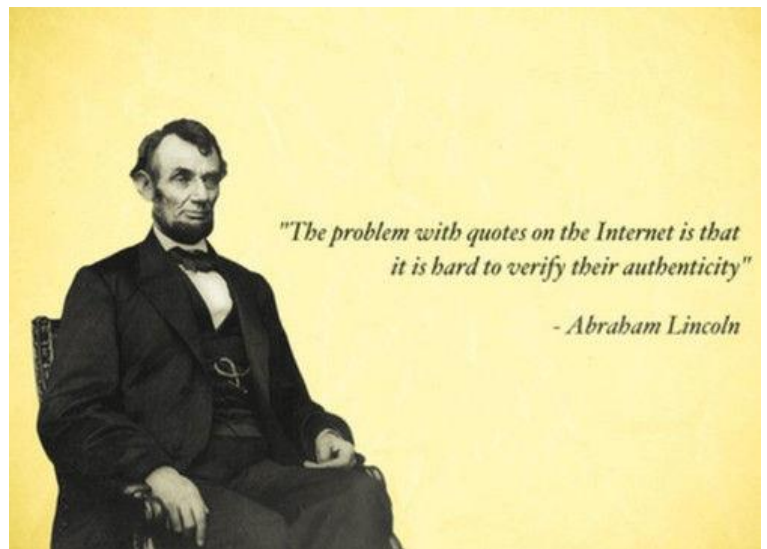
Bit O' Authentically Spring

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries!

- ✚ Happy 23rd anniversary, **Paul and Carla Geraci!** April 25
- ✚ Happy birthday #2, **Gage Finley Jarrett** – April 25
- ✚ Happy birthday, **Lee Benner!** April 29
- ✚ Happy birthday, **Rodney Herold** – April 29

I bought a dog once.
Named him 'Stay'
"Come here, Stay."
He's insane now



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 May 15, 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.



May 15, 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.

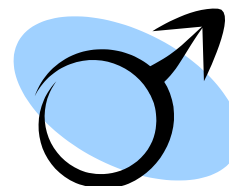
As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more fully into spring, what changes are taking place in your life?

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.

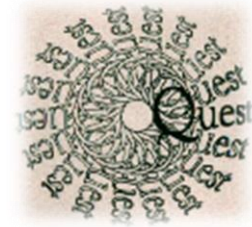
To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

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.

