



# The Village eView

May 13, 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](#)

**Solitude** the state or quality of being alone or remote from others.

*This theme of this week's eView is Solitude. You will find several quotes including one by Rilke and an article on how to still the wandering mind. John Hoff reflects on turning 80 and changes. You will also find several upcoming events at Sahale where one of her gifts is Solitude. Solitude is one of the ways to find freedom which will be our theme next week. Give your self the gift of Solitude soon.*

### Upcoming Events

Relationship Group – Tuesdays – 7:30pm

[Third Age – May 15](#)

Celebration of Gratitude, May 17

[Pathwork, May 17](#)

[Memorial Day Weekend – May 22](#)

Short-term solitude is often valued as a time when one may work, think or rest without being disturbed. It may be desired for the sake of [privacy](#).

A distinction has been made between solitude and [loneliness](#). In this sense, these two words refer, respectively, to the joy and the pain of being alone.

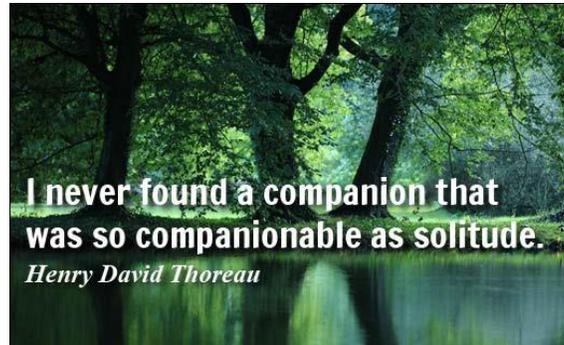
There are many benefits to spending more time alone. Freedom is considered to be one of the benefits of solitude; the constraints of others will not have any effect on a person who is spending time in solitude, therefore giving the person more of a scope to their actions. With increased freedom, a person's choices are less likely to be affected by exchanges with others.<sup>[8]</sup>

A person's [creativity](#) can be sparked when given freedom. Solitude can increase freedom and moreover, freedom from distractions has the potential to spark creativity. In 1994, psychologist [Mihaly Csikszentmihalyi](#) found that adolescents who cannot bear to be alone often fall short of enhancing creative talents.<sup>[8]</sup>

Another proven benefit to time given in solitude is the development of self. When a person spends time in solitude from others, they may experience changes to their self-respect. This can

also help a person to form or discover their identity without any outside distractions. Solitude also provides time for contemplation, growth in personal spirituality, and self-examination. In these situations, loneliness can be avoided as long as the person in solitude knows that they have meaningful relations with others.

*Inside myself is a place where I live alone and that's where you renew your springs that never dry up.* ~ Pearl Buck



“Therefore, dear Sir, love your solitude and try to sing out with the pain it causes you. For those who are near you are far away... and this shows that the space around you is beginning to grow vast... be happy about your growth, in which of course you can't take anyone with you, and be gentle with those who stay behind; be confident and calm in front of them and don't torment them with your doubts and don't frighten them with your faith or joy, which they wouldn't be able to comprehend. Seek out some simple and true feeling of what you have in common with them, which doesn't necessarily have to alter when you yourself change again and again; when you see them, love life in a form that is not your own and be indulgent toward those who are growing old, who are afraid of the aloneness that you trust... and don't expect any understanding; but believe in a love that is being stored up for you like an inheritance, and have faith that in this love there is a strength and a blessing so large that you can travel as far as you wish without having to step outside it.”

– Rainer Maria Rilke, *Letters to a Young Poet*

**Embrace solitude.  
It's a good thing.  
Avoid loneliness by embracing solitude.  
Solitude is a gift that you give to yourself.  
If you can't receive yourself as a gift,  
then how can you receive  
another human being as a gift?**

*Solitude is the furnace of transformation.* ~ Henri Nouwen

## **Change: Good Grief!**

*John L. Hoff*

As I approach my 80<sup>th</sup> birthday, I'm reminded that I have been thinking about retirement for 20 years. At first it was distant. Then, suddenly, I was in the age zone. of retirement. Then 70 passed, and there was much to do and real enjoyment in doing it—so I did! Throughout this period I have been attracted to writing what it was like for me to retire from a life that technically has no retirement. The life I have been living and trying to teach about is about a life that is not measured by years or evaluated by accomplishments, yet is described by improved attitudes, raised goals, and aspirations rather than proofs of our ability. As I approach an 80<sup>th</sup> birthday—Colette threatens with a birthday party—I find myself feeling young at heart, decrepit in body, and some confused at how these can live together in a life. I appreciate Colette for understanding and patience (as I write this, she is attending a death and dying conference—her idea.)

Of course I'm just talking about "the problem with aging" that needs to be talked about. For instance, there are many things about my life that are improved as I approach 80. I find myself more fulfilled than I thought was possible; and more satisfied by relationships than I thought I would be; and more hopeful that, with practice, human beings can create a veritable heaven on earth. I'm finding that I really enjoy being happy and that the more I am so the more I realize it is not a public sentiment. Besides there's not much hope for that if you're drinking the wrong orange juice or taking the wrong vitamins. A friend of mine who once lived here in the northwest, Hal Frey, used to talk about "old geezers and commented years ago that I was in danger of becoming one if I stayed with the idea that our elder years could be happy and satisfying. It is true that I think attitude counts for a happy life.

We are being good to ourselves when we choose optimism and enjoy small successes. For instance, while I have very little to do with the choice of our new community center, I am enjoying it as a place to work, as a place for our groups to meet, and as a place to live with other communitarians. It's fun to help things work well, and I appreciate the good-natured way others are living together in the community center. I want for us to be talking about what we learn together and how the community center is affecting our total community life. It is a "home" that is happening to us and it is ours to choose it and shape its expression. Colette and I are spending Sunday and Monday nights at the new center and occasionally we spend Friday through Monday there as well. One advantage of being in town is that Colette and I can visit a bit with Sophie and Lili and their parents who live about 10 minutes away.

I admit that talking about housing and our new community center is a way for me to call your attention to that the world of the Goodenough Community is changing as the ecovillage at Sahale is becoming a reality. The same is true as the new community center is inviting us to reinvigorate some of our programs that we have been presenting to the public. Kirsten has thought of ways we could utilize the community programmatically and financially. By the way,

my referencing Kirsten makes me want to add that she is with her brother near Denver. Very sadly, her brother is facing his final days, and we might all hold Kirsten in our prayers as she suffers this loss.

I'm saying that some of the changes in our community are created by the way we are changing our usage (as community members) at Sahale and at the new Community Center. I have been a part of some wonderful "happenings" at the center as people just drop in for a chat or a drink. Alice says the community center is a good place to party. If you haven't dropped by the Community Center at 3610 SW Barton St., Seattle, come visit us soon. We have no telephone there, but everyone has cell phones, so let us know when you'd like to come.



## ***John Lawrence Hoff***

It's your **80<sup>th</sup> Birthday!**

We're going to celebrate on

**Sunday, July 5,**

**Sahale Learning Center**

Games and Play at 3:00

Dinner at 5:00 p.m.

**RSVP**

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

Email [hoff@goodenough.org](mailto:hoff@goodenough.org) with your plans.

## **Lights, Camera... Relationships!**

Yako

Here at Sahale Ecovillage, bees are buzzing, birds are chirping, and hundreds of seedlings are growing in the greenhouse. A couple of turkey vultures has been spotted circling above, which according to Kirsten is a sure sign that spring has truly arrived. Despite the allure of these beautiful surroundings, I've been spending much of my time happily holed up in the homestay cabin to read, write, and brainstorm. The reason being that I am in the midst of preparation for a film project that will focus on the remarkable story of The Good Enough Community and its members. I'll be working in collaboration with a fellow Evergreen student and Ecovillage

enthusiast, Anthony Jepson. Anthony is an aspiring documentarian with more than 10 years of experience behind the camera, and a background in traveling to and documenting community projects around South and North America.

We are given this wonderful opportunity by means of an academic contract, through which we'll be presenting research of Ecological, Social-Economic, and Cultural-Spiritual elements that contribute to communal resilience. Through our film we hope to tell the Goodenough story by utilizing both new footage of workshops, gatherings, and interviews, as well as archived materials and historical research. Inspired by a request from John, a big part of the filming will be focused around the Human Relations Laboratory. In addition to serving as a promotional and educational resource, we hope that this project can help to draw out meaningful reflections that will serve the community during this time of transition and reinvigoration.

We invite you each to contribute personal experiences, learnings, and memories from your time with The Good Enough Community, to help us build a rich and multi-perspective narrative. We intend to proceed with lots of transparency and sensitivity to individual comfort levels, so that this project feels good for everyone involved. We are very excited to get the camera rolling, and will begin filming during the upcoming training weekend. We'd love to start scheduling interviews as soon as possible. Also, please feel free to bring or E-mail any pictures, videos, or writings that you think might add to this evolving project! My E-mail is [ThisIsYako@gmail.com](mailto:ThisIsYako@gmail.com).



## Announcing

The Thirteenth Annual

### Memorial Day Weekend Play/Work Party

Friday, May 22 to Monday, May 25, 2015

#### **Working our land and preparing our buildings and paths . . .**

Well-organized work parties will have plenty to do for all abilities and we will seek a balance between work and play. There will be wholesome meals, outdoor play, hot tubing, and relaxation. The only charge will be a donation for food.

A Goodenough Community Tradition!

#### ***Sahale's Gift***

*Walk this land and be silent  
It will heal you day by day.*

*Be still and listen  
To all she has to say.*

*Go slow and gentle  
You will know your way.*

*Walk this land and be silent  
And she'll heal us day by day.*

*Composed by Greg Garbarino and the members of the Goodenough Community  
at our annual weekend, March, 2002*



A small fairy ring, November 2013

What other  
knowledge will my  
solitude and  
muteness bring?  
What other worlds?

*Kathy Acker*

meetville.com



The Third Age group is meeting this Friday at the new Community Center in West Seattle. We'll start with potluck dinner and social time at 6 p.m. followed by conversation on topics on aging, and (we're hoping) a preview showing of the short documentary, "Speaking of Dying."

The Third Age group is for adults, approximately age 60 and older, who are interested in exploring issues of living well from pre-retirement to end of life and in supporting each other in this "third stage" of life. Fridays, May 15, Sept 18, October 23, and November 20 are the remaining 2015 dates.

For the potluck, we will provide and main dish and ask others to bring a side dish or salad or dessert and/or beverage to share. The new **Community Center** is atj 3610 SW Barton St. in West Seattle. For more information, please call Joan Valles at 206/763-2258 or email me at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com).

*Language... has created the word 'loneliness' to express the pain of being alone. And it has created the word 'solitude' to express the glory of being alone.*

**Paul Tillich**



## *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](mailto:Elizabeth.ann.jarrett@gmail.com)

The following is from Barbara's CaringBridge web site posting:

### **Party Coming Up - and some milestones**

By [Barbara Brucker](#) — May 6, 2015

Party day is coming soon. Some of you have received an eVite, some I don't have current emails for, so I'm reminding you that you're invited to

**A Party:** With help from many friends, I am planning a **Celebration of Gratitude Party, May 17 (Sunday)** from 3:00 to 6:30. It will be held at **3610 SW Barton Street, Seattle** (West Seattle). Mark your calendars and come if you can. I feel very blessed through the events of this past year. So much has gone "my way" and I have had such incredible support from friends, co-workers, medical staff and family that I want to say thank you to all and to celebrate my wellness. Please come if you can. It is helpful if you RSVP to Elizabeth Jarrett-Jefferson at [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com), and if you find yourself free and haven't done an RSVP, don't stay away.

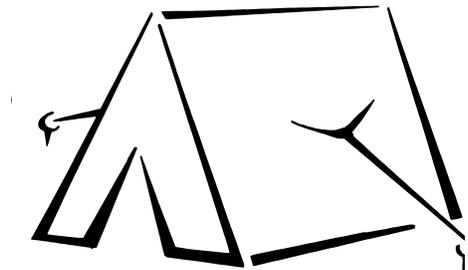


*Solitude is  
When you do not need anyone around*

*And even if you are sick,  
You are still happy.  
Solitude is  
To be wrapped in silence  
By a mind unattached,  
Sinking deep into a foundation of stability.  
Solitude is  
A clear understanding that  
All of us, everything  
Are just mental creations, conditioned.  
Solitude is  
To have abandoned the "I am" conceit,  
And is free.*

*~Sujiva  
(1951 to pres., Malaysian Buddhist Monk)*

***It's that time again!***



**June 5 to 6, 2015**

We will again gather to work together to put up our tent. Please let me know if you can make it.

## **THE BIG TENT ERECTION IS COMING SOON**

### **Jim Tocher**

In fact, we are putting up the big white tent on Friday and Saturday, June 5 and 6.

You probably know the drill. Friday morning we start about 10 AM moving tent poles and plywood flooring and hauling out those monstrously heavy bags with the roof sheets in them. Then we go on to erecting the aluminum frame and follow that by pulling the roof sheets over the frame. Then comes the big lift and stabilizing the whole thing. And on it goes.

The process has typically taken 6 hours on Friday and about that same amount on Saturday. Those of you who can show up on Friday morning are essential to getting us off to a good start. We welcome anyone who can show up on Saturday for another day of work.

If you are new to the process, you should know that we take lots of breaks and nobody has to work harder than they themselves feel comfortable. We have lots of chairs for us old folks. This is not a contest, but a really fun, well organized event. You will be amazed by our smoothness and team skills.

This year we have *hired* Norm Peck to lead the experience. He is coming all the way from Ellensburg to provide his leadership skill for the project. He can be reached at [shkwavrydr@gmail.com](mailto:shkwavrydr@gmail.com) .

Please respond to either Norm (or Jim Tocher at [jamestoche@earthlink.net](mailto:jamestoche@earthlink.net) ) as to whether or not you can join us (and when you are coming). Norm and I are dreadfully poor at reading your minds, so be a little birdie and whisper in our ears about your plans.



### **Lifelong Learning Begins Early!**

Were you able to attend the women's weekend early in May, at Sahale? If so, you will know that at the end of the weekend, women called for another gathering, reluctant to go all summer without being together and continuing to learn together.

**So, on June 6 while the Big Tent is being set up, the women will gather at Sahale from 10:00 a.m. until 5:00 p.m., and I hope you can be with us.**

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

Please come!

Please come ... whether you attended the weekend in May, or not.

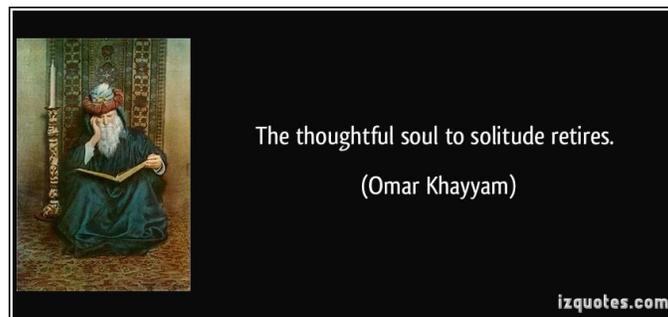
Please come ... whether you have attended Goodenough Community women's events before, or not.

Please come ... whether you are staying for the whole weekend, or just part of it.

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 day-long community of women, we will choose ways to get un-stuck and move ahead in our life-long learning.

It would be helpful to know whether you are planning to attend, so please send me a note to let me know. But, don't stay away just because you didn't send an RSVP!

I hope to see you at Sahale on June 6! Warmly, Hollis



## May 17 Pathwork: A Circle of Trust

Colette Hoff

**Our next Pathwork gathering will be Sunday May 17 using the theme of Authenticity.**

See eView from April 22, 2015 for readings.

Pathwork is a commitment to encouraging people to their fullest development. 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:**

No Pathwork May 10 (Men's weekend)

**May 17 Pathwork**

No Pathwork May 24 (Memorial Day Weekend Work Party)

**May 31 Pathwork**

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## How to Focus a Wandering Mind

By [Wendy Hasenkamp](#) | July 17, 2013 | [36 Comments](#)

New research reveals what happens in a wandering mind—and sheds light on the cognitive and emotional benefits of increased focus.

We've all been there. You're slouched in a meeting or a classroom, supposedly paying attention, but your mind has long since wandered off, churning out lists of all the things you need to do—or that you could be doing if only you weren't stuck here...

Suddenly you realize everyone is looking your way expectantly, waiting for an answer. But you're staring blankly, grasping at straws to make a semi-coherent response. The curse of the wandering mind!

But don't worry—you're not alone. In fact, a [recent study](#) by Matthew Killingsworth and Daniel Gilbert sampled over 2,000 adults during their day-to-day activities and found that 47 percent of the time, their minds were not focused on what they were currently doing. Even more striking, when people's minds were wandering, they reported being less happy.

This suggests it might be good to find ways to reduce these mental distractions and improve our ability to focus. Ironically, mind-wandering itself can help strengthen our ability to focus, if leveraged properly. This can be achieved using an age-old skill: meditation. Indeed, a new wave of research reveals what happens in our brains when our minds wander—and sheds light on the host of cognitive and emotional benefits that come with increased focus.

### **What happens in the wandering mind?**

For something that happens so often, what do we really know about this process of mind-wandering?

For thousands of years, contemplative practices such as meditation have provided a means to look inward and investigate our mental processes. It may seem surprising, but mind-wandering is actually a central element of focused attention (FA) meditation. In this foundational style of meditation, the practitioner is instructed to keep her attention on a single object, often the physical sensations of breathing.

Sounds simple enough, but it's much easier said than done. Try it for a few minutes and see what happens.

If you're like most people, before long your attention will wander away into rumination, fantasy, analyzing, planning. At some point, you might realize that your mind is no longer focused on the breath. With this awareness, you proceed to disengage from the thought that had drawn your mind away, and steer your attention back to your breath. A few moments later, the cycle will likely repeat.

At first it might seem like the tendency toward mind-wandering would be a problem for the practice of FA meditation, continually derailing your attention from the "goal" of keeping your mind on the breath.

However, the practice is really meant to highlight this natural trajectory of the mind, and in doing so, it trains your attention systems to become more aware of the mental landscape at any given moment, and more adept at navigating it. With repeated practice, it doesn't take so long to notice that you've slipped into some kind of rumination or daydream. It also becomes easier to drop your current train of thought and return your focus to the breath. Those who practice say that thoughts start to seem less "sticky"—they don't have such a hold on you.

As a neuroscientist and meditator, I'd long been fascinated with what might be happening in my brain when I meditate. Being familiar with both subjective, first-person meditative practice and objective, third-person scientific research, I wondered what would happen if I put these two modes of investigation together. Could I get a more fine-grained picture of how this process works in the brain by leveraging the experience of these cognitive shifts during meditation?

I started by considering the default mode network, a set of brain areas that tend to increase in activity when we're not actively engaged in anything else—in other words, when our minds tend to wander. Maybe it was this default mode network that kept barging in during my meditation, interfering with my ability to keep my attention focused. And maybe this network was what I was learning to "tune down" by practicing over and over. I wondered if I could test this scientifically.

Supported by funding from the [Mind & Life Institute](#), and with the help of colleagues at Emory University, I started to test which brain areas were related to meditation. We asked meditators to focus on their breath while we scanned their brains: whenever they realized their minds had been wandering, they'd press a button. Then they would return their focus to the breath as usual, and the practice would continue. As they did so, we collected MRI data showing which brain regions were active before, during, or after the button press that corresponded to various mental states.

The study, [published in the journal \*NeuroImage\*](#), found that, indeed, during periods of mind-wandering, regions of the brain's default mode network were activated. Then when participants

became aware of this mind-wandering, brain regions related to the detection of salient or relevant events came online. After that, areas of the executive brain network took over, re-directing and maintaining attention on the chosen object. And all of this occurred within 12 seconds around those button presses.

Looking at activity in these brain networks this way suggests that when you catch your mind wandering, you are going through a process of recognizing, and shifting out of, default mode processing by engaging numerous attention networks. Understanding the way the brain alternates between focused and distracted states has implications for a wide variety of everyday tasks. For example, when your mind wandered off in that meeting, it might help to know you're slipping into default mode—and you can deliberately bring yourself back to the moment. That's an ability that can improve with training.

### **The benefits of building focus**

What are other practical implications of this knowledge? Recent behavioral research shows that practicing meditation trains various [aspects of attention](#). Studies show that meditation training not only [improves working memory](#) and [fluid intelligence](#), but even [standardized test scores](#).

It's not surprising—this kind of repeated mental exercise is like going to the gym, only you're building your brain instead of your muscles. And mind-wandering is like the weight you add to the barbell—you need some "resistance" to the capacity you're trying to build. Without mind-wandering to derail your attempts to remain focused, how could you train the skills of watching your mind and controlling your attention?

In our study, we also wanted to look at the effects of lifetime meditation experience on brain activity. In agreement with a growing number of studies, we found that experience mattered—those who were more experienced meditators had different levels of brain activity in the relevant networks. This suggests that their brains may have changed due to repeated practice, a process called neuroplasticity.

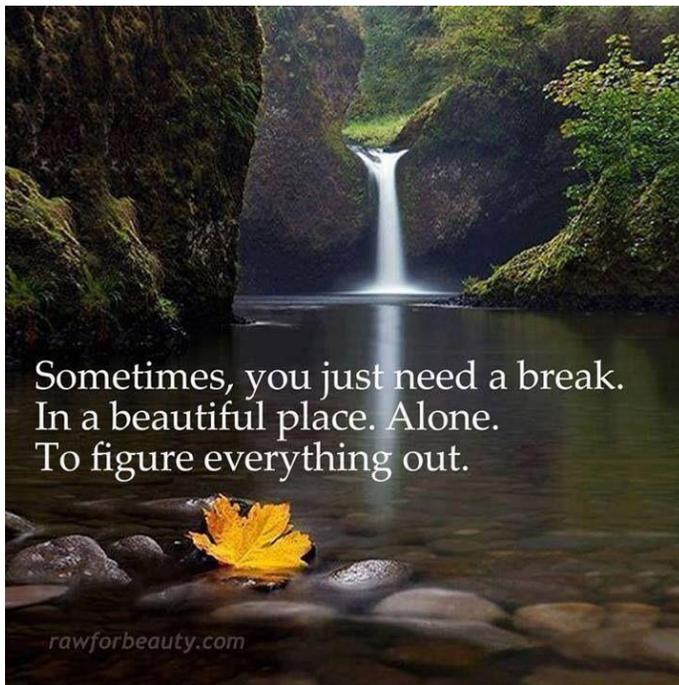
One brain area stood out in this analysis: the medial prefrontal cortex, a part of the default mode network that is particularly related to [self-focused thoughts](#), which make up a good portion of mind-wandering content. It turns out that experienced meditators deactivated this region more quickly after identifying mind-wandering than people who hadn't meditated as much—suggesting they might be better at releasing distracting thoughts, like a re-hash of a personal To Do list or some slight they suffered at work yesterday.

In a follow-up study, we found that these same participants had greater coherence between activity in the medial prefrontal cortex and brain areas that allow you to [disengage attention](#). This means that the brain regions for attentional disengagement have greater access to the brain regions underlying the distraction, possibly making it easier to disengage. [Other findings](#) support this idea—more experienced meditators have [increased connectivity](#) between default mode and attention brain regions, and less default mode activity while meditating.

This might explain how it feels easier to "drop" thoughts as you become more experienced in meditation—and thus better able to focus. Thoughts become less sticky because your brain gets re-

wired to be better at recognizing and disengaging from mind-wandering. And if you've ever struggled with rumination—re-living a negative experience over and over, or stressing (unproductively) about an upcoming event—you can appreciate how being able to let go of your thoughts could be a huge benefit.

Indeed, the Killingsworth and Gilbert study I mentioned earlier found that when people's minds were wandering, they tended to be [less happy](#), presumably because our thoughts often tend towards negative rumination or stress. That's why mindfulness meditation has become an increasingly important treatment of mental health difficulties like [depression](#), [anxiety](#), [post-traumatic stress disorder](#), and even [sexual dysfunction](#).



Reading all this might make you think that we'd be better off if we could live our lives in a constant state of laser-like, present moment focus. But a wandering mind isn't all bad. Not only can we leverage it to build focus using FA meditation, but the capacity to project our mental stream out of the present and imagine scenarios that aren't actually happening is hugely evolutionarily valuable, which may explain why it's so prominent in our mental lives. These processes allow for creativity, planning, imagination, memory—capacities that are central not only to our survival, but also to the very essence of being human.

The key, I believe, is learning to become aware of these mental tendencies and to use them purposefully, rather than letting

them take over. Meditation can help with that.

So don't beat yourself up the next time you find yourself far away from where your mind was supposed to be. It's the nature of the mind to wander. Use it as an opportunity to become more aware of your own mental experience. But you may still want to return to the present moment—so you can come up with an answer to that question everyone is waiting for.

**Wendy Hasenkamp, Ph.D.**, is a neuroscientist and Senior Scientific Officer at the Mind & Life Institute

At life's most  
significant  
moments, we are  
always alone.  
*Paulo Coelho*

meetville.com

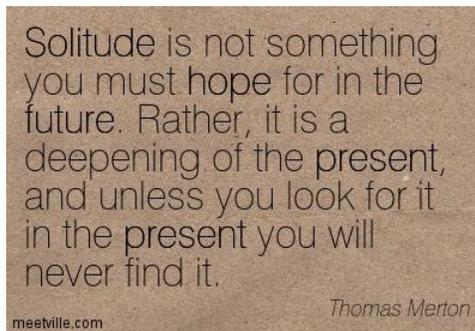
## GEC Men's Weekend

Bruce Perler

This last weekend about 20 men friends old and new joined together at Sahale. It truly was good to be together for work, hanging out and sharing stories. I'm very appreciative to Douglas DeMers, Norman Peck and John Hoff for their teamwork and support in planning and hosting and to all the men who were able to join us as well as those who sent us their good wishes but, not able to attend.

The GEC men's culture has a 25 plus year history of providing practical support, a container for personal development and a fellowship that many men genuinely desire and seek out. I'm personally appreciating the opportunity to serve the men's culture and the warmth of brotherhood it offers.

Look for upcoming announcements about our next gatherings, including at [Lab 2015](#).



## 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](http://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.

## **This Summer's Human Relations Laboratory**

*John L. Hoff*

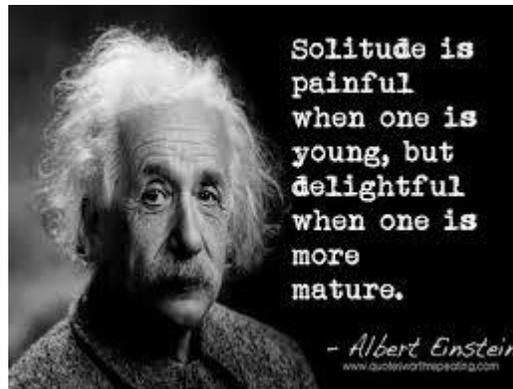
Our community is preparing for the Human Relations Laboratory which will be held from **August 9 to 15, 2015**. We have been gathering for a human relations laboratory for 46 years. We call it a human relations laboratory because we focus for the week on improving our relationships. However, our primary focus is to encourage the human development of each person. While we are highlighting human development, we utilize our relationships as a way of supporting personal growth as well as calling each of us to our own growth and health. Most people that visit with us decide to come back a for the Lab week and they all seem in agreement that the lab is part of what has made our experiment in community valuable.



By the time the Lab week begins, we will have reviewed the problems that need to be addressed and we will have re-visited the goals and purposes to be a learning community. Our emphasis this summer will be to see ourselves as life-long learners and we are pausing again to reflect on our intentions to develop ourselves. The Lab is a collection of people who are there both to develop ourselves as individuals and to help each other improve our relationships and efforts toward life-long learning.

The title of this Lab is: **The Path from Stuckness to Freedom** in which we are both reviewing the problems we are having in our own personal development **and** we are learning how to help each other be released from what holds us down or keeps us stuck, and the lab program allows us the opportunity to help each other be freer to become unstuck and more committed to developing our personal sense of freedom. If it is true for yourself or someone you know—this lab, HRL 2015--will be an unusual opportunity to talk about what is holding you back and to ask for help in choosing freedom and growth. The people who have become staff for this event are intellectual studying how to emphasize freedom and transcendence while at the same time encouraging each other to do the same. This will be a resource for couples and families and friendships of all kinds. Our on-going conversations indicate that we are motivated to make this a rich celebration of experiential learning.

Dyanne and Chris Harshman will be with us this summer with all their musical talents and accomplishments. They are helping with the design of the Lab, along with son Gabe who is enabling us develop a rich culture of music and dance and full of surprises.



## The deAnguera Blog: Men's Weekend 2015



What are the best pictures to take at a Men's Weekend? The ones showing us working so that is why I took these photos. Men look best when at work, particularly when it is work they enjoy with their comrades. We cleared a lot of cut down tree branches, separating out firewood for our boiler. It was hard work but it felt good to work with my friends.

When we share our stories with each other it creates intimate connections. We trust each other. That's because we have a commitment to our circle of men. No whispering behind each other's backs unlike the outside world.

Never in church or anywhere else have I found a group of men with whom I could open up to. Maybe the closest such experience I had with other men was in the Navy. Nowhere else could I find a few true good friends except for the Goodenough Community. That is such a profound realization. This is the first time I have thought about deep relations with other men of all ages. Some churches now have men's groups. This is a fairly recent development. My past churches have not had men's groups except for those associated with the Navy where the sailors often did things together.

I did have a few good friends when I took the Computer Service and Network Technician course at Lake Washington Technical College. But we never shared with each other the way the men at the Goodenough Community do. Now we have all gone away. I often wonder why I didn't maintain these friendships. Maybe that's how it is. I didn't value these friendships enough to

maintain them. I don't think any of us did. That's probably because school is a temporary time. The Goodenough Community by contrast is permanent. We are not graduating to go on somewhere else.

Somewhere else. Why have I always been on the road to somewhere else? I leave one group to join another. It could be for education or other reasons.

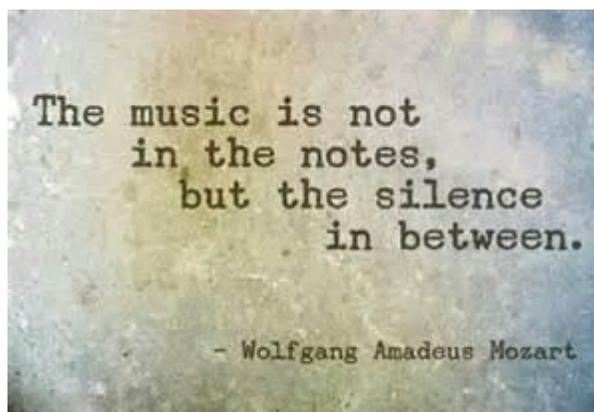
Is it possible that I had to have my heart broken first before I could value friendship? There is a feeling amongst us that each heart eventually gets broken. John would tell us that crises are what create friendships. It took a personal crisis for me to value friendships and come to my first Lab. Hearing the struggles of the other men helped me have a bigger picture of life. I was not alone. Life is hard and sharing it with other men can make it feel easier. I suspect this is one reason why people have lived in tribes for most of human history. I cannot be a human being alone. Is it possible we are living in an age when others are making this discovery as well?

I believe our society is decaying for lack of community. Without community, I don't believe we can survive.

Community is where people can trust one another. Community is where loving relations can be nurtured. To be without community is to live in a vacuum. I can no longer live in a vacuum.



Anthony took plenty of pictures of our Men's Weekend. He and Yako are doing a documentary of our community.



## News from Members and Friends

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**JR Fulton:** We wish a speedy recovery to JR, who is recovering from some recent health issues.

### Dyanne Harshman and Sarugano: More from their trip to Zimbabwe April, 2015

**Day 9 and 10.** We drove to the Mt Darwin area to visit Child Future Africa, an orphanage for children. Our mbiras for children project has begun! We left 4 mbiras with them with 4 more pending and plans in the works for an mbira teacher. The children were riveted and so thirsty for this musical experience. We left with tender hearts holding the images and voices of these precious children. We are changed forever.



### More from Claudia Fitch in Berlin

En route to Prague (last Tues). Note castle on bluff.



## **Birthdays & Anniversaries**

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By Elizabeth Jarrett-Jefferson

- **Tod Ransdell – May 17.** Happy birthday, Tod! So glad to hear you're doing well, working hard and continuing getting good reports from your health care providers.
- **Hollis Ryan – May 19.** Happy birthday, Hollis!



## **Upcoming Events**

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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/>

### **"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.

## 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

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*Third Age Gatherings*

*Women’s Culture*

*The Conscious Couples Network*

*Human Relations laboratory*

*Family Enrichment Network*

*Sahale Summer Camp*

*The Men’s Culture*

*Relational Weekend, page*

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## 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](mailto:joanvalles70@yahoo.com)

## Announcing:

## Women’s Culture, Upcoming Gathering: Saturday, June, 6, 2015

**Hollis Ryan**



At the end of the women’s weekend, a suggestion was made to re-gather and continue some of the work that was begun over the weekend.

So while some friends are putting up a large white tent, the women will be meeting together as well as helping with meals. We will gather beginning at 10:00 Saturday until 5:30 p.m. You are welcome to negotiate for a spot to spend the night.

Attendance in the most recent weekend is not required. Come join us!

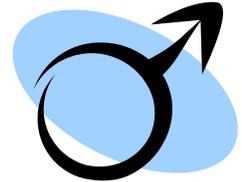
**RSVP** Elizabeth Jarrett-Jefferson

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## Men's Program

**Theme: Friendship among Men**

The men of the Goodenough Community had a great weekend this spring, Please let [Bruce Perler](#) know of your interest. In the future



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## 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.

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## 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](mailto: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](http://www.goodenough.org) (360) 275-3957



Sponsored by

### **The Goodenough Community –**

#### **An event designed to encourage human development**

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

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

**To register:** [www.goodenough.org](http://www.goodenough.org) or call (360) 275-3957 to discuss your interest.

### **Quest: A Counseling and Healing Center**

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships

**. Call John (206 963-4738), Colette (206-755 8404).**

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

