

November 11, 2015

Kirsten Rohde, Guest Editor



The Village eView

On-Line News of the Goodenough Community System:

The American Association for the
Furtherance of Community
Convocation: A Church and Ministry
Mandala Resources, Inc.
Sahale Learning Center
The EcoVillage at Sahale

HEALTH

*Health is a state of complete harmony
of the body, mind and spirit (B.K.S.
Iyengar).*

Upcoming

Celebrating 80 Years with Jim Tocher – Nov 15

Thanksgiving at Sahale, Nov 26

True Holidays Celebration – Sat, December 5

Solstice Bus Trip – Sat, December 19

Healing and community

John L. Hoff

It never ceases to surprise me how themes for the eView can become personal and experiential over time: most recently I've encountered open heart surgery at the same time that this theme of "health" has emerged. My first take on it is that I am very impressed with both the talent and the skill of medical people. I'm appreciating the surgeon, and all the staff, and the medics too. I also appreciate my friends and family who have been very kind and helpful to me, as well as everyone who has sent wishes of a good healing recovery. In fact I was talking with my eldest daughter Laura in Phoenix today and realized how special it is to live in a community where we are all more aware of how we help each other with health crises.

While I was not active in the conversations this past weekend (our community weekend at Sahale), I was impacted by them in social times with people. I have felt warmly held and supported in just being present in the larger fellowship. I am convalescing this week at Sahale and I'm appreciating that being around people that are having a good time is healing in itself.

Colette is on the East Coast at her 50th high school reunion and I am both missing her and wishing her a joyous time of reunion. This is a wonderful opportunity to wish all of you a happy and healthy future. And should you ever have a health issue know that there are people around who want to help and your job is simply to receive the offerings of support and healing.



Celebrating Community

Report on our Weekend

*Gather Together
Loving Discussion Ensues
Community Here
- Douglas DeMers*

Words from the weekend that describe our experience: honoring, inclusive, covenant, history, thankful, collaboration, joining, yummy, loam-a-licious, community! Part of a healthy life is gathering together for a common purpose. We all know that laughter is healing and we laughed a lot. We enjoyed the scents and feel of autumn on the land. We also had time to value our history through stories, spending time with our covenant (see Mike's article), and having conversations across generations and also between long time community folks and newer folks. We'll include more details about the weekend next week.

"A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living."
—Rudolf Steiner

*"What happens when people open their hearts?"
"They get better."
— Haruki Murakami, Norwegian Wood*

How Gratitude Can Make You Healthier

by: Deepak Chopra, M.D.

The mind-body connection is quickly coming of age. We've moved from the early stage when researchers were challenged to prove that our thoughts affect our bodies. The next stage was focused on how toxic mental patterns can harm us. Now a new phase has dawned, where "positive psychology" is the main focus. Gratitude is the perfect example of positive psychology.

In one [2003 study](#), a group of subjects kept a personal journal for 10 weeks, in which they rated their mood, physical health, and other factors that contribute to being happy. They were told either to describe five things they were grateful for that had occurred in the past week (the gratitude condition), or they did the opposite and described five daily hassles (the hassles condition) that they were displeased about.

Those in the gratitude condition reported fewer health complaints and even spent more time exercising than control participants did. Similar studies have [shown improved emotions](#) when someone who has a chronic illness focuses on an "attitude of gratitude" instead of feeling negative. Similarly, gratitude leads to [lower levels of stress hormones](#).

Now that we know gratitude is good for you, it joins the list of things, including love and empathy that create a biochemical shift in the body. Since gratitude is a mental activity, it's a powerful finding to show how something totally non-physical can alter the physical activity of the brain. The general lesson here is that the brain responds to positive input and sends life-enhancing messages to every cell in the body.

How can you activate the power of gratitude in your own life?

The 3 Stages of Gratitude

There are three stages of gratitude, each one more effective than the one before. These are:

1. Feeling grateful for the good things in your life
2. Expressing your gratitude to the people who have made your life better
3. Adopting new behavior as a result of interacting with those who have helped you

All of us have experienced the **first stage**—we have felt grateful that something good has happened, often in the context of escaping a threat like a disease diagnosis that turns out to be a false alarm. To make this feeling more than a passing moment, you need to make the "attitude of gratitude" more continuous. Keeping a brief journal, as in the gratitude study, is all it takes to trigger the health benefits of gratitude—a good start for anyone. (*continued on page 13*)



The deAnguera Blog: Our Community's Health



Our Celebrating Community Weekend at Sahale was a good way to measure the health of our community. We spent the weekend analyzing our individual stories and how they fit into the larger story of our community.

The photo on the left shows us hanging out around the firepit by Potlatch. Over the years this have become our social spot. A lot of good sharing happens here.

On the right Irene Perler is presenting Colette with her birthday cake. Isn't it wonderful to have your family celebrate your life?

John knows the value of our family. When he came home from the hospital a week ago, we were ready for him and Colette. What we are doing is working.

On the weekend, we broke up into groups to see how each line of our Covenant was illustrated in our individual stories. Our Covenant arose out of our experiences and became a statement of our ideals. I believe the Covenant can be used by other communities. It can give them a framework for everything a community can do. They don't have to think about how to organize themselves from scratch.

Community can wake people up to the potential of friendship. What can be possible with friendship, particularly a friendship involving many people?

Our community explores friendship in depth. Every so often we take stock of how our friendships are going. This is what sets us apart from other groups. It is our way of working towards consciousness.

My own dance towards a more conscious life usually involves two steps forward and one step back. When I take a step backwards I often feel foolish, yet the backward steps allow for me to reflect on what I have done so I can go deeper becoming capable of taking more forward steps. This is because other people call me to account. Thank heavens they are there for me. You are all helping me become a stronger person.

Today a bunch of us were out in the garden with Irene Perler. We all pitched in getting a lot done. That's what is amazing about good team work. I don't have to do all the work, I just have to do my part and the work is usually not very hard. I love working with my friends because it helps bring all of us closer together.

Lab is a good way to get started on coming together as community. Newcomers get introduced to our way of life and usually fit right in. Growth really occurs when we are together week after week. The effect on each of us is very noticeable. People gain confidence in themselves and pride in the work we are all accomplishing together.



One way to measure our health as a community is how productive are we? As you can see we have been quite productive filling the back of the blue truck with weeds we pulled.

*Our most natural state is joy. It
is the foundation for love,
compassion, healing, and the
desire to alleviate suffering.*

Deepak Chopra

*Medicine in the future
will give everyone the
ability to become their
own best healer.*

- Deepak Chopra

Our Covenant

*As a friend in the Goodenough Community, I
commit to being the best version of my self:*

*By entering fully into life's experiences;
By giving myself fully to the process of
transformation through the expression of love;
By trusting the good intentions of each one of us;
By relating to others with respect and acceptance;
By making and keeping agreements with great
care;
By being constant through conflict;
By honoring leadership in others as a method to
develop the leader in myself;
By taking responsibility for my unique and
significant role in the world;
By acknowledging the inner and
interconnectedness of all creation, thus being
safe and at home in the universe.*

So be it!

Thanksgiving at Sahale – You're invited - November 26, 2015

This year our community Thanksgiving will be at Sahale. We invite you to join us for a good country feast. We will prepare a turkey with stuffing, gravy, potatoes and perhaps a couple other favorite side dishes. We're asking guests to think "potluck" and to bring a dish you'd love to eat and to share with others. Or come earlier in the day and prepare a dish at Sahale. Let us know so we can



coordinate cooking together. Vegetables, side dishes, desserts are all welcome. **Dinner is planned for 4pm.**

You are also welcome to stay over for the night or longer into the weekend. This will be a relaxing weekend that we will create together. Bring a craft project, musical instruments, snacks and beverages to share. Please let Kirsten know of your plans (krohde14@outlook.com).

Our True Holidays Silent Auction

Elizabeth Jarrett-Jefferson



*We are pleased to announce that we will again be featuring our **Silent Auction** at our annual True Holidays event this year, **Saturday, December 5, at the Mercer Island Congregational Church (4545 Island Crest Way, MI 98040), beginning at 6:00PM** (mark your calendars & note the time). This event*

is a wonderful part of the True Holidays celebration because the spirit of warmth, generosity and creativity that surrounds the Auction is deliciously palpable—and sometimes even edible!

To which I extend my invitation again to you to donate to this very worthy cause, the work of the Goodenough Community, which supports programs that help real people and real lives. We need the work of communities like ours now, these days, more than ever. There will be a bid form included each week with the eView, and [I invite your contribution](#).

Are there things/experiences that you would love to bid on but aren't offered by the auction? [Let me know](#).

Here are some ideas---either for donating or your wanting to see them there. **I know this is the fall, but let these spring-board your creativity!**

- A team to rake fall leaves
- Mosaics class
- Dog sitting, dog walking
- House sitting
- A guided/catered hiking experience for several with your own personal sherpas
- A catered sailing experience with two experienced, talented sailors
- Maid-for-the-day
- Laundry-for-the-day
- Grocery shopping
- Running errands, driving your kids to activities, driving your parents to activities
- Birthday cakes for your family/children for the entire year
- Gardening/potted plants lessons and nursery trip
- Perennial plants
- Holiday linens

- Movie tickets
- Certificate for a massage or the Spa
- Organizing your papers
- De-cluttering your house
- Handy man services
- Scrapbooking, organizing photos, sorting
- Drawing lessons
- Museum tour with your own personal docent
- DIY wine tour with your own personal DD
- Wine and cheese basket
- Knitting lessons
- Knitted items
- Meals and meal deliveries
- Sourdough starter from a famous local restaurant



- Guitar lessons
- Architectural consultations

I look forward to seeing you there. – Elizabeth.

True Holidays Celebration – 28 years and going strong!

Saturday, December 5, 6 to 11 pm

By Kirsten Rohde

Twenty eight years ago members of the Goodenough Community created an evening to prepare our minds and hearts for the season's opportunity to better befriend family, friends and others whom we encounter in daily life. Each year the **True Holidays Celebration** has helped people prepare for the winter holiday season honored by many faith traditions. We offer a chance to practically improve our lives during the mid-winter season, a season that can be beautiful, charming to the child within, and open to friendship and caring. Unfortunately we can also get caught up in a great bustle of activity, overextending, and competing commitments. Our True Holiday event is designed to give each of us a chance to just be present to ourselves, our connections with others, and our intention to savor each moment as it comes. During the evening, we pause for a time of reflection when we can notice what we personally need and value in this season, and honor what we have to share with family, friends, colleagues, and the community of people all around us.

I invite you to join us on December 5th and to invite family and friends to join you. It is both a fun and thoughtful evening. The team of us that create this event talked about wanting to give back to the broader community in this season. Therefore we have agreed that, while some activities during the evening do help raise



funds to support our community, we will donate a portion of the proceeds to Northwest Harvest.

During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction.

This year again we are happy to be led in contra dancing by Sherri Nevins and her musician friends!

Winter Solstice Bus Trip - Saturday, December 19.

A Registration form is attached to the eView email

With your friends and family, enjoy this day-long journey that embraces the longest night of the year. We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.

[Please register with Elizabeth now](#) (last year we sold out).



From grandchildren to grandparents, this day-long adventure has proven itself for over 20 years. There is, first of all, a cozy bus ride to Leavenworth and back. On the bus, there is time for eating, getting acquainted, and singing—it's the holiday season! In addition we usually stop for snow play in the mountains where the snow is deep. Our time in Leavenworth is long enough for some shopping and experiencing Christmas sights and sounds. We finally arrive at Eagle Creek Ranch where we board horse-drawn sleighs for a ride through the forest followed by a feast brought with us. Through the years, many people have said it is one of the most delightful of days. Colette Hoff will be our guide this year.

This experience was created years ago by a group of adults who wanted to put all of the pleasures of the holiday season into one day. Come join us and you will find that many of us return year after year because we wouldn't want to miss it.

Our cost includes transportation, sleigh ride, and a hearty dinner:

\$90 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

[Please register with Elizabeth now](#) (last year we sold out). A registration form is attached to the eView message.



*New Year's Eve Weekend **at Sahale***

Kirsten Rohde

This year New Year's Eve is on Thursday night. We plan to continue our tradition of good conversation, winter walks, hot tubbing, making meals together, and celebrating the change of year. Dinner will be served at 7:30 p.m. on New Year's Eve. Of course, we will have our 9th annual Train Dominoes Tournament. Time will also be given for some personal and shared reflection and for joyful celebration.

This year, there is the opportunity for relaxing at Sahale the weekend afterward, and time to enjoy creative expression.... art, poetry, trying out a recipe, music, reading, conversation. Hot tubbing and enjoying Sahale, of course. You are welcome to come for the weekend— please let Kirsten Rohde know of your plans (krohde14@outlook.com)

Community News

Elizabeth Jarrett-Jefferson

Birthdays and Anniversaries

- 🐣 Happy birthday, **Colette Hoff** - November 10
- 🐣 Happy 80th birthday, **Jim Tocher** – November 11
- 🐣 Happy birthday, **Norm Peck** – November 14
- 🐣 Happy birthday, **JR Fulton** – November 14



Please join us!

Celebrating 80 Years with Jim Tocher

Sunday, November 15, 4 to 7pm

Community Center – 3610 SW Barton, Seattle

Appetizers and Desserts

Bring your favorite “Jim story”

RSVP to Elizabeth -elizabeth.ann.jarrett@gmail.com

Themes for Upcoming eViews

We welcome your contributions to the next series of *eViews*! Send your contributions to the Editor of the Week !

🍁 November 18 – *Hearth* (Elizabeth, Editor)

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.

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

Programs & Events:

Third Age Gatherings	Women’s Culture
The Conscious Couples Network	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp
The Men’s Culture	True Holidays Celebration

Women’s Culture



Hollis Guill Ryan

In September we began a new year in the women’s culture, a year of exploring our journeys as women on “The Path of Freedom.” As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete.

We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: Saturday, October 24; and November 21. Come join us!

Save the date

True Holidays Celebration

Saturday, December 5, 2015

This event has more than 25 years of history and is held early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and begins at **6:00pm**

Kirsten Rohde will be our host and guide



Mark your calendars for Lab 2016!

The Human Relations Laboratory

August 7 to 13, 2016

Sahale Learning Center

On the Kitsap Peninsula near Belfair

www.goodenough.org (360) 275-3957



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) or Colette and John at Sahale – 360 275-3957. Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

(continued from page 3)

Stage 2 is more challenging. It's hard to reach out to someone else, especially because many people think that opening up and expressing your appreciation makes you more vulnerable. It's easier to stay inside your shell. But when you express gratitude to someone else, an emotional bond is formed, and emotional bonding is one of the key traits of truly happy people. Some of the earliest mind-body studies showed how loneliness and isolation—the very opposite of bonding with others—led to decreased health and a higher risk of mortality. Now it's time to reverse our focus and emphasize the positive side of the equation, putting emotional bonding high on the list of self-care.

Stage 3 is the most powerful because it changes people's futures. When your gratitude leads to showing more sympathy, less judgment, and greater appreciation for life itself, you are setting the stage for years of positive reinforcement. By adopting gratitude as your default position, so to speak, you tell your brain that positive input is going to far outweigh negative input. Mixed signals lead to mixed results. By being consistent in your attitude of gratitude, you set down a blueprint that over time leads to brain changes with farseeing benefits.

Clearly, the way of gratitude is one of the most natural paths to wholeness because body, mind, and spirit are affected at every level almost effortlessly; give it a try.

- See more at: <http://www.chopra.com/ccl/how-gratitude-can-make-you-healthier#sthash.IICTCrFY.dpuf>

