



Village eView

June 6, 2018

Colette Hoff

Editor

Practice

Practice Doesn't Mean Perfect

Colette Hoff

There isn't anything except your own life that can be used as ground for your spiritual practice. Spiritual practice is your life, twenty-four hours a day. Pema Chodron

Life lived as a practice includes each aspect of what we do, how we do it, with what intention, and the outcome. Practice can be thought of as applied mindfulness and being present to all we do. Cooking is one of my favorite metaphors for practice. Beginning with menu planning, taking inventory of ingredients on hand, getting the best quality food as economically as possible, and storing with care are all required before cooking can begin. Each phase of the process requires practices –equipment needs to be ready, ingredients gathered, produce washed, pots and pans selected, and the best method for cooking needs to be determined. Any aspect can be hurried or done carelessly and the intention of serving nutritious meals that taste good would not be met.

The adage of *Practice makes perfect* might be appropriate for some specific skills yet is not the best guide for life. A mindful life is about doing things well, thoughtfully, whole-heartedly, and creatively. The burden of perfection is not what it is about. I've heard that the sign of a good cook is how they handle mishaps when things don't turn out as expected for whatever reason.

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

Coming Up

Men's Gathering, June 8 to 10

Barton St. Big Move, June 16

Pathwork, June 17

Community Council, June 18

Sahale Summer Camp, June 24 to 30

Creativity Weekend, July 7

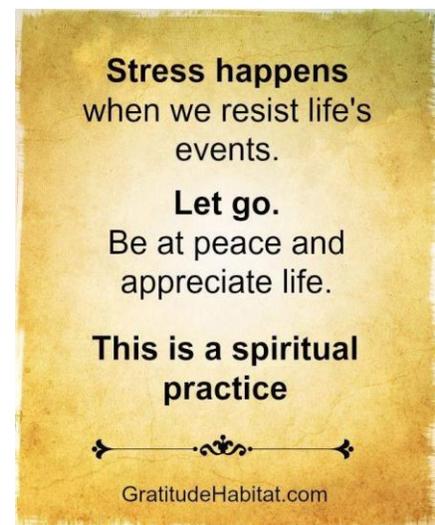
The white gathering tent is going up this weekend as the men gather to enjoy time together. As I watch the guys gather to do this challenging feat, I see the task as a group practice achieved in the 16 years it has been erected. Learning and evaluating each time how the process could be even smoother, it is highly technical and requires mindful collaboration, including listening to one voice of the designated leader. I value the opportunity to observe my engineer friends in the practices they engage in approaching challenges and projects. All disciplines have practices.

And aren't elements of self-care practices: brushing teeth, paying attention to the body through exercise and mindful eating?

Our theme for the 2018 Human Relations Laboratory, **Journey in Freedom: The Radical Practice of Living a Good Enough Life**, will encourage mindfulness, which is a key and a practice that is enhanced by disciplines like meditation and yoga. As observed in last week's issue, radical is comprehensive, essential. Radical practice can become a way of life for expanding consciousness, connection, and energy. And since this topic will be essential to the 2018 Lab, it will be carried forward to next week's eView.

As I was preparing this article, I came across a definition of practice written by John Hoff: ***Practices (disciplines, yogas, lifeways) are habits for living that support an individual's intention to be a growing, developing human being.*** *The Goodenough Community is a learning organization whose service is to develop and support mature, effective individuals, couples, families and community systems.*

This issue of the eView will also feature a dream coming into reality – a mother drum to be used throughout the Goodenough Community's cultural programs is being created through Irene's vision and Summer camp. We will read about the value of drumming in an article by Draï and Kirsten writes about the NICA weekend and the Third Age experience, June 1. Mike also writes about practice.



Northwest Intentional Communities Association Spring Meeting at Sahale

Kirsten Rohde

This past weekend at Sahale we hosted the Northwest Intentional Communities Association annual meeting. 30 people were present from a variety of communities or as individuals seeking community. It was fun to offer our place and to be part of the larger regional community of communities. I learned a lot, enjoyed seeing old friends and meeting new people.

Saturday morning, we had a round of each person checking about news from their community. People living in co-housing, ecovillages, urban houses and people seeking community all shared a bit about their story.

In the afternoon we were led in a process of creating break out groups based on interests that we all put forward. The first one I went to was on diversity in community – how do communities create an open inclusive environment for newcomers of different race, culture, gender orientation, and age. Not all but many intentional communities in the U.S., including ours, are predominately white. Understanding the history of oppression is one step to learning to be more open and sensitive to the experiences of others. We also heard examples of diversity training and how this can sensitize, for example whites, to experiences of “micro-aggression” – small, perhaps thought to be casual comments or actions that are experienced as aggression or an attitude of superiority towards people of color. I felt the encouragement to just be willing to engage, knowing that I will learn about my own prejudices and assumptions in the process.

The second session that I went to was about aging in community. We talked about how we could create living places that enable people to “age in place” in community whether it be co-housing, ecovillages, or some form of retirement facilities that retain the connections of community. We also talked about finances – many older folks in our country currently do not have the finances to fund such things as illnesses and increasing needs for healthcare, much less something such as senior co-housing or continuing care communities. Younger generations will be in increasing difficulty as they age, without the guarantees of retirement plans, healthcare, or Social Security and Medicare as we know it now. What can those of us in intentional communities do to create innovative solutions for ourselves and for generations behind us? There are groups already working on such ideas and I have a number of connections to follow up with.



Saturday evening there was contra dancing on the lawn and music in the Swamp and an anniversary celebration for NICA’s 25 years.

Sunday morning Syd Frederickson, the NICA Board President, talked us through the history of NICA. We in the Goodenough Community recognized ourselves in the history, serving on the NICA board at times, attending community gatherings, including the 1993 Intentional Communities gathering at Evergreen.

In all I am glad for the connection to the broader communities movement and the potential for more collaborative work among us. This is part of our community’s mission.

Spiritual practice is not just sitting and meditating. Practice is looking, thinking, touching, drinking, eating, and talking. Every act, every breath, and every step can be practice and can help us to become more ourselves.

Thich Nhat Hanh



Men’s Gathering, June 8 to 10

The men’s program is an expression of the best wisdom we have gathered from their life together—about what is a man and how he could best express that in his own life.



men
good

Our spring gathering at Sahale will be combined with the erection of our seasonal event space, the white tent, and continue into the rest of the weekend as a men’s gathering, June 8-10. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Barton Street Moving Party

Pam Jefferson

It’s that time again to pack and move more things from Barton Street. **Saturday, June 16 from 10 a.m. to 4 p.m. is your next opportunity.** I’ll be renting a truck, so we can load as much furniture and boxes as possible. Please let me [know](#) if you can lend a hand or two! Lunch will be provided. And dinner on the other end at Sahale for those who can make the trip!



Something Special is On its Way

Irene Perler

Every year in June for the last 13 years, something very special happens in our community life. We host and create a wonderful experience for friends and families with children and youth aged 9 to 12 and up to 83. We have had fun creating a village at Sahale that we call Sahale Summer Camp. (A camp brochure is attached to this eView. Maybe you know someone to send it to?)

This year, as in the past, there will be a week-long overnight camping experience formed by a staff of loving and passionate adults who are joined by a group of excited youth, all of whom engage in the creativity of building a wonderful world of relationships and creative happenings in our beautiful and enchanted natural setting of Sahale.

This year, we have a very interesting activity planned; the seeds of which were sown at last year's camp. We had a new campfire activity led by Draí Bearwomyn Schindler. Draí brought her love of drumming, her many beautiful drums, and introduced us to the power and joining quality of group drumming. Draí is a very skilled and natural teacher and she teaches from her heart. She made it clear that not only can everyone learn to drum but it was also clear that something special happens when a group follows a leader and learns to drum together as well as learning how to add individual rhythms. I had a powerful experience and as I spoke to others they shared that it was meaningful to them as well. It is as though I heard the group heartbeat and under the starry skies I felt that the whole universe has a pulse, which we can sink into when we drum together.

Since that experience, I have remembered other drum circles at festivals and how I heard my first drums at Pow Wows in Seattle at Discovery Park and I recall the body feeling of when Beaver Chief brought his voice with his drum to many of our community events. I have also had an extraordinary experience of drumming and praying with a group of women that was healing and empowering and mysterious. Over the years, I can see how drumming has been beating its way into my heart and I found myself so moved by what happened at camp last year when the children all came together around drumming. They were so attentive to every instruction, they had a natural reverence and desire to focus. They cared for the drum as requested and felt honored to be a part of the experience.

I have been part of several conversations over the last few years expressing the desire to have a "Community Drum" or a "Mother Drum" which is large enough for several people to play at once. Early this spring, I had an inspiration to see if one of our mutual



"Yoga is not a work-out, it is a work-in. And this is the point of spiritual practice; to make us teachable; to open up our hearts and focus our awareness so that we can know what we already know and be who we already are." — Rolf Gates



www.elementalyoga.org

friends from long dance would be willing to hold a drum making activity for camp and not only that I asked her if she know anything about making one of these Community Drums.

I contacted Lori Boess, a friend from the Women's Way Long Dance and she was so pleased to be asked and said yes! Lori has been busy getting us the materials to create our Community Drum as well as the parts for individual drums. She has been preparing herself to teach what she has learned over years of experience in a meaningful way. Not only will campers make individual drums, they will also learn how to use a drum and care for it and how to have a relationship with it as a sacred personal object. I won't tell any more of her secrets until after camp, but she is bringing all kinds of wonderful things to enhance our experience of learning from her native Lakota and Cherokee traditions.

I am very excited to take the next step as a community to birth a Community Drum into being. In many cultures, the women "tend" the drum, caring for it and honoring it as a powerful being in our midst. I imagine it is a bit like how John would talk about Ursula who was not a pet bear, but a real bear and had a significant presence in his and our lives. He looked after Ursula or did Ursula look after him? What I am learning is that there is a real relationship possible and that our drum will thrive in relationship. I will be learning more about that as I care for it with others. Are you interested too? Let me know!

I invite you to share your curiosity about this new being that is in its gestation in our shared life. This drum is for all of us and all our cultures and events to learn to use and enjoy. You will see an article this week from Draï who will be sharing her wisdom with us as we embrace our new drum. I appreciate that she can help us prepare and make more meaning of this experience.

And a word from Hollis:

Doesn't this dream of a mother drum for our community touch a chord deep inside you?
Wouldn't you be proud to help bring to life this dream?

You *can* help!

We want to raise \$1,000 to share the cost of building our mother drum!

Any amount you can contribute -- \$5, \$25, \$50, even \$150! -- will help

You may donate online here: <https://www.goodenough.org/donate>

Or mail a check (made out to the Goodenough Community) and mailed to

Post Office Box 312, Tahuya, WA 98588

As an elder in the Goodenough Community, I thank you deeply for helping to bring this long-held dream into reality. **Your support, *in any form*, helps enable healing and empowerment through the power of the drum.**





WRITTEN
BY DRAI

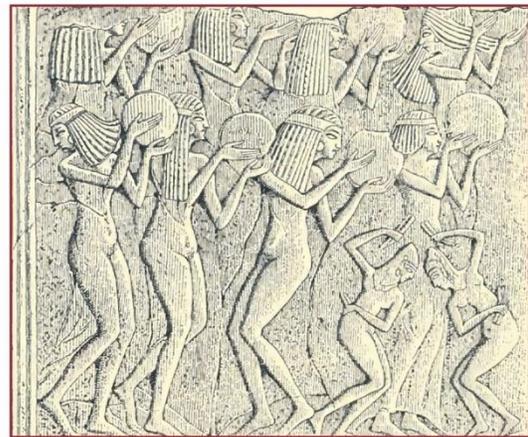
three aspects of the **POWER OF DRUMMING**

I will give you a 'drive-by' of my beliefs about the power of drumming. I will also be sharing more drum information and lore in [future eViews](#), as the Goodenough Community expands further into the rhythm and mystery of the drumming world. It is an honor and delight to be one of your drum "tour-guides." Given that, I would like you to know... I am not an expert. I AM a drummer. I am a joyful novice. I have owned and lightly studied drums such as the Irish Bodhran, Arabic Riq, African Djembe and Djun Djuns, Persian Doumbek/Darbuka, South American Bongos and Congas and Native American Frame and Powwow Drums and more. My knowledge is meager with some depth of experience and is backed by a whole lot of passion. If you ever want to talk to me about this, I invite you. I would love to hear YOUR drum stories too! DRUM ON!

Drums are one of the oldest musical instruments ever used by humankind (pre-neolithic, well over 7,000 years ago). There are myriad cultures (Celtic, Native American, Egyptian, Middle Eastern, African, Grecian, Asian etc), from ancient times to present, who drum. In fact the majority of global cultures drum. This tells us clearly there is a power in drumming...global and time tested. (SIDENOTE: Those that don't drum, or seldom drum, do so mostly because they lack resources such as wood and or animal hides in their geographical region, keeping them from evolving drums as part of their culture, ritual and practice.)

Each drumming culture and each drummer might explain the practice, power and meaning of drumming differently. However, there are a few common *core beliefs* that many of us share.

The philosophy I share here was taught to me by many mentors and elders over the years (Brooks, Willow, Connor, Fatu... to name a few); through experience and by listening to professionals or reading. If you personally are very interested in learning more about the drum culture, I recommend the book "When the Drummers Were Women" by Layne Redmond. One of my favorite parts of her book is where I learned that many of the hieroglyphs and friezes that I once was told depicted women holding the moon as a goddess reference, are actually women holding hand drums such as Riqs, Bendirs or Tars!



1 CONNECTION

The Practice of Drumming CONNECTS us to our Self and our internal rhythm. I always say, "If you have a heart and it beats, then you have been a drummer your entire life!" It's especially true that when we focus on repetitive, steady rhythms, we often find ourselves organically morphing into an external mirroring rhythm of our own heartbeat. I like the perspectives given by The Total Rhythm Company:

*"Drumming and Rhythm help bring us back inside. The Power of Rhythm is the Power of Repetition. When we lock into a beat, our mind SLOWS DOWN (and, ultimately, turns off) and we reconnect with our physical rhythm: heartbeat, breath, muscle movement. We stop looking outside of ourselves for stimulation and approval; we begin to listen to the still, calm voice from inside. Some call this intuition, guidance, Love, even God. I call it my soul, or my positive life force. This energy resides in everyone and is constantly attempting to share it's wisdom and guidance. Unfortunately, most of the time we are too busy, too much into "More, Faster, Now" that we never stop to listen. That's too bad, because this message from **our spirit** is exactly what we NEED and WANT to hear in order to live our lives in complete accord with our dreams and desires."*

Drumming CONNECTS us to Each Other. Intentional drumming is a very tangible, meaningful experience of collaboration. We witness one another and hear each other's 'voice.' Group drumming transcends all boundaries & energizes. Just the act of standing in a circle around a drum together begins the process of unification! Anyone can take part. It is interactive.

Everyone becomes equal and it quickly becomes apparent that what we can achieve together is far greater than what we can do alone. I often share that a drum circle is a great metaphor for life.

For example... In a drum circle, if you are the person being the loudest, rudest pounding drummer- leaving little room to hear anyone else...that can be like the person in a meeting who shouts over people and takes over the room. He/she often gets their way because they daunted their team members, making work life really unpleasant for others.

OR in a drum circle you can hear the mother drum, sit inside the rhythm, find the piece of the song that you want to add, then sift your rhythm into the group...hearing the mother drum, hearing yourself AND hearing others. This creates a cohesive and usually enjoyable drum round. Likewise, in a business meeting, this can be the person that shares their view in weighted balance to others. He/she is functionally inclusive. This creates a cohesive and usually enjoyable meeting and often leaves the group with a plan in which everyone is invested. Also giving better odds for success and team longevity.

For thousands of years, people have understood the power of drumming together in many kinds of rituals: Celebrations, Births, Deaths, Prayer and of course for the sake of music. Drumming is satisfying. Drumming together is transformative.

Drumming CONNECTS us to Spirit. There is a notion that drumming calls out to 'the gods,' gets their attention, an audible flag waving to say "Hello, please hear my prayers." Many use drumming as a vehicle to clarify, set and send intentions out to the universe. On Long Night (A LongDance event) at Sahale, we begin drumming around the fire pit at dusk and "drum our intentions and prayers", non-stop, until dawn. The energy that is raised in 12 or so hours of continual drumming, the transmogrifying stillness found within and the repetitive vibration not only fills us up, it also carries our desires for ourselves and our global community UP and OUT...in a profoundly magnified, visceral way.

2 HEALING

The Practice of Drumming has now been scientifically proved to heal. Medicine Men, Women of Wyrdd and Drummers have experienced the healing power of drumming for centuries, which is a large contributor to drumming's ongoing charismatic longevity. It is only in the recent era that science has proven it out. For example:

REMO is the world's largest drum company. One of their subdivisions is Remo Health Rhythms. (I am honored that they are a client of mine!) Through many dollars and decades, partnering with the Ivy League to research...they have learned that **drumming physiologically changes our cells**. Some might argue just the act of relaxing, being in the presence of music etc makes us heal. While that may be true in part, it goes much deeper than that. Different rhythms played for different periods of time can change/improve/grow/heal our T-cells in different ways. Further, research has shown that drumming can help strengthen the immune system, reduce stress, reduce burnout rates, improve mood state plus promote creativity and bonding. Research-based group drumming programs are now being used in hospitals, schools, support groups, community outreach, and more. Kaiser Permanente is actively testing drumming practices for the healing of patients. They have also begun pilot Healing Drum Programs for caregivers inside their organization. Nurses and docs taking a piece of their week to drum together is bringing varying degrees of wellness to a very stressful work environment!

There is much more dialogue to be had about healing and the practice of drumming. For today, I will leave the scientific part to knock your socks off.

3 FUN

The Practice of Drumming is just gol' dang fun and I hope to drum with YOU very soon.

This is an example of a Powwow drum also called a Mother Drum by some cultures. It is a version of this drum that we will be birthing for the GEC community at camp this year!





49th Annual
HUMAN RELATIONS
LABORATORY

AUG 5 to 11, 2018

Sponsored by the Goodenough Community



JOURNEY IN FREEDOM

THE RADICAL PRACTICE OF LIVING A GOOD ENOUGH LIFE



Report on the Goodenough Community's Third Age Group



Kirsten Rohde

The Third Age is a group of people who are 60 and older. We have been gathering every other month and this past Friday was our last meeting until the fall. We read two articles that generated good

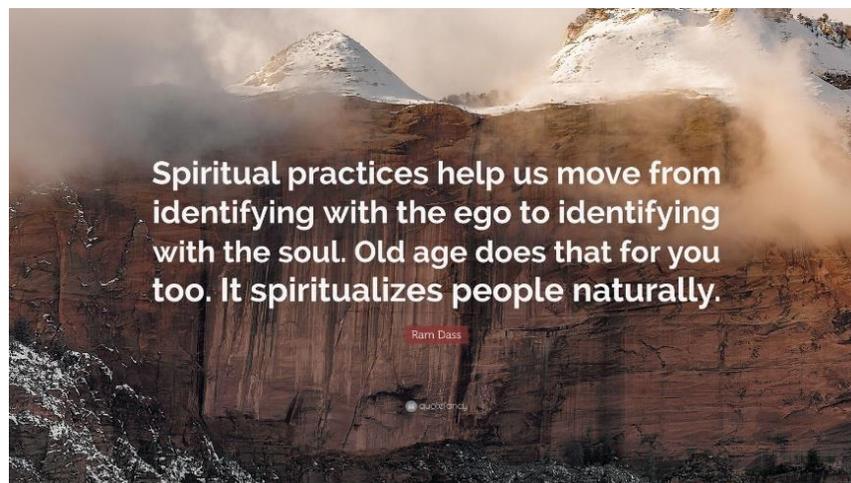
conversation and we also just enjoyed a variety of topics and quite a bit of laughter, plus good food. One article was "Accepting Absolutely Everything" by Tara Brach. "Perhaps the biggest tragedy in our lives is that freedom is possible, yet we can pass our years trapped in the same

old patterns.” The other article, from the Shambala tradition was, “Aging: Everybody’s Doing It” by Susan Moon.

We agreed that we’d like the Third Age meetings to continue in the fall. Possible topics generated by us:

1. Help and support in updating or completing the forms necessary for all of us: Power of attorney, living will/ Five Wishes, Will, etc. Doing it together can mean we actually get things completed. Some of us need to update what we have and some need to start from scratch.
2. Dealing with stuff – what do we want to leave behind us when we’ve departed? What do we not want to burden others with (50 photos of the same sunset?, books we’ve never read and don’t intend to? Broken stuff? Etc.)
3. Both of these projects have to do with legacy. What has value that we want to leave for others? What stories do we want to tell about objects or events of value to us? Examples from Sahale are what spaces on the land are sacred to us, have significant history, that we want to pass on to new generations.
4. Another topic is about relationship – what kinds of relationships do we have, want to have, want to strengthen, etc. What are relationships like in our 60’s, 70’s and 80’s?
5. We talked about perhaps having alternating evenings that focus on a movie or video one time and a good topic of conversation another time. Plus always, keeping up to date with each other about our lives.

The Third Age will next meet in the fall.





The deAnguera Blog: Practice



What can people create together? Well over half a million of us can create a city as a result of our practice. Of course a large part of that practice involves exchanging money with each other. A bunch of us can help Jeff Bezos build a corporate center in downtown Seattle including these spheres right at the entrance.

These spheres bring back memories of the Bubbleator, a spacey elevator in what is now Key Arena. Back then this building was the Coliseum in the 1962 Century 21 World's Fair.

The Bubbleator was a huge Plexiglass bubble that rose up to the top inside the Coliseum. A man in a silver suit sat at the controls. Space ship like.

Amazing what a lot of money can accomplish. Spacey buildings with greenery inside maybe a future trend in Seattle and around the world.

Places like Amazon have employees working for an employer. They have enabled Amazon to become one of the largest retailers in the world. We customers also do our part every time we order something from Amazon.

Are our visions allowing us all to make good choices individually as well as a group? What I imagine usually governs the choices I make. What's in my mind now is certainly a lot different than when I was a boy in 1962. I carried a lunch pail with the Mercury space capsule on it when I went to school. I was very much into space travel.

Now what's important to me is how I relate to those around me. Space travel doesn't interest me like it used to.

In our Sahale world we have caring relationships with each other. Our work is meant to bring us together rather than make a profit for stockholders. We are way more than just employees. Just thinking what we have together makes me appreciate our gardens more. Unlike the Amazon Spheres our gardens took many years to create and are the work of all of us.

You should see our strawberry plants! They are even starting to produce edible strawberries.

Relationships are not the primary goal of Amazon. But the Spheres will make a huge impression on a lot of people. They can help define a future vision for people. A corporate vision like others spawning construction of gigantic steel and glass towers all over Seattle.

I would like to think Sahale also represents a vision for the future. People love working with us. Just ask the Work aways who have been here. They will help carry our vision around the world.

I work on Sahale every day and can't imagine being anywhere else. Everywhere I go I run into good friends. That's because of the practice we put into our relationships as a result of our Human Relations Laboratory.



What might one find inside the Amazon Spheres? A hungry pitcher plant waiting for some protein?



Announcing . . .

Saturday, July 7 to 8, 2018

Creativity weekend at Sahale

Bring something to work on or ask for help setting up a project! Or come to hang out in the river.

This is also John Hoff's birthday and he will be celebrated and missed!

You are welcome to arrive on Friday, Please email your plans to hoff@goodenough.org

Pathwork

Our Pathwork Circle will meet on **Sunday, June 17**. We will also continue to work with the book *Resilience*, by Rick Hanson as we prepare for the Lab. You are welcome to come.

We will meet at the Barton Street community home, 3610 SW Barton, West Seattle, from 7-9:30 on June 17.



Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton Street house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



Spatialist for Hire

Pam Jefferson

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



Free FRUIT TASTING!

MarketFreshFruit.com
eat healthy at work

Seattle's local office fruit delivery service

Revival, June 21 to 24 Vashon Island

By Elias Serras

It isn't usually my style to CC a bunch of people I love about an event, but I feel compelled to do this time. A dear brother, Ben Browner, has been birthing this project ever since I met him and started working with him at different events a couple years ago. This will be the inaugural year of Revival Gathering.... and I really believe it to be part of an (R)evolution that is happening at the intersection of Arts, Activism, and Community. Please take a minute to check out the links and send them around to anyone who may be interested in attending or participating in his Indiegogo Campaign.

REVIVAL GATHERING WEBSITE LINK:

<http://www.backtolife.org/2018-revival-gathering/>

INDIEGOGO CAMPAIGN LINK:

<https://www.indiegogo.com/projects/the-inaugural-revival-gathering/x/399400#/>

EVENTBRITE REGISTRATION LINK:

<https://www.eventbrite.com/e/revival-gathering-2018-registration-42104072414>

Re-vive (v): to bring back to life and consciousness

Will you join on June 21-24th)

Vashon Island WA to connect, create, collaborate, and celebrate together???



The goal of spiritual
practice is full recovery, and
the only thing you need to
recover from is a fractured
sense of self.

Marianne Williamson

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Birthdays and Anniversaries

- ✚ Happy belated birthday, **David Hoff** June 2
- ✚ Happy belated birthday, **Paul Rudnick** – June 3.
- ✚ Happy birthday, **Sarah Benner Kenagy** – June 4
- ✚ Happy birthday, **Brandy Bradford** – June 5
- ✚ Happy 4th birthday, **Milo Newell** – June 6
- ✚ Happy birthday, **Samantha Sieverling** – June 7
- ✚ Happy birthday – **Sam Staatz** – June 8
- ✚ Happy birthday, **Doug DeMers** – June 11
- ✚ Happy 61st anniversary to **Norm and Susan Smith** – June 14!



Much love and congratulations to all!



"David never gives up. I used to think that was a virtue."

Conde nast 2018

Calendar of Programs and Events, 2017 - 2018

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

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

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



The Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: krohde14@outlook.com

The women’s program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollisr@comcast.net. Dates: **Saturday 10 – 2 in West Seattle: June 9.** **Women’s Weekend: April 13-15 at Sahale.**

 **The men’s program** is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. June 8-10** at Sahale. Contact Bruce Perler for more information: bruce_perler@hotmail.com





Pathwork, a program of Convocation: A Church and Ministry. On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

Gatherings are at the Community Center in Seattle: May 20, June 3, 17.

Contact Colette Hoff for more information: hoff@goodenough.org



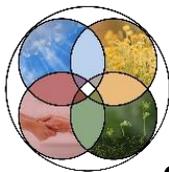
Summer Camp for Youth, June 24 – 30, 2018

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com

Human Relations Laboratory, August 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49th year! Contact: Colette Hoff, hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org

Council meetings are May 21, June 4, June 18

True Holidays Celebration, Saturday, December 1, 2018

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

Contact: Kirsten Rohde, krohde14@outlook.com



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Time to make plans for Memorial Day weekend. Please email hoff@goodenough.org with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, hoff@goodenough.org



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404).