



VISION

Sight, site, insight, perspective, outta sight, vision are all words that describe the **sense** of sight and vision. According to Diane Ackerman in [A Natural History of the Senses](#), our eyes have separate mechanisms that gather light, pick out an important or novel image, focus it precisely, pinpoint it in space, and follow it; they work like top-flight stereoscopic binoculars. She includes the role of the sky in seeing the vastness and the role of weather on the visual images provided by the sky – a sunset, a storm. Seeing actually comes from the brain. We can picture scenes we have seen. We see vivid detail when we dream. Ackerman goes on in the chapter on vision to lift up the importance of light for vision and the role of color in what we see and what stands out. The gushing color of flowers signal springtime and summer when food is plentiful and all life is radiantly fertile. Our oneness with nature is evident. Notice the perspective shift as the relationship between flowers, implied beauty, food, and fertility. Perspective includes the relationship of aspects of a subject to each other and to a whole view or vista.

The greatest thing a human soul ever does in this world is to see somethingTo see clearly is poetry, prophecy, and religion, all in one. John Ruskin. Modern Painters

We don't see things as they are, we see them as we are, said author Anais Nin. Every man takes the limits of his own field of vision for the limits of the world, Arthur Schopenhauer.

The Village eView

April 18, 2018

Colette Hoff, Editor

Coming Up:

Pathwork, April 22

Council, April 23

Sociocracy Workshop, April 26 to 30

Annual Membership Meetings, Monday

May 7, West Seattle Community
Center

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

What do you notice when you look out at the world or inward into your inner life? What's the climate? What colors do you see? Do you notice connections between things?

In our issue this week, Hollis Guill Ryan gives a view of four varying perspectives among women. Pam Jarrett-Jefferson shares an article by David Brooks about what he sees as a social phenomenon and a situation relieved by living in community. As you read the articles, follow the author's sight. Mike's blog also describes sight and Barbara Brucker provides a glimpse of her experience in Cuba!



Across the Generations

Hollis Guill Ryan

Maiden, Mother, Guardian, Crone ... four archetypes that characterize stages of a woman's life. Each of these archetypes is present in each woman, and at different times in a woman's life, each comes to the fore. Although the archetypes appear to represent specific ages, a woman may experience a particular archetypal influence at any age. Crones may be completing Mother work; Maidens may move into Mother and back to Maiden, for example.

Maiden represents a woman's younger years, as she learns who she is, unfettered. Eventually, she grows into the Mother stage during which she may birth children or she may bring life to other forms of creativity. Whatever her creativity, she nurtures it and grows it (as it grows her!), and ultimately must let it go, releasing it to the world. The Guardian emerges when the nuclear family or creative project has taken flight and a woman turns her energies outward toward more global concerns. A woman's life culminates with the crown of the Crone. At this stage, desirous of being a wise woman and increasingly aware of her mortality, a woman ponders the meaning of her life, works to pass along her legacy, and prepares for her own passing.

At the recent women's weekend, participants identified themselves with one of the archetypes. Talking with their sisters in their group, they formed questions for each of the other 3 archetypes. These questions prompted an animated conversation across the generations.

Nine Questions, Many Answers

Maidens asked ...

Mothers, what does it mean to let go?

Guardians, how do you now relate to boundaries, compared with other stages in your life?

Crones, how have your values shifted over your life?

Mothers asked ...

Maidens, what do you wish your mother had done a better job of teaching you?

Guardians, what are you learning about letting go and holding on?

Crones, what do you wish you had done differently with your children?

Guardians asked ...

Maidens, today is so different from when we were Maidens. What is Maidenhood like for you?

Mothers, what are skills you have learned as Mother that you wish all women would learn?

Crones, what do you wish you had paid more attention to as Guardian?

Crones asked ...

Maidens, what does being in a women's culture mean to you?

Mothers, what kind of support do you need?

Guardians, what is the state of balance in your life?

Maidens answered ...

I wish my mother had taught me how to negotiate better about sex. It's not just about saying "no"; it's about talking together about what we want. I needed to know that a display of affection does not have to lead to sex.

I wish mothers would teach their boys how to show a woman respect. I want to learn from men that I am valued for more than sex.

Mothers can teach their children gender-role equality by showing them movies that have strong, independent women and by not limiting the kids to traditional male/female chores and roles.

Maidenhood is a time to explore my interests and passions and learn what fuels me. It is a time of experimentation – arts, hobbies, relationship styles, and so on. I am learning ways of living that are different from what I have known and I am considering what that might look like in my own life.

In a women's culture, I can hear how different women make sense of their lives. I learn about telling stories, and as I hear a story that resonates, I can say, "I recognize that." I am learning, too, that one way to craft a life story is to shift to a larger story line.

The Goodenough Community's women's culture is different from others I have experienced. It asks that I be willing to dig deep into myself.

Mothers answered ...

Letting go means supporting another (for example, your children) to develop the skills to take care of themselves and get along well in the world so that you can confidently let go.



Letting go means releasing my daughter and my son into the fullness of their lives, offering trust and empowerment without losing connection. My children and I have carefully crafted the bond between us, and now I must ask my children what our new relationship could look like. My adult children are out there on their own, figuring it out for themselves, and without the intimate connection I am accustomed to, it is a big heart loss.

Letting go means redefining my role. I am no longer a parent but a counselor, and I wait for my daughter to ask for counsel or advice.

When a child finds a mate, there is another letting go.

I wish all women were learning, as mothers do, to feel tenderness for the different stages of development, and to feel the wonder of the developing miracle before them.

My advice as a mother speaking to other women: pick your battles; independence comes from security; advocate for those who can't advocate for themselves; keep penises intact (his body, his choice).

As a non-child Mother (that is, a woman in the Mother stage of life whose creativity is expressed without having children), I am so impressed with the resiliency and creativity of mothers, their ability to go with the flow and to expand when needed. I want all women to learn these skills.

I want non-children Mothers to be confirmed in their creativity and creation. The power of creativity out of the belly of the mother is a miracle, and it is not the only expression of the Mother.

Tending to the dying process is also a form of birthing, of midwifing, of mothering, filled with the profound nurturing love of the Mother.

The support I need? Keep telling us your stories, keep your compassion and understanding flowing, and help us with babysitting and food!

In the archetypal model, Guardians would be supporting Mothers, and Maidens would be supporting Crones.

Guardians answered ...

How have my boundaries changed? When I was growing up, I was taught *not* to have boundaries. Now I have very clear boundaries, and I will negotiate with my relational partner about what we both want.

Sex regains importance, once the mothering stage has been transcended. Enjoy sex while you can because it doesn't last forever, especially in old age.

The pull between partner and children is a profound path to work as a woman, and that pull can make boundaries difficult and even painful to maintain. The Guardian stage releases a woman from the tug of war between children's needs versus husband's needs.

I have to be intentional about maintaining friendships when I am intent on making a living.

“Vision is the art of seeing the invisible.”

- Jonathan Swift

I am learning about balance and focus, and am using skills for deciding what activities to engage in and what to let go. I am creating balance by letting go of ideas, plans, piles of stuff that are a burden.

Crones answered ...

My core values have not changed, but I can live my values better now than when I was younger. Some values have dropped away as they are no longer useful and now appear superficial. My values are more my own, not socially imposed. My aspirational and operational values have become closer together. My priorities have changed. Peace and love are more important to me now, and have become operational rather than aspirational.

Yes, I have deep regrets about my mothering. I wish I had given my children a better deal. And, my children are very good people.

I loved being a mother and a step-mom. There are conversations I would like to have now with my grown daughter.

Guardian was a remedial stage for me. It became clear to me then that nobody is going to pull my irons out of the fire for me. I learned to take responsibility.

Our culture was developing the Guardian model while I was in my Guardian phase of life, and I feel as if I lived the model. I was grateful for the guidance of Guardian; it helped me make different choices in my life. I felt as if I had more direction and purpose than I had expected to have at that time of life.

Compassion, Curiosity, and Conversation

Curiosity, compassion, and deep interest in hearing women from other generations created an energetic conversation, complete with belly laughs and quiet weeping. This is a conversation to be continued for months and years to come.





The Blindness of Social Wealth

David Brooks Opinion Columnist, April 16, 2018

Submitted by Pamela Jarrett-Jefferson



Credit Leah Nash for The New York Times

Bob Hall was a rancher. In 1936, in the midst of the Depression, he was suffering from a cancer that was eating the flesh on the side of his face. His ranch had dwindled to nearly nothing, and weeks after bankers took the last of his livestock, Hall died, leaving his family deeply in debt.

His sons pleaded with anybody they could find to make a loan and save the family ranch. No one would do it. Finally, in desperation, they went to their neighbor, Buzz Newton, who was known for his miserliness, and asked him to co-sign a loan. “I always thought so much of your dad; he was the most generous man I have known,” Newton answered. “Yes, I’ll co-sign the note.”

Bob Hall’s grandson, also named Robert Hall, drew out the lesson in his book “This Land of Strangers,” noting: “The truth is, relationships are the most valuable and value-creating resource of any society. They are our lifelines to survive, grow and thrive.”

There’s a mountain of evidence suggesting that the quality of our relationships has been in steady decline for decades. In the 1980s, 20 percent of Americans said they were often lonely. Now it’s 40 percent. Suicide rates are now at a 30-year high. Depression rates have increased tenfold since 1960, which is not only a result of greater reporting. Most children born to mothers under 30 are born outside of marriage. There’s been a steady 30-year decline in Americans’ satisfaction with the peer-to-peer relationships at work.

ADVERTISEMENT

Former Surgeon General Vivek Murthy summarized his experience as a doctor in an [article in September in The Harvard Business Review](#): “During my years caring for patients, the most common pathology I saw was not heart disease or diabetes; it was loneliness.”

Patients came to see him partly because they were lonely, partly because loneliness made them sick. Weak social connections have health effects similar to smoking 15 cigarettes a day, and a greater negative effect than obesity, he said.

Over the past five years, such trends have abruptly gotten worse. In 2012, 5.9 percent of young people suffered from severe mental health issues. By 2015 it was 8.2 percent.

Last year, Jean Twenge wrote a much-discussed article for The Atlantic, [“Have Smartphones Destroyed a Generation,”](#) charting the accelerating social collapse. Teenagers are suddenly less likely to date, less likely to leave the home without their parents, more likely to put off the activities of adulthood. They are spending more time alone with their digital screens, and the greater the screen time, the greater the unhappiness. Eighth graders who are heavy users of social media are 27 percent more likely to be depressed.

I summarize all this because loneliness and social isolation are the problem that undergird many of our other problems. More and more Americans are socially poor. And yet it is very hard for the socially wealthy to even see this fact. It is the very nature of loneliness and social isolation to be invisible. We talk as if the lonely don't exist.

I was really struck by this last week, when Mark Zuckerberg came through Washington. Most of the questions he faced at the congressional hearings and most of the analysis in the press were about Facebook's failure to protect privacy. That's the sort of thing that may be uppermost on your mind if you are socially wealthy, if, like most successful politicians and analysts, you live within a thick web of connection and feel as if your social schedule is too full.

**Eye contact
is more intimate than
words will ever be.**

But the big issue surrounding Facebook is not privacy. It's that Facebook and other social media companies are feeding this epidemic of loneliness and social isolation. It's not only that heavy social media users are sadder. It's not only that online life seems to heighten painful comparisons and both inflate and threaten the ego. It's that heavy internet users are much less likely to have contact with their proximate neighbors to exchange favors and extend care. There's something big happening to the social structure of neighborhoods.

The British anthropologist Robin Dunbar observes that human societies exist on three levels: the clan (your family and close friends), the village (your local community) and the tribe (your larger group). In America today you would say that the clans have polarized, the villages have been decimated and the tribes have become weaponized.

That is, some highly educated families have helicopter parents while less fortunate families have absent parents. The middle ring cross-class associations of town and neighborhood have fallen apart. People try to compensate for the lack of intimate connection by placing their moral

and emotional longings on their political, ethnic and other tribes, turning them viciously on each other.

The mass migration to online life is not the only force driving these trends, but it is a big one. Such big subjects didn't come up in the Zuckerberg hearings because socially wealthy and socially poor people experience Facebook differently and perceive reality and social problems differently. It's very hard to quantify and communicate the decline in quality of relationships. But it is nonetheless true that many of us who are socially wealthy don't really know how the other half lives.



Phase A of the New Goodenough website is launched and LIVE!

You can find the site at the same address: www.goodenough.org

This means we have moved over existing content with very little editing and we have developed our brand and visual image further. Phase B starts now with a team comprised of myself, Kirsten, Colette, Marjenta and Elizabeth plus our ink slingers, Joan and Hollis (we hope – I have only dreamt it and have not asked those two yet ha)! We will be reviewing each and every article or story to verify it's viability,

look for items to correct, determine if it is current or needs updated or decide if we shall remove something and or offer something other/else/new.

Goodenough friend Linda Martin writes:

"As one who worked on the website years ago it is great to see it evolving! WewHew!"

And want to share my response with you as follows:

"It is noteworthy that while adapting the site I spent a great deal of time thinking about those who came before me and their immense contributions... over the years... a huge commitment and undertaking, a labor of time and love. I know those were the bones I was building upon and I did so with respect and gratitude. Glad to know you were a part of that Linda. And a special call out to Pam Jarrett-Jefferson, Bruce Perler and Marjorie Gray who have been the most recent caregivers and gatekeepers ... the behind the scenes unsung heroes! Thank you all and to those whose names I don't know... from your roots I was able to expand the flower."

From now on, you can access the current review at www.goodenough.org/review

When you get to the just click the big green READ button. - Enjoy! Dra



Our West Seattle Community Center, 3610 SW Barton St.

Notice the first opportunity is **Saturday, April 21**



Dedicated in March 2015, we are now letting go of our Community Center at 3610 SW Barton St. It has served us well and has held many gatherings. We will need help to clear the house by August 1, 2018, knowing summer is our busy season.

We are asking for all personal items to be removed by **June 3**.

Please let Pam and/or Colette when you can help: Pam, adventuredog@hotmail.com; Colette, hoff @goodenough.org

Work Party Schedule for Barton St Move

Phase 1: Packing, sorting, staging, dump

Sat April 21 4 to 5 people **Please note that this date has been canceled.**

Mon April 23 3 to 4 people

Sat May 5 (pre-poker) Car loading for personal items especially for those going to the THC poker party

Mon May 7 Annual Meetings People attending will be asked to take boxes to Sahale

May 19, as many as possible

May 20 Pathwork 4 to 5 people

May 21 Monday as necessary

June 3 Please remove all personal items

June 16, Saturday, packing as many as possible

June 30, Saturday, cleaning, truck rental

July 16, Monday, as needed for cleaning and what's left

Work Party Cancelled for this Saturday, April 21

Pam Jefferson

We are cancelling the work party this Saturday and instead putting our energy into the next scheduled time, Monday, April 23. If you have time before the council meeting, please let me or Colette know.



Goodenough Community Annual Meeting is scheduled for May 7th in Seattle

Kirsten Rohde

Originally scheduled for March 17th, we have rescheduled the community's annual meeting for **Monday May 7th from 6:00 - 9:30 PM** with dinner included. The meeting will be in **West Seattle at the community home, 3610 SW Barton St.**

This year we are having an in-town more brief annual meeting to cover reports and plans for Convocation: A Church and Ministry, The American Association for the Furtherance of Community, and Mandala Resources, Inc. This is a good time for everyone who is able and wishes to attend to come. Our community is entering into a new phase of its life. John Hoff, founder of the community has recently died. Colette Hoff has increasingly been assuming the central organizational role for our community life especially over the last two years. We intend to present an updated role description for her and provide all our support for her willingness to

step-up even more. As the cofounder of the community, Colette demonstrates her commitment to community as a healing and activating focus for good lives.

The Community's cultural, financial, and spiritual life will all be brought present at this annual meeting. Sahale is entering into a busy season which include 5 events with a specific focus on community. This includes the Sociocracy workshop in April, a retreat by our sister community, Songaia, and a retreat for the Northwest Intentional Communities Association (June 1 to 3). In the fall two events are scheduled, one of which is the West Coast Communities Conference (Sept. 14 to 16). These are all events that will bring other communities and people interested in community

together at Sahale. This will doubt increase interest in our as a community.

For a YouTube video about the West Coast Communities Conference go to: <https://youtu.be/Yq9Wu89dDM8>
This video was created by Elias Serras and Anthony Jepson

no
work

On May 7th we will also evaluate the program year that concludes with the Human Relations Lab in August and look at the upcoming program year 2018-2019. The Sociocracy workshop will be before this annual meeting and we can use what we learn at the workshop to look at our organizational life and method of governance. Your input on what you would like to see will help us shape our future. Please RVSP and for more information, please contact Kirsten Rohde, krohde14@outlook.com



The deAnguera Blog: Sight



Two visual images of community people hard at work. John Schindler making bread on the left and Irene Perler preparing one of our mason bee houses for cocoons. In both cases they are leaning into their tasks. Dedication is evident.

I took both pictures yesterday freezing their actions in the moment. My camera was the device for capturing images of both scenes. Now if I had taken multiple images of both scenes John and Irene would appear to be moving. In order for their movement to take place time needs to be present otherwise they can't move at all. Maybe the true nature of their actions is timeless because their motions beginning to end are all there at the same time. Choice needs to be present as well. Therefore all possible outcomes already exist. This allows the possibility of choice on John's and Irene's part.

My eyes are like my camera. They process analog rather than the digital images of my camera. The image taken by my eyes is converted into nerve impulses or electrical signals which are sent to my brain. This is where my mind processes these images.

Whatever my mind processes it interprets. I suspect it all happens very quickly without much conscious thought. My interpretation of everything around me involves a well ordered store of ideas and perceptions.

The Course in Miracles tries to get me to rid myself of previous ideas and just look at a thing without interpreting it. This is because my perception is often not accurate.

In the moment my perception may seem like a small thing but such perceptions can accumulate and acquire a life of their own. Since my perceptions usually determine my actions the result is an unconscious life sort of like my dreams.

Right now, it is sunny outside. I feel much better today as a result. Why? Well the bright colors and the increasing warmth of spring weather are very invigorating. My body is telling me it needs this. Everything is in bloom and green. I might even feel great about mowing the grass today not because I have, to but because I want to.

Images taken by my eyes and processed by my mind are stored away in my memory just like on my computer. All my perceptions and feelings about these images accompany them.

My mind can process thoughts as well as images. When I observe my own thoughts about anything this is insight: seeing within oneself.

In my case insight can only develop if I somehow wake up to my true nature. I am part of a larger Self playing a character role: that of the smaller self. Like other creatures around me I mostly operate under impulse power. In addition, I constantly think about my past and future usually in fearful terms. This is called worrying. Not a good habit to cultivate.



Mason bee cocoons. Notice how tiny they are.

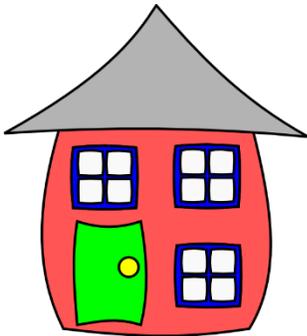


Pathwork

Our Pathwork Circle will meet again on **April 22**. Due to the nature of the time we are in, all are encouraged to come. Pathwork provides many with a feeling connection so necessary for a good life. We will continue to talk about our work with our selves as provoked by John’s teachings. Please consider joining if you are a little curious.



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



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 St. house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?
Steve Steele (stevesteele31@gmail.com)



Travels in Cuba



(Barbara Brucker and her friend Sharon Russell have travelled to Cuba on an organized tour. Here is a brief report on her trip).

It's Wednesday morning . We arrived in Havana yesterday afternoon. Prior to this we've been in rural areas. The group is a good one without the usual difficult person, and very congenial. Have met some fun people.

Along the way we've met and been at the studios of several world class artists, heard lots of great music and seen myriads of old cars. Yesterday on the way in to Havana we stopped at Hemmingway's estate for a look around.

Transportation is amazing. Busses, cars, old tractors, bicycles, pedicabs, horse carts, an occasional ox cart, and anything else you can think of all share the roads and streets. On the highway, they just follow the slow thing in front until they can pass. Wish I could include some photos however I don't have the right combo of technology to pull it off. Internet service is interesting. People take their cell phones to the plazas where the Wi-Fi access is, and sit there to text and email.

Lots of stories that I'll be happy to share in person when I'm back.

Love to all,
Barbara



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.





Silence Meets Soma

Hosted by Jamie Renee Lashbrook & Grace Bryant
Thursday, May 3@ 5pm -Sunday, May 6@ 2pm
Located at Sahale Retreat Center, near Belfair WA

*You are so much more than what you experience, see and know.
Your magnificent body holds all of the wisdom to heal and awaken,
to remember the spirit of your soul and let go...*

*This weekend, let go
of what keeps you from your dream;
Let go - into the abyss of your Self.*

Join Jamie and Grace in 4 days of silence, community and nature to draw into your Self and your Source. This retreat will lead you to quiet your entire system in order to re-awaken your senses. Together we will unravel traumas and contractions as we engage our bodies in practices of drawing in, cleansing and moving through.

Group sessions include daily guided breathwork and meditation, tools to release stored traumas and contractions, movement, sound and ceremony. You will leave with a blueprint for integrating your *daily practice* - the foundation for healing. Come prepared to cleanse every dimension, seen and unseen, as we engage all systems in a conscious slowing down and reawaken our intuition to inwardly listen and heal.

Our food will reflect this intention to slow down and dissect our distractions. We will spend a day in digestive silence through fasting and cleansing practices. All other meals will be light, fresh, organic, vegetarian, gluten, dairy and allergen-free. And, of course, made with Love.

Held at the beautiful **Sahale Retreat Center** on the Washington Peninsula outside Belfair, participants will have ample time to explore the earth and water, take a hot or cold soak, and breathe and dance in



the pristine natural surroundings of the rainforest. This is the perfect setting for you to remember your connection to the natural healing rhythms that live within and around you at all times.

The retreat will be held in a sacred container of silence with opening and closing rituals. We ask all attendees to arrive and depart as one group (times below) to honor this container. You will be fully supported as we guide you to re-discover your inner healer in this uniquely created weekend of deep connection.

With gratitude, Jamie & Grace

Cost: Shared Room \$595 (linens included); Camping \$545; **Regular Registration:** Single Room \$695(linens included); Shared Room \$645, Camping \$595

Group discounts available!! Limited Partial Assistantships Available - Please inquire for details.

Includes: Accommodations & meals, all workshops & Sessions, full access to the Sahale facilities and grounds

Register at <http://wellbellyhealing.com/silence-meets-soma-retreat/>

Your Hosts

Jamie and Grace have a combined 35 years of experience helping to guide individuals in remembering the medicine in their heart through healing modalities of the body- mind-spirit.

Grace Bryant has been a whole life educator for nearly 2 decades, integrating drama, music, movement, meditation and yoga, mindful living, creative play, teamwork, conscious collaboration and leadership. Her Yogic path began in 2005 when her sister dragged her to a Yoga class in Federal Way. She fell in love with savasana and came back just for relaxation.

In 2007, she was inspired to start teaching informally and since then has studied and taught in 6 countries and devoted her entire life to the journey of awakening. Grace recently completed the Hridaya Teacher Training in Mexico and is beyond grateful to have received the teachings of Advaita Tantra and the Spiritual Heart. She believes these teachings can transform the consciousness of anyone who practices them sincerely.

Grace's favorite classes are those which expand consciousness and also incorporate how to live with more awareness, trust and compassion. She leads classes, discussion groups, workshops, women's groups, and retreats in the Pacific Northwest and abroad with a focus on living with an open heart. Through her many teachers she continues to unfold into a deep sense of peace and trust and hopes to share this in her teachings. More information can be found at her website, www.bewholebehappy.com.

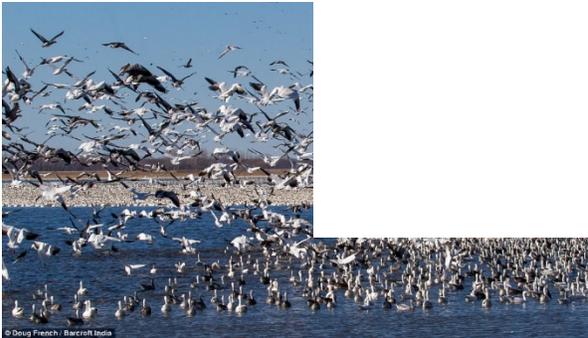
Jamie Renee Lashbrook is a devotee to and warrior of the human spirit- lover of all creatures seen and unseen. She entered the world of healing with a simple desire to invoke remembrance in you. For you to remember your song, for you to remember, tell and transform your stories of love and pain. For you to feel that undercurrent of truth and wisdom that has walked with you every step of every day even

when you have felt your most empty and alone. For you to feel connected deeply to your amazing body and understand the language it speaks. For you to remember Love.

In her private practice she blends Maya Abdominal and Clinical Visceral massage, healing breath work, mentoring, herbal wisdom and ancient healing practices based in shamanism and reclaiming traditions. She is highly versed in the functions of the body and dis-ease; specializing in trauma/stress disorders, digestive and reproductive health for men and women. She engages the wisdom of the body through touch, voice, breath, silence, prayer and the healing balms of the Earth.

Her own healing path is her greatest teacher. She commits to this path daily and finds her greatest healing in nature, in silent meditation, song, community and her family. She brings this all to you when ***Silence Meets Soma***. More information can be found at www.wellbellyhealing.com

All participants will receive \$40 off an in-person or Skype Breathwork Session with Jamie or Coaching session with Grace to help integrate the practices learned and to continue releasing any limiting patterns.



**HAPPY
BIRTHDAY**

- ◇ Happy 28th birthday **Sarah Boone** - April 20.
- ◇ Happy 26th wedding anniversary, **Paul and Carla Geraci** - April 26.
- ◇ Happy 5th birthday, **Gage Finley Jarrett**, April 25

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. October 6-8, 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: Apr 22, May 6, 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



Annual Goodenough Community Meeting in Seattle: Monday, May 7,

2018. This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share

your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. krohde14@outlook.com

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 Apr 23, May 7, 21, Jun 4, 18



True Holidays Celebration, Saturday, December 1, 2018

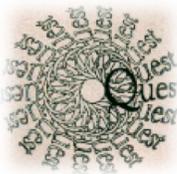
Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

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). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

**“Your vision
will become
clear only
when you can
look into your
own heart.
Who looks
outside, dreams;
who looks
inside, awakes.”**

Carl Jung