



Endurance under thorny circumstances; good natured tolerance of difficulties; considered a virtue.

Apples are a great metaphor for patience in all phases of development: from pruning to thinning, to picking, to pressing for cider, to be applesauce, dried apples or other delectables. Each phase of the apple's growth requires repetitive tasks that include focus on what is most needed. And each phase has potential difficulties—a motor could go down, weather might be impossible, or a key ingredient is not available. (We have around 18 boxes of apples at Sahale waiting patiently to be processed.)

We need to offer patience to ourselves for missing an intended practice or not meeting our intentions. Raising apples is a practice like so many things and patience is required especially if all the variables don't go as planned.

In this issue, you will find a very good article by The HeartMath institute on the importance of developing patience. Mike writes about his birthday which was also the same weekend as the Family Enrichment weekend. Draï offers her delight in preparing for Mike's birthday.

Our organizational life needs patience as we continue to set aside time to envision our future together.

The Village eView

September 27, 2017

Colette Hoff, Editor

Coming Up:

Men's Weekend, October 6 to 8

Women's Gathering, October 7

Pathwork, October 8, 7:00 PM

Council, October 9

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

Patience, Art of Intelligent Waiting

April 25, 2012 HeartMath Tools & Techniques

Life unfolds in spite of our impatience. The misfortune of it is that because of our impatience we don't fully appreciate the joy and beauty of watching it unfold. And then there's all the stress and discontentment along the way.

"Adopt the pace of nature: Her secret is patience." ~Ralph Waldo Emerson

Especially today, with the rapid pace of modern life, lowering the level of impatience could help reduce a lot of the world's stress. It is fortunate then that many of life's experiences teach us that patience is possible. The impatience of youth, for instance, at last becomes patient because adulthood finally arrives. The impatience of the artist becomes patient because art is created. Driving in traffic becomes patient because the destination is finally reached.

Impatience, however, can have great costs. How much has impatience in people's lives led to things that could have been but never were: a true friend lost because five minutes of conversation could not be spared; poor marks in school because of a lack of attention to instructors and instructions; immeasurable and uncountable opportunities gone by the wayside because judgment, anger and anxiety among other byproducts of impatience prevented people from ever knowing they existed.



In contrast, how much is there in our lives that our patience has benefited us? Our true loves, cherished friends, close confidants and other rewarding relationships nurtured through mutual listening, empathy and unconditional acceptance; a finished project at work whose success is owed to perseverance and attention to detail; a major breakthrough with a withdrawn child because of unwavering parental love, understanding and patience.

'The Art of Intelligent Waiting'

Impatience, it is clear, is not an emotion that befalls only an unfortunate few. It may be true that there is a lot of impatience in *some* people, but there is a little impatience in all people.

HeartMath Institute Founder Doc Childre characterizes patience as "*the art of intelligent waiting*" — waiting with purpose, positive intention and a sincere belief that waiting is an important element in the unfolding of all things.

"Patience is the practice of maintaining a state of *inner ease* and resilience when you are tempted to be impatient," Childre said, "especially when the mind wants to force results, rather than remain in *flow*."

"Impatience is an invitation to frustration, shallow discernment, and faulty choices. With a little heart-focused intention and practice, we can effect a makeover by replacing impatience with patience — the secret sauce in the recipe for flow. When our hearts truly commit to becoming patient, then our minds will cooperate, surrender their resistance and take purposeful steps to manifest it."

Although we may not always consciously acknowledge when we have slipped into impatience, this emotion certainly is not an involuntary one. There is no reason we cannot opt to be patient or impatient in myriad situations throughout our busy days. Here are some common examples:

- Encountering a neighbor, colleague or other acquaintance while on our way to the office, store, a meeting or other place.
- Driving in stop-and-go highway traffic.
- Waiting on that seemingly endless spinning wheel on the computer screen.
- Listening to someone tell a long story about something that happened to him or her.
- Fidgeting or clock-watching near the end of the work or school day.



Think of a time when you grew impatient in any of the situations above. Did you tell yourself, "I don't want to be here," or "I don't have time for this." How much effort would it have taken if you had gone to your heart instead and told yourself, "I have a choice. I don't have to be impatient. I can make peace with this situation."

Patience Through Inner Ease

Even individuals who meditate and use heart tools still may experience some impatience, but these are practices that can diminish our impatience to a mild or hardly perceptible feeling that we can simply acknowledge and let go.

A primary goal of such practices should be to access your personal space of *inner ease*, where choosing not to be impatient comes more naturally and quickly.

"The state of ease is a refuge," HeartMath's Doc Childre writes in, *The State of Ease*, "a refuge for action in our hearts and minds. In ease, instead of reacting in the same old ways to the stresses and challenges of our harried world, we can take a little time to connect with the qualities of our hearts — love, care and compassion — and our hearts' wisdom." (Go to [The State of Ease](#) to download a free copy of the e-booklet.)

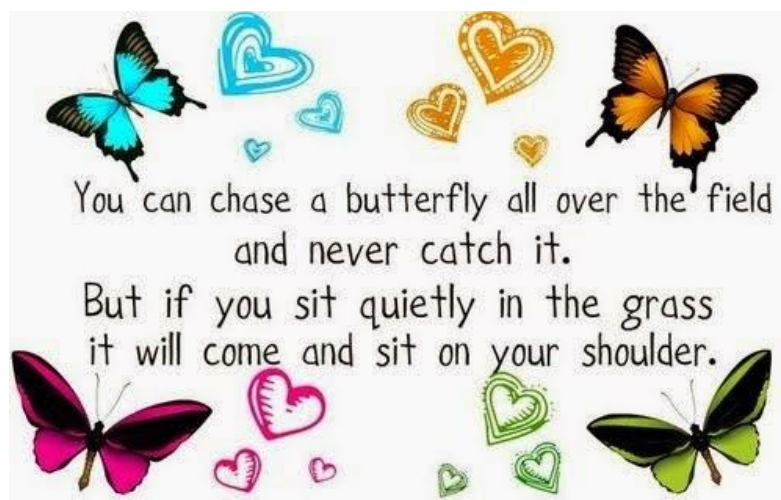
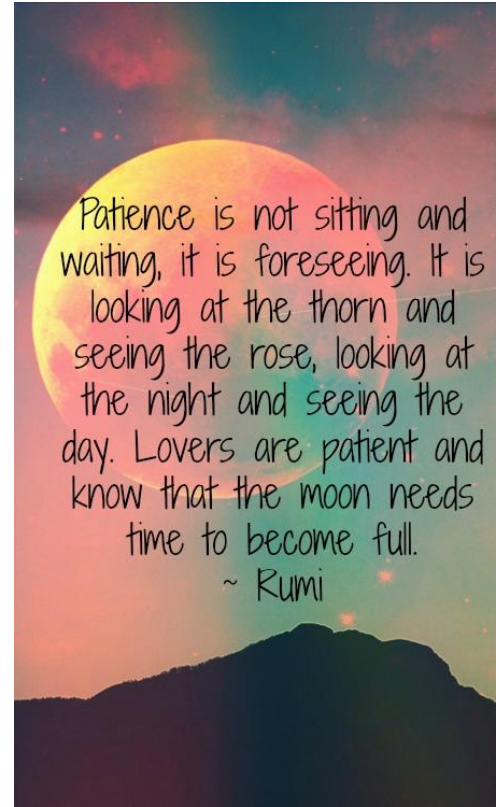
Developing Patience Tool

1. If you are feeling impatient, acknowledge your feelings as soon as you sense that you are out of sync — experiencing feelings such as impatience, frustration, anxiety, being judgmental or mental gridlock.
2. Take a short time-out to do heart-focused breathing: breathe a little slower than usual, and imagine you are breathing through your heart or chest area.
3. As you do heart-focused breathing, imagine with each breath that you are drawing in feelings of patience and inner ease.
4. Anchor these feelings of patience and inner peace in your heart. Do this throughout your daily tasks, interactions and challenges.

Adapted from the Inner-Ease Technique:

Remember, the presence of sincere patience means the absence of so many byproducts of impatience: negative emotions like anger, disappointment, frustration and blame among others. Rather than draining yourself and creating negative energy, you can increase your energy and resilience. Sincere patience means approaching situations with a positive attitude, care, understanding and genuine allowance.

The long lines at the store, traffic jams and slow computers won't instantly disappear as you practice Inner Ease. However, the state of inner ease helps us attune our mental and emotional nature to the most reasonable and effective way for responding to each situation that life brings us





Creating Our Community into the Future

Colette Hoff

The Goodenough Community, founded in 1981, has proven its effectiveness and longevity as an organization. **We are inviting you to join the Community Council on October 20 to 22 at Sahale Learning Center** with the intention to sharpen our focus toward the future and renew organizational goals and objectives. The Community Council feels this weekend is important to precede the Friends of Sahale weekend January 12 to 14. Sahale, sponsored by the Goodenough Community, is one aspect of the work of the whole community.

This year at Lab, we learned how much more effective it is to work in teams rather than alone. No one person can decide community goals, but together we can generate the creative energies needed. This weekend is open to anyone interested and being a member of Council is not necessary. Please RSVP by emailing elizabeth.ann.jarrett@gmail.com By the way, Pathwork will not meet on October 22 due to this weekend.



Save the date!

Third Annual Friends of Sahale weekend January 12-14, 2018

Kirsten Rohde

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.

These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

Please consider coming to this year's Friends of Sahale weekend. This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other's company, and share many appreciations.



Pathwork

Joan Valles

Pathwork, a program of Convocation: A Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to

change your mind and move beyond habitual patterns is invited to join. You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gathering is on September 24, with subsequent dates Oct. 8; Nov. 5 and 19, and Dec. 3 and 17 in the Community Center in West Seattle. Check the eView for confirmation of these dates or possible changes. For additional information, contact Colette (hoff@goodenough.org).



Women's Culture, October 7

For *Peace* of Mind, Change Your Mind!

Learn how to make simple changes to change your brain physiology
and improve your mental health.

They say it is a woman's prerogative to change her mind. Modern neuroscience suggests that it is not only our *right* to change our mind, but perhaps it is our *responsibility* to do so. We can train our brain to become more compassionate, less reactive, more positive, more receptive to psychological and spiritual growth, less stressed ... and what a gift we then become to our family, our friends and colleagues, and to the world!

Now, at the beginning of the 2017-2018 programmatic year, **we invite you to come join gatherings of the women of the Goodenough Community** as together we learn simple yet amazingly effective practices to become happier, calmer, and more fulfilled.

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

Our women's gatherings are friendly and convivial, filled with thoughtful conversation and companionship, with time for solitude, movement, and ritual.

When: **October 7, 2017, from 10:00 a.m. to 2:00 p.m.** Lunch will be served. The 2018 dates will be announced shortly.

Although we encourage you to attend each gathering, each session is discrete. Please come when you can!

Where: **3610 SW Barton Street, West Seattle, 98116**

Cost: We suggest a donation of \$20 per gathering, and trust that you will give according to your means.

For more information and to RSVP: Send an email to hollisr@comcast.net. Your RSVP helps us plan, but **please come** even if you have not sent us an RSVP.



Thanks for writing Jim!

A Letter from Deutschland

Jim Tocher

Barbara and I are in western Germany at this time. We are managing the language (reasonably well), the trains, the trams, the subways, the food and the plumbing. So far, so good. Young people speak pretty good English, old folk in small towns speak German only.

The public transportation system is amazingly good. If you miss a subway train, there will be another in 3 or 4 minutes. If we miss a train connection when changing trains, there will be another train for us in 30 minutes. I am getting plenty of exercise hauling my suitcase up and down stairs as we go from platform 3 to platform 8. The trains run with true German efficiency, but you shouldn't be frail of limb to use the system.



On our trip so far we have visited (or touched) Iceland, Hungary, Austria, Slovakia and the Czech Republic, as well as lots of Germany. We still have Belgium, France and southern England to explore. The churches (cathedrals) have been awesome, the monasteries impressive, the museums representing WWII and the Soviet regime gruesome, and the age of things mind boggling (think Roman occupation, middle ages, 18th and 19th centuries). (In Washington state something is really old if it dates back to 1860).

We are having a great time exploring on our own, following guidebooks and taking tours. And a couple of days ago we met an American couple (with a car) who are driving us around as the four of us explore parts of Germany.

I have almost lost track of the Seahawks, Donald Trump, hurricanes, and German elections. But I believe that is what vacations are for. I miss you all and will reunite with the Community and other friends and relatives in mid-October.

Barbara sends her good wishes also.

Liebe, Jim Tocher.





A Joyful Open Environment

Colette Hoff

These are the words that Peter Kelly (28) and Madison Klim (25) used to describe their five weeks at Sahale as “workaways.” On their last night here, I asked for an interview. The first thing I heard was they felt like they had gained 10 pounds and enjoyed the eating experience offered at Sahale.

The second thing is the skills they each learned: how to make jam, how to make granola, how to drive a

stick shift, all about blackberries-clear, pick and eat, how to knit,

learning about sourdough, how to pick apples and make cider as well

as splitting with the splitter and stacking wood. Most importantly, Peter let me know he

appreciated being able to walk the land quietly and learn to meditate which felt like an

awakening to new possibilities.

Getting to connect with people intergenerationally had meaning to both Maddie and Peter.

They appreciated the depth of conversation they found people so many people were willing to

have with them. They enjoyed noticing that each person who is here or who come bring their

own unique skills and energy. Learning the play of work was valuable to Peter and Madison.

Madison appreciated the chance to slow down, appreciate the moment, and create and inner

flow. Peter stated he never had a bad day.

The other EcoVillage residents at Sahale thoroughly enjoyed Peter and Madison and Ashley and

Brandon who all came at a very busy time. Currently, Liu and Tailor are from the work away

program and are doing a great job.





The deAnguera Blog: Patience



Birthdays are always lots of fun, particularly when you have others to share them with. Several Kids at our party this weekend share the same birthday with me. So we had a family weekend celebration with a Harry Potter theme.

It takes a lot of work and patience to put a party like this on. Of course all the decorations were left over from Draí's birthday the previous weekend. A paper brick façade was added to the Potlatch entry mimicking Platform 9 $\frac{3}{4}$ at the London train station featured in Harry Potter movies. Chocolate and vanilla cupcakes sported screaming mandrakes and witch's hats.

Want to see another example of patience? How about picking elderberries and preparing them for a sauce. Those elder berries are so small it takes a lot of them and this year was the first time we had enough. One of our Airbnb guests, Jill helped with the project.

Draí and John Schindler built me a large wooden swing which has been installed down near the Swamp. After I told them how I used to enjoy the swing near my Bellevue condo before small child swings replaced it they decided to build me a swing. This swing has a large seat sawn out from a log. A nice finish on top makes it easy to sit in. I can imagine how patiently Draí and John worked on this swing for me.

Irene Perler made me a long blue neck pillow with lavender and all sorts of nice things in it. She instructed me to put it into the microwave for 90 seconds and put it around my neck when I go to bed. It will help me sleep.

Both gifts were hand made. I appreciate the work going into each of them. All presents are appreciated.

Right now I have been reading *The Rosie Project* by an author who knows something about Asperger's Syndrome. Thank you, Connie DeMers. I believe she might have told me about this story some time ago. It is about a genetics professor, Don Tillman engaging in *The Wife Project* to find himself a wife. I suspect Don is an Aspie but doesn't realize it yet. Yes, it does take patience to select a good gift for somebody. Knowing something of their desires and curiosity helps.

Douglas and Connie DeMers are currently in San Diego and shipped the book to me.

For me, dealing with Asperger's required a lot of patience and understanding particularly with myself. It doesn't bother me now. In fact I find the subject quite fascinating. I figure each of us probably has something.

Something else is required as well. My blue neck pillow filled with lavender to give me lavender dreams. Lavender dreams are essential to manifesting patience.



See that beautiful blue furry slinky around my neck? Irene Perler made that for my birthday.



{ ASKING FOR WHAT YOU NEED }

Deanna Schindler

My friend Mike shared a story with me a few months back while reminiscing about childhood memories. Mike loves to swing on a swing set! He loves to fly free in the air with the breeze on his skin. As an adult he enjoyed soaring on the city's playground swing sets, until they changed all the plank seating to the

baby-bucket seats, which Mike admitted he could not fit into. I love Mike. I love Mike's brain. And I love the way Mike tells his story, with such spirit and heart. I took THIS story to my heart and hatched a plan. Knowing his birthday was around the corner I decided to make Mike his very own swing to enjoy at Sahale! I have never done such a thing and dove in blind and feet first.

I asked for what I needed, from John: please will you find me the perfect piece of wood? He did. A gorgeous old growth cedar plank, with a rounded, barked bottom.

Again, I asked for what I needed, from John: please will you teach me about wood prep and sanding? Will you help me find the tools? He did.



This was an exciting time. I've never worked with wood or an orbital sander. I heard about different gauges of sand paper but had never laid them to work. What a fun morning that was... I was so proud to sand that plank to a sliver-free, silky finish and even figured out how to make soft round edges for comfortable sitting and a beautiful presentation.





Colette, having heard my mission, provided a lovely wood prep oil, without my even needing to ask (she is rather magikal and psychic that way). I gave that ancient wood a long awaited, oily drink. I am pretty sure I heard it sigh with delight.

Here's my favorite part... When I had dreamed this idea up, it included my wood burning a forest scene and maybe even Mike's name on the top of the plank. Hm. TALL ORDER. I have a wood burner and in the past have burned dots and lines and tiny symbols into simple things. Never before had I tried to burn a larger scale piece of art...and those of you who know me, know I DO NOT draw... the joke being that I cannot even draw a stick figure. SO. I got a practice piece of wood, sanded it and began to play – I started with trying to make a tree.

Oh dear. NOT pretty. NOT even pretty if one enjoys primitive, rustic folk art. Nope.

I tried to wood burn an M for Mike. Holy cow. Even worse.

I thought I might give up on that idea, sadly, because I was ashamed of my artwork. I decided to sleep on it. The next day, I looked up “wood burned pine tree art.” I saw how others approached trees. I studied that for 2 days and wondered “Can I possibly do THAT?”

And then I decided to ask for what I needed...from the tree!!!

*Matter of fact... I sat down with that piece of old growth cedar wood
that I had been working with, and had a conversation with it –
out loud, no kidding, for about a half an hour.*

I told that tree all about my friend Mike. I told it about the joy that I thought Mike would have swinging. I told that tree about the project, the goal, my challenges, my hopes, my vision. I petted the wood. I thanked the wood. I admired the wood. I smudged the wood. And then I told the wood what I wanted to do... how I wanted to ‘tattoo’ it with tree artwork...and then I asked...

“Please dear cedar, WILL YOU HELP ME add this beauty to your already beautiful bones?”

IT DID!



Me and that Ol' Cedar.... WE DID THAT!

I realized that while I started out gifting Mike...

This journey with my beloveds and an ancient tree ended up gifting ME too.

Dream Big.

Ask for what you need (even from a tree).

Laugh your head off with happiness when it works!

And pray your gratitude after.

PS. While I have some retrofitting to do to winterize the swing, we DID get it up and presented it to Mike for his birthday. I do believe he liked it. Blessed be.

Thank you to my husband John S,
Colette, Liu, Paul, Pam and Crann Céadair (Gaelic for cedar tree)

— Draí – feelin' delighted, proud, honored and satisfied!



Family Enrichment

Pictures from our recent Family Enrichment weekend follow. We enjoyed 12 children, a Harry Potter scavenger hunt, magic wands, lots of play, and good conversation about kids and development.





We are suggesting that our next **Third Age** gathering will be on Friday, Nov. 3. We hope this date will work for you.

Community News



Save the Date!

Celebrating Colette Hoff's 70th Birthday

Friday, November 10, 5 to 10:00 PM
Community Center – 3610 SW Barton Street, Seattle

For information in the meantime, contact Elizabeth or Hollis
elizabeth.ann.jarrett@gmail.com

From Mari Scott: Hello friends! **I have a dream . . .** I would love if you considered donating to help fund my dream to meet my birth parents. (no donation is too small).
<https://www.gofundme.com/maris-birth-family-search>



Human Relations Lab 2017

Co-creating art together

At Lab this year we had fun creating a combined art piece from many smaller works of art created by many people. Unity and Diversity.

Thanks for the pictures, Connie!



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. The next meeting will be November 3. 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
Fall dates: **Saturday 10 – 2 in West Seattle: October 7 and November 4.**



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** 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.
In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.
Fall gatherings on Sunday evenings in West Seattle are: August 27, September 10, 24, October 8, and November 5.
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 48th year! Contact: Colette Hoff, hoff@goodenough.org



Annual Community Weekend at Sahale: March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

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 September 25; October 9, 23; November 6.



On the **weekend of October 20-22**, the Council invites all those interested in exploring and planning for the future of our community to join us at Sahale. For more information: 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) or at Sahale – 360 275-3957. In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.