



Village eView

January 15, 2020

Colette Hoff, Editor

COMING UP

Nature at Sahale, Jan 17 – 19

Women's culture, January 25

Third Age, February 14

Annual weekend, March 13 to 15

Adventure

Colette Hoff

An adventure is always full of unknowns and mystery and is defined as an unusual and exciting, typically hazardous, experience or activity.

Imagine 34 enthusiastic passengers boarding a bus for a trip into the winter and over a snowy mountain pass. As we prepare to leave, we learn that Snoqualmie Pass is closed, making the journey longer and requiring the bus to go over Steven's Pass. We were still optimistic as we drove through the small towns along the Skykomish river. Then the bus stopped to put on chains and we learned the pass was closed for a time. How much time? Well, we arrived in Leavenworth about 7 hours from when we boarded the bus! The streets of Leavenworth were not crowded and the children enjoyed sledding in the downtown area. We couldn't make it to Eagle Creek Ranch before dark for sleigh rides but they opened their "banquet" room and out came our dinner while children played in the snow and adults stayed warm. The trip back was much less arduous and we arrived in Bellevue around 12:30 pm! Mike also writes about his bus trip this week.

This winter bus trip has always been an adventure and this year was nothing different. Yet everyone had a good time. Cindy, who is a new friend, wrote to let us know of her gratitude and her grandchildren said it was the best trip ever! Pictures are on page 3. Mark your calendar for the bus trip next year on **January 9, 2021**.

The Workaway program provides amazing adventures for those who want unique experiences and work for room and board. Paul Rave has rejoined the Sahale residents for a return experience. Paul has been on many adventures and has made friends wherever he goes. Open to going to some unusual places over the last seven years, Paul has had adventures in

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

Russia, Ireland, England, France, Germany, Luxembourg, Belgium, Latvia, Finland, Netherlands, the Czech Republic, Poland, Estonia, and several places in the United States.

The following is Paul's review of his first stay at Sahale:

What a wonderful experience. You won't be just a volunteer. The community has an emphasis on spirituality but much, much more. You are made to feel accepted for who you are and appreciated for what you do from day one. It is a family and in all families feathers do get ruffled from time to time, but there is more than enough positive energy to smooth them out. I came with a one-month commitment and stayed just short of four months. I also plan on returning in the autumn. I feel I still have some work to do. I rarely go back to the same host twice. I would like to thank each and every staff member, volunteer, resident, member and friend of the Goodenough Community for their patience with me. I wish them clear skies plus a little adventure.



The sense of adventure is also a wonderful metaphor for life. An article describing embracing life as an adventure can be found on page 9 and is titled How more adventure can mean more happiness.

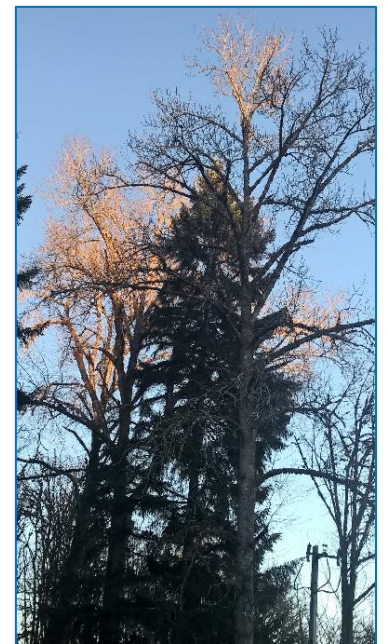
*Say yes
to new adventures.*

The Natural World at Sahale, January 17-19.

Kirsten Rohde

Irene and I are getting enthused about the upcoming weekend at Sahale, this coming Friday through Sunday. Our focus is the natural systems at Sahale – waterways, woodlands, gardens, orchards, wildlife and more. It is always fun to gather at Sahale, enjoying good conversation, the warmth of a cozy living room, hot tubbing, healthy meals, and fun exploring the land. The weekend is planned to be both educational and productive as we move site plans along, engage in visioning our future, and exchange ideas and experiences of caring for our piece of the natural world. Present this weekend will be folks who live at Sahale, other members of the Goodenough Community who contribute to the care of the land, and newer people who bring fresh ideas and experiences.

Here are some details about the weekend:



This weekend starts with dinner Friday evening at 6:30 and gathering that evening at 8pm for

an orientation and start to the weekend. On Saturday we plan to have some outdoor activities as well as opportunities to work in small groups around specific areas related to the natural systems at Sahale. The weekend will conclude at 3pm on Sunday. You are welcome to stay over through Monday to enjoy more time at Sahale. Please let me know if you plan to stay over.

We recommend that you bring work clothes for our outdoor time including rain gear, and waterproof boots if you have them. We can be prepared for some rain and hope for some sun.

Please let me know if you have specific dietary requirements or preferences. If you have a favorite new song that we can sing bring it along.

We ask for help covering the cost of the weekend with a suggested donation of \$35 a day. Also we are flexible so please don't let money to get in the way of attending.

If you plan to come and haven't let me know please confirm at krohde14@outlook.com.

*Say yes
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Pictures from the bus trip



Some chose a horse drawn carriage in Leavenworth!



Marley, Pam and Elizabeth are waving at Juniper as well as enjoying a beer!

*Say yes
to new adventures*



Mindful Mike's Blog: Bus Trip

Mike deAnguera



Our winter wonderland bus trip to Leavenworth. What exciting adventures awaited us along the way? Well, we got stuck on Stevens Pass for about 5 hours.

This required an exercise in patience on the part of all of us.

Why were we on Stevens Pass? Snoqualmie Pass was closed

If I concentrated my thoughts on what to be afraid of, I would

not have enjoyed the trip. My fears would have caused me to be ambivalent about the trip.

Fortunately I was looking forward to the trip along with all the kids and adults. We ate our lunches and tried to keep each other amused during the long wait and the uncertainty. My hat off to our driver, Darryl who was very skillful at keeping us safely on the road and spending all day with us.

We did arrive at Leavenworth. All the shops were open and the beautiful Christmas lights were still up. Two places I liked to hang out at in the past: the local church and the grange were closed. I used to look forward to the hot drinks offered at the church and hand made soaps at the grange.



Many restaurants offered outside seating at picnic tables with gas lit fires. Eat my favorite order out in the cold! Of course many of us prefer to eat outside even on cold days around our pit-to-go here at Potlatch. The outdoor seating looked tempting but I remembered we would have our dinner at Eagle Creek Ranch with a nice warm stove inside the eating area for the crew.

We had arrived too late for the sleigh ride. The horses were put away in the barn for the evening. I didn't even get a chance to see and pet them.

Wiley Aylward did ride the sleigh. He and his parents, Colin and Amie spent two nights in Leavenworth. Lucky kid. What an adventure for a three year old. Wiley was so talkative. I don't even remember being his age.

Wiley and I have gotten to know each other quite well. I have even been referred to as Uncle Mike. Will he remember these times as he gets older? I hope so.

Lili was on the bus along with her parents, Larry and Rachel Hoff. She helped guide Wiley around along with another friend, 7 year old Angelina. All the kids have such different

personalities. This was something I had not realized because I never paid much attention to them until now.

We returned via Snoqualmie Pass which opened in the evening hours. I remembered our Solstice celebrations at the Blewett Pass snow park where Norm Peck brought his own pit-to-go lighting a fire for us. Thank you Norm for all the times you lit the fire.

As you can see the snow followed us back to Sahale. I spent part of the day shoveling snow. Fortunately I don't have to go anywhere this week and the rain should pretty much clear up the snow over the weekend.



*Say yes
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We're almost on top!

The roof on our Sahale-based gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

We are almost to our goal of \$7000; \$800 to go!

Here are some details about the tent and new roof:



- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!



Donate now at www.goodenough.org
 Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof. For more information: Tom George thomasageorge@live.com



*Say yes
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Programs and Events of the Goodenough Community

Please Note: **New dates for 2020 are highlighted.**

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 **General Circle** meets Monday evening for light dinner & business at hand. The schedule is as follows: November 18; December 2, 16.

In 2020, our meeting schedule will be: January 27; February 10, 24; March 9, 23; April 6, 20; May 4, 18; June 1, 15. Our Annual weekend will be March 13 to 15.

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. We meet Saturday mornings from 10:00 to 2:00 with lunch included. In 2020, our first gathering will be January 25 at Hollis’ home. In February, our meeting will be February 29.

The annual women’s weekend will be April 24 to 26. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 7, 2019 (In 2020, December 5)

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 Elizabeth Jarrett-Jefferson for more information.



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. December 13 will be the next gathering. In 2020, February 14 will be the next meeting. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men’s Program

Our **Men’s Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men’s work advocates and the founders of this circle. The semi- annual men’s weekend will be June 5 to 7. For more information, contact:

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 PM under the leadership of Colette Hoff. This is a time to learn together about our personal goals, 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. On December 15, we will meet in Seattle with holiday theme. In 2020, Pathwork will meet January 26;



February 9, 23; March 8, 22; April 5, 19; May 3, 17, 31; June 14. Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth NEW DATES for 2020!

In 2020, Camp will begin Monday June 22 and will close on Sunday, June 28.

Summer Camp is 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 2 to 8, 2020

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

Work and Play Parties throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 22 to 25, 2020**) 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

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) to make an appointment.

How more adventure can mean more happiness?

by Sarah Treleaven Updated Jun 11, 2014

Looking for an adrenalin rush? Matt Walker, author of *Adventure in Everything: How the Five Elements of Adventure Create a Life of Authenticity*, explains how adventure can enrich your life.

Looking for an adrenalin rush? [Matt Walker](#), author of *Adventure in Everything: How the Five Elements of Adventure Create a Life of Authenticity*, explains how adventure can enrich your life.

Q: When you talk about embracing adventure, what does that mean?

A: Embracing life as an adventure is the greatest gift we can give ourselves. When we embrace life as an adventure, we tap into a deep source of energy, love, creativity, and generosity. I like to view life as an expedition. And while on an expedition all sorts of crazy things can happen, but how we respond to those challenges and successes, how we engage with our partners and teammates, and how we take care of our personal and physical health all impact the shape of the journey.

Q: How can cultivating more adventure make life happier?

A: Cultivating more adventure in our lives leads to a couple of changes that are immediate and highly rewarding. The most significant shift is in how we approach our everyday lives and put energy into the most significant aspects of our lives (relationships, profession, volunteering, community, etc). Cultivating a sense of adventure allows us to engage in our daily life with a sense of resiliency, curiosity, willingness to take risk, and connect with others in a deep and meaningful way. This new way of experiencing the world, even our most routine of tasks, now has a deeper meaning and we can see how it serves the larger goals. The end result? Happiness and satisfaction — all from living in the moment and being truly present to our experiences, those around us, and living with a deep sense of purpose.

Q: What kind of adventure makes you happiest?

A: Adventure is highly personal — for me, it is a combination of a couple of key things: something big (i.e., something that is currently out of reach), something demanding creativity and problem solving, something physical, and most importantly, something demanding a whole range of different skills and expertise from a team of people. Combining all of this together is the greatest type of adventure to me. This past year I was part of a group that put together a rock climbing camp for disabled athletes — the camp was an amazing success and combined all of the above elements.

Q: What are your top tips for living a more adventurous life?

A: There are three top tips I recommend for living a more adventurous life: curiosity, grace, and risk.

Curiosity, have the willingness to ask questions, engage, and try new things and new ways of thinking. The results can be profound and immediate.

Grace, the ability to recognize that sometimes life goes well and smoothly and other times is difficult and challenging. Grace is the ability to recognize this, bring humor into the equation, and be resilient.

Risk, acknowledging that our perception of risk is often very different than the reality.

Adventure lives at this crossroads where we are willing to take risk after honestly and sincerely weighing the options of actual risk versus perceived risk.