

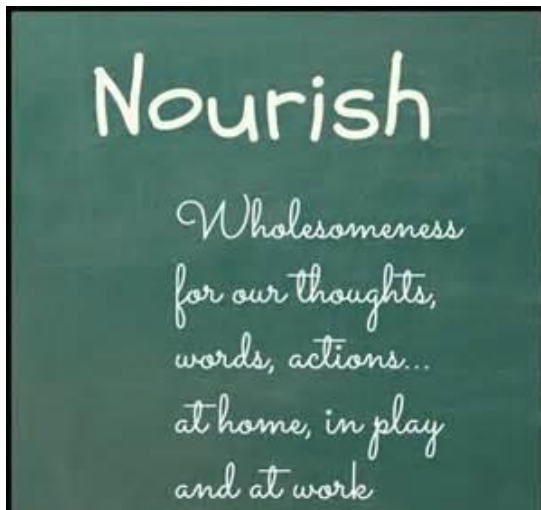
November 18, 2015

Colette Hoff, Editor

## The Village eView

### On-Line News of the Goodenough Community System:

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



## nour•ish

('nɜːr ɪʃ, 'nʌr-)

*v.t.1.* to sustain with food or other substances necessary for life, health, and growth; to foster the development of

### Upcoming

**Women's Culture**, Sat, Nov 21

**Thanksgiving at Sahale**, Nov 26

**True Holidays Celebration** – Sat, December 5

**Solstice Bus Trip** – Sat, December 19

*It seems to me that our three basic needs for food and security and love, are so mixed and mingled and entwined that we cannot straightly think of one without the others.* M.F.K. Fisher

Having just returned from a week on the east coast centered around my 50th high school class reunion, I am especially aware of “the other substances necessary for life and health and growth.” In addition to classmates, I visited two old friends both of whom are mental health counselors in private practice. All the stories and sharing I experienced were very connecting and nourishing because of the rich connection of common interests, ideas and philosophies.

I also find places provide nourishment: New York City, NE New Jersey; Cape Cod, New England. Below is a picture of one of my favorite lakes in Bear Mountain, a place that has fed me since I was 10 years old and where I learned to swim!

I have also felt nourished as John's needs for recovery were handled so well by friends and family. I am so appreciative to Kirsten, Nan, Irene and Amie for their support of me and care for John that made my trip possible.

This issue of the Village eView has two articles on the power of stories to nourish. In addition, consider Jim Tocher's story of an 80<sup>th</sup> birthday and while the cake was a great addition, Jim was

fed by being seen by his friends and they in turn were fed by his receptivity. Margenta writes about the Celebration of Community and the nourishing value of good questions.

*Love Colette*



**Lake Kanawaukie, Bear Mountain Interstate Park**

### **A Nourishing Community**

As Colette and I have been talking about the word of the week being nourish I realized there have been so many I people nourishing me through a time in which I have received loving care after my open heart surgery. I am also appreciating all the ecoVillage residents for their on-going practical support.

We have been enjoying living out here during this time and realize what a gift the ecoVillage is. This reminds me that a community is a comprehensive statement of compassion for each of us and that can make a huge difference in our life. I am benefitting from this and want you to know my appreciation and encourage you to be hopeful for what community can do for you in its caring. Thank you all again for your cards, prayers, messages. *Love John*

So you plant your own garden and nourish your own soul instead of waiting for someone to bring you flowers....

(Veronica Shoffstall)

izquotes.com

## My 80<sup>th</sup> Birthday Party

By Jim Tocher

Last Sunday the Community treated me to a big birthday celebration at the Seattle Community Center. Thanks to Elizabeth, Pamela and Hollis who coordinated the party, as well as Amie Aylward for the cake, for Irene for her efforts to get the caramel sauce to the party, and to Barbara for organizing the displays of “this is your life”. A great party was had by all – especially me! Amie baked a tremendous cake depicting a tractor digging away at a mountain of chocolate. With all the guests, the cake didn’t last very long. It was delicious as well as artistic. The guests told tales of my life (some more than 30 years ago) as well as recent notable occasions. Most of the tales were not embarrassing, but very supportive. I was brimming with good feelings and good old memories. (For some reason, the blue tights I would occasionally wear for special events were a topic of conversation).



The guests remembered many of the periods of my life, and the guests included two of my sons and their families.

I had an evening of fun, excitement, good feelings and good memories. Thank you all for attending. And thank you all who couldn’t make the party but sent their good wishes.



## Nourish Your Soul and Feed Your Spirit by Savoring the Stories of Others

By Rebecca Hagelin and Kristin Carey

### ANALYSIS/OPINION:

#### The challenge: Life narrative

- Have you ever stopped to consider why “story” means so much to us?
- Why do great books and great movies enrapture us the way they do?
- When you pick up your empty popcorn bag and slowly — almost mournfully — make your way out of the theater, or when you lay down a dearly loved book after you turn the last page, the deep sense of longing you experience suggests that we crave far more than entertainment.

In “A Million Miles in a Thousand Years,” Donald Miller writes about the parallels between storytelling and living, teaching that the elements that make a story compelling are the same elements that comprise a meaningful life. It’s all in the way we are wired.

In a sad yet hopeful observation, he wrote about the disappointing “stories” that so many of us “tell” the world through our lives:

“We live in a world where bad stories are told, stories that teach us life doesn’t mean anything and that humanity has no great purpose. It’s a good calling, then, to speak a better story. How brightly a better story shines. How easily the world looks to it in wonder. How grateful we are to hear these stories, and how happy it makes us to repeat them.”

It’s probably safe to say that we all desire to live life well and that we all too easily lose sight of how to do it. We have a spiritual need for meaningful narrative to remind us of the potential we have to offer the world through our lives. And there is something unique to the written word that allows you, as a reader, to pore over sentences and soak through their layers of meaning. Or perhaps it is the story soaking through you.

### **The hope: Soaking in good words**

Eugene H. Peterson, best known for translating (from its original languages) the easily relatable version of the Bible known as *The Message*, also authored a book titled “*Eat This Book: A Conversation in the Art of Spiritual Reading*.” As the title suggests, it provides a lot of insight into how we can intentionally read the extraordinary stories recorded in Scripture and some carefully chosen works of literature to nourish our souls.

Peterson opens his book with a portrayal of the way his dog acts with a bone and relates that image to something that excited him in the prophet Isaiah’s poetic description of a lion growling over its prey:

“What my dog did over his precious bone, making those low throaty rumbles of pleasure as he gnawed, enjoyed, and savored his prize, Isaiah’s lion did to his prey. The nugget of my delight was noticing the Hebrew word here translated as ‘growl’ (hagah) but usually translated as ‘meditate.’

“Hagah is a word that our Hebrew ancestors used frequently for reading the kind of writing that deals with our souls. But ‘meditate’ is far too tame a word for what is being signified. When Isaiah’s lion and my dog meditated they chewed and swallowed, using teeth and tongue, stomach and intestines. There is a certain kind of writing that invites that kind of reading, soft purrs and low growls as we taste and savor, anticipate and take in the sweet and spicy, mouthwatering and soul-energizing morsel words. I am interested in cultivating this kind of reading.” Continued on page 18



## **Story Starvation and Stories that Nourish, An Excerpt**

By Kenneth L. Carder

Soon after our six-year-old granddaughter, Megan, arrives for a visit, she invariably snuggles beside me and says, “Pawpaw, tell me a story.” When she began that ritual a couple of years ago, I tried to come up with imaginative stories that would interest and entertain her. Running short of imagination, I turned to stories of my own childhood or her mother’s childhood. Those are the stories she remembers and repeats to her friends, often adding her own twists and interpretations.

Recalling and telling stories from my past, particularly those from my childhood, has provided more than just entertainment for grandchildren. Those stories have added to my own self-understanding, kindled gratitude and hope, motivated confession and assured forgiveness, intertwined my life more deeply with my grandchildren, deepened my sense of life’s mystery, and heightened my awareness of the lavish Grace in which we live and move and have our being.

Living consists of participating in, creating, and sharing stories. Our lives represent the unfolding of a series of narratives, and we are bound together in the human family with intersecting and interwoven stories. Our minds are storehouses of recollected stories that shape our identity, our sense of meaning and purpose, our vision of the future, and our connectedness with one another.

In his provocative and challenging sermon delivered at the Sustaining Pastoral Excellence gathering in Indianapolis, August 7-11, John Wimmer said our society suffers from “story starvation.” It is an intriguing and helpful diagnosis of current realities in the church and society. Strangely enough, however, even as our society suffers from “story starvation” we are constantly bombarded by stories. Television saturates our homes with stories — commercials, drama, news, cartoons, “reality shows,” athletic events. Interactive technologies enable us to inject ourselves into the stories and create “virtual realities.” Yet, these stories leave us unsatisfied and hungry, malnourished and malformed.

The solution to starvation is not junk food. Being full and satiated is not synonymous with good health and proper nourishment. The answer to starvation is food rich in nutrients necessary for the growth and sustenance of the body’s cells and organs. Nutrition requires balance, substance, and consistency.

During the peer groups meeting in Indianapolis, we listened to and shared stories of the Sustaining Pastoral Excellence projects. One question we asked as we listened to the stories told by colleagues was, where was “the juice” in the story? What in the stories gave life, passion, and substance? Accounts of transformed lives, rekindled imagination, recovery of

calling, deepened relationships, loving community — these were the “juice” in our life together in Indianapolis.

Kenneth L. Carder is professor of the practice of pastoral formation at Duke Divinity School and a senior fellow with Pulpit & Pew: The Duke Center for Excellence in Ministry. He was bishop of the Mississippi Area of the United Methodist Church from 2000 to 2004 and the Nashville Area of the UMC from 1992 to 2000.



### **GOOD QUESTIONS ARE NOURISHING**

*A Partial (as opposed to impartial) Report on the Celebrating Community Weekend*  
by Marjenta Gray

*"How has idealism shaped the Goodenough Community/Sahale?"* This question was formulated by the youngest group at the GEC Celebration of Community weekend, November 6th through 8th, at Sahale. The question was directed to all who had been in community that for some time.

We were divided into three groups; thirties and younger, forties and fifties, and over sixty. Each group discussed the issues that were common to their age group, and formulated questions to ask the other groups, or one specific group. The questions were collected, put in a hat, and a few were picked randomly to discuss.

The question about idealism brought forth a variety of answers, and has provoked my thinking since the weekend.

Several people confessed to being idealists. Kirsten said she is a Utopian, and not a Dystopian. Jim said he doesn't think about idealism, he thinks more in terms of how a project can be done, who can he work with, to accomplish what needs doing. I thought about it, then replied that I'd been working to not be so idealistic, to be happy in my present imperfect reality. I have considered myself an idealist, and have found that I have often made myself unhappy when reality doesn't match up to my dream.



Since the weekend, I have reflected on how a number of us came of age in the 60's and 70's, where idealism ran high. Many young people were disillusioned with society as it was, and were, to varying degrees, involved with exploring alternate ways of living, relating, and working towards higher values. Humanist psychology was an influence, and more accessible birth control contributed to expanding sexual boundaries. Some community members were strongly influenced by that movement, but definitely not all were. Many of us came to the community in some kind of personal crisis, seeming to fall into the healing circle of community, never having

even thought of what a community is, much less desiring to be in one. So, it was more of a need, or some kind of heart recognition, that drew us, rather than an idea.

I remember John saying at one time that the perennial wisdom is what has been found over centuries to work best. I remember him challenging me/us to test some of the "life-ways" or teachings, and see how they functioned in our lives. In that sense, they are very practical, and not particularly idealistic.



There were a number of questions asked during the Celebration of Community weekend. The conversations that resulted were the kind where one person's sharing would spark a thought in another, and the flames of ideas danced around the room. Later, I'd find myself thinking about a question, or something someone said, and another round was lit in me. It felt like we could continue much longer on a number of topics.

Some of the other questions asked were:

1. What would break your heart to not see in 50 years? Or to see? (from youngest group, under 40, to all )
2. What is the current leadership structure now? Are you willing to be flexible about that structure in the future?
3. What do you mean about leadership model? What have you seen as interns? (Kirsten)
  - a. Impressions of leadership (who appears to be in leadership? To interns)

Something that made this weekend different from other community organizational weekends I've been to, is that there is now a younger generation, who is asking good questions. These young people are really interested in learning about the teachings that are at the heart of the Goodenough Community. They say that we are "hiding our light under a bushel," using a metaphor from the Bible. They are asking why we are not sharing and making more visible the offerings that we have provided. As was the case with most of us, they came to Sahale for reasons other than what is making them interested in staying, and they are catching that what is really here, under that bushel, is very bright indeed, with an indescribable value. I think many of us found their questions, their curiosity and valuing very validating and touching.



As I drove home from Sahale, I listened to shuffled music from my long-time collection. Tears came to my eyes several times, as one song brought back a tender moment at a Women's Weekend, and another brought images of one Lab or many. A circle of people, together for the purpose of being good people, who care for ourselves, each other, and ever-widening circles of people we relate to. Caring for the land and all creatures, as fellow sentient beings.

The weekend was another of these experiences that will long linger in my memory, as one of aliveness, connection, and hope. I think John, recovering upstairs from his heart surgery, would be proud of us. I hope all the positive energy is healing to him.



## Thanksgiving at Sahale – You're invited -

November 26, 2015

### And it isn't all about food!

This year our community Thanksgiving will be at Sahale. We invite you to join us for a good country feast. We will prepare a turkey with stuffing, gravy, potatoes and perhaps a couple other favorite side dishes. We're asking guests to think "potluck" and to bring a dish you'd love to eat and to share with others. Or come earlier in the day and prepare a dish at Sahale. Let us know so we can coordinate cooking together. Vegetables, side dishes, desserts are all welcome. **Dinner is planned for 4pm.**



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

*At feasts, remember that you are entertaining two guests: body and soul. What you give to the body, you presently lose, what you give to the soul, you keep forever. ~Epictetus*

Happy Thanksgiving!



## Making Room for Peace and Love

### True Holidays Celebration December 5

Kirsten Rohde

I wrote a letter to President Obama this week after hearing him at the press conference in Turkey. I do appreciate and admire his work and his desire to limit full war involvement in the Middle East. I also asked him to consider what is needed besides military intervention. I feel for people in that region who need healing, security, jobs, a good economy, food, homes, and most of all respect for their culture and values. The same things we need in our country.



After the events last Friday in Paris, and Beirut and Baghdad, I find myself thinking even more about peace and love. Two words that could seem rather tired and trite yet I know I still believe in them. In this season the team for our True Holiday event on December 5<sup>th</sup> came up



with the theme “making room for peace and love,” because we still feel the relevance of believing in these values. I’m glad we’ll be having our holiday evening in three weeks. I hope you join us – we do have fun, and we have a chance to reflect on all that is happening in our lives and beyond our own lives. Our thoughts of peace and of love can carry far distances, I believe, and this is part of the solution.

We are practicing this most needed song to sing together at the event.

**Let There Be Peace on Earth by Jill Jackson and Sy Miller**

Let there be peace on earth  
And let it begin with me;  
Let there be peace on earth,  
The peace that was meant to be.  
With Earth as our Mother  
Family all are we,  
Let us walk with each other In perfect harmony.

Let peace begin with me,  
Let this be the moment now;  
With every step I take,  
Let this be my solemn vow:  
To take each moment and live each moment In peace eternally.  
Let there be peace on earth  
And let it begin with me.

With every step I take,  
Let this be my solemn vow:  
To take each moment and live each moment In peace eternally.  
Let there be peace on earth  
And let it begin with me.

**About the song:**

Sy Miller and Jill Jackson were a husband and wife songwriting team. In 1955 they wrote a song about their dream of peace for the world and how they believed each one of us could help create it. They first introduced the song to a group of teenagers selected from their high schools to attend a week long retreat in California. The young people were purposefully from different religious, racial, cultural and economic backgrounds, brought together to experiment with creating understanding and friendship through education, discussion groups, and living



and working together in a camp situation. Sy Miller wrote in his own words what happened: "One summer evening in 1955, a group of 180 teenagers of all races and religions, meeting at a workshop high in the California mountains locked arms, formed a circle and sang a song of peace. They felt that singing the song, with its simple basic sentiment – 'Let there be peace on earth and let it begin with me,' helped to create a climate for world peace and understanding. 'When they came down from the mountain, these inspired young people brought the song with them and started sharing it. And, as though on wings, 'Let There Be Peace on Earth' began an amazing journey around the globe. It traveled first, of course, with the young campers back to their homes and schools, churches and clubs. Soon the circle started by the teenagers began to grow. Before long the song was being shared in all fifty states – at school graduations and at PTA meetings, at Christmas and Easter gatherings and as part of the celebration of Brotherhood Week. It was a theme for Veteran's Day, Human Rights Day and United Nations Day. 4H Clubs and the United Auto Workers began singing it. So did the American Legion, the B'nai B'rith, the Kiwanis Clubs and CORE. It was taped, recorded, copied, printed in songbooks, and passed by word of mouth.

In Sy Miller's words : 'This simple thought, 'Let There Be Peace on Earth, and Let It Begin With Me' first born on a mountain top in the voices of youth, continues to travel heart to heart – gathering in people everywhere who wish to become a note in a song of understanding and peace – peace for all mankind."

## Our True Holidays Silent Auction

*Elizabeth Jarrett-Jefferson*



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

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

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

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

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

- A team to rake fall leaves
- Mosaics class
- Dog sitting, dog walking

- House sitting
- A guided/catered hiking experience for several with your own personal sherpas
- A catered sailing experience with two experienced, talented sailors
- Maid-for-the-day
- Laundry-for-the-day
- Grocery shopping
- Running errands, driving your kids to activities, driving your parents to activities
- Birthday cakes for your family/children for the entire year
- Gardening/potted plants lessons and nursery trip
- Perennial plants
- Holiday linens
- Movie tickets
- Certificate for a massage or the Spa
- Organizing your papers
- De-cluttering your house
- Handy man services
- Scrapbooking, organizing photos, sorting
- Drawing lessons
- Museum tour with your own personal docent
- DIY wine tour with your own personal DD
- Wine and cheese basket
- Knitting lessons
- Knitted items
- Meals and meal deliveries
- Sourdough starter from a famous local restaurant
- Guitar lessons
- Architectural consultations

I look forward to seeing you there. – Elizabeth.

## *Winter Solstice Bus Trip - Saturday, December 19.*

***A Registration form is attached to the eView email***

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



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

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

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

**\$90 – Adults (18 and older)**

**\$75 - Children (13 to 18)**

**\$55 - Children (3 to 12)**

**Children under 2 free**

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



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

*Kirsten Rohde*

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

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





## The deAnguera Blog: Jim's 80<sup>th</sup> Birthday



The hearth. That's the place to gather around during these cold blustery days of Fall. There is something nice and warm about a fire in a fire place. We did not have one lit but one had the same sense of warmth as we all gathered for Jim Tocher's 80<sup>th</sup> Birthday.

Jim's birthday cake featured a tractor working down a hillside. Thank you, Amie for such a nice cake. Chocolate too! I had to restrain myself from devouring the whole cake at once. I am an unreformed chocaholic and I go wild over dark chocolate.

We all admired the two boards featuring photos from Jim's life. I remember helping to make up the board with photos for my 60<sup>th</sup> birthday.

Many people came to Jim's party including some I had not seen for years. It was good to see them again.

Hollis Ryan led us in toasts and roasts for Jim.

Jim has been like a father to me in the years we have known each other. I discovered even at my age, it was nice to have someone play the role of Dad. I definitely had some work to do as a son.

When I was born, my dad was 46 years old and we never really had a chance to get to know each other as men. That was something both Paul, my brother and I missed.

This Fall we can gather around the hearth even if one is not lit. Just seeing the hearth in my mind gives me a warm feeling inside.

You see what we can do as family. I can't say this often enough: We are Family. Family is the most important element of my life and I thank all of you for enlarging my sense of family. One of the things families do is celebrate birthdays together, especially around a warm fire on a cold, wet afternoon.

I spend time with folks who talk about revolution and how we get exploited by the ruling elite. I mostly agree with them but a life without a family to share it with becomes a cold, empty void. Preachers and other conservative pundits prattle about the erosion of family values but each of these just want to manipulate us. Are they capable of creating nurturing environments like our community? Will they work for living wages that can support families with children?

Family is important to me as the basic social unit of our society. One can belong to more than one family and these families could reinforce each other thus enabling us to make life choices in tune with our values.



The Jim Award. As Pam has helped all of us discover: only one person met the qualifications for the Jim Award: Jim Tocher. I will admit I was one of several contestants who tried for the Award but didn't make it.



## Community News

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We are saddened to hear of the passing of Dorothy DeMers, mother of Douglas and Grandmother to Josh DeMers. Douglas and Connie went to California last week and Dorothy who was 92 passed last night. ☐

Douglas, Josh and Connie you will be in our thoughts!

### Drawn to Communities

Bruce Perler

I've been drawn to places and people that tasted of community spirit since I was young, as far as I can tell. It was the Mormons first. 1978, I was 15 and met a girl from Gig Harbor High School at the roller rink I frequented. Before long I was meeting her family and not long after that, the missionaries. Recruitment aside, it was their community spirit I was drawn to; Family Home Evening, The Elders gathering on Sunday, singing together, cooking and praying and a strong practice of practical friendship and caring after all those in the local ward.

My trip with the Mormons lasted just 5 years. And although I had to move on over their insistence they had the one Truth, I couldn't help but be changed by the experience. Unfortunately I was just 22 and not able to sort out the subtleties of what I'd experienced. It was enough to get out of the marriage to Amy relatively unscathed and return to own family. For a while I lived with my brother and hung out with his friends. They taught me the ways of the party, drinking, smokin', and their form of community. A bit less organized than the Mormons but, a community of friends non-the-less.

By 1993 I'd begun my career in software engineering and had moved back to Seattle from Detroit to be with my mother and family after learning she'd been diagnosed with Lymphoma. My employer at the time, Electronic Data Systems, in response to my asking for support, treated me with great respect and value - such an impression they made. I was given an all expenses paid relocation for me, my wife and step daughter, and a new job at an engineering office in south Bellevue. It wasn't exactly the fellowship of the Mormon Elders but, EDS did have a way of treating its staff with great care and demanding high performance. I liked the exchange and felt very loyal for quite a time to a kind of corporate community.

It was through Bonnie, my second wife, that I met Nancy who suggested I check out the course she was taking with The Private School for Human Development. I loved the energy of the classroom experience and, found my own work in confronting choices I'd made and ways I reacted to the world that were to be my curriculum. Another trip with community was beginning and I was more drawn by the taste than I was making a rational choice. It just felt right to be with these people and their ways of being, learning and living. And as my own waking up to a different kind of life began to unfold, I also began to wonder at my own experience of community over these years of my own life, now in my early thirties.

Talking with John Hoff and being with him as student and mentee, I began to uncover more curiosity and passion for community as a larger movement, provoked by the Spirit of Community. It seems specific communities are born, have lives, and transform. Some persist to survive the inevitable struggles while others fade away, yet leave an impression in the hearts and minds of those touched. The Spirit of Community does not die. It seems to have its own journey through us choosing to live with Her.

It's been quite a few years since I've gone to a regional communities gathering and I've been feeling a longing to connect with the larger movement. When I heard from Yako about the first West Coast Communities Conference, sponsored by the Federation of Intentional Communities, was to be in central California, I knew I wanted to go and that I'd already committed to myself to be there.

I've read our articles of the last few weeks in this publication and liked what we've shared, those of us who attended. I participated in informative and moving workshops, experienced wonderful shared meals, had splendid hang out times at the smoking table and felt myself profoundly free and connected. This taste of community is good for me, for us, in many ways and at many levels.

Its been just over a month since the conference and I've found myself longing for the next time - the next encounter. The upcoming True Holiday Celebration will be a place where the spirit will be present and enliven by warm hearted people wanting an important time together. Beyond that I see making it a practice to attend the regional conferences of communities. I want to feel and be energize my and our connecting with the movement and Her many faces.

A couple nights ago I was dreaming with my brother about our next year's motorcycle camping journey. We were watching some on-bike camera movies from the web of fellow riders on Beartooth Pass east of Yellowstone - spectacular ride. And, as it is on the web, I came across a short film of a man touring the country on his motorcycle and creating documentaries about people doing good, what he called [The Respectful Revolution](#). Since then I've been having little day dreams about my own version of a summer long ride across country, visiting communities, sharing some of my and our community taste, while mixing with theirs. Its an intriguing idea and one that I like imagining. By now I accept that I'm provoked by and drawn to the Spirit of Community and, enjoy being with others who know and love the taste.

Thank you to the FIC and Groundswell Institute for making this year's conference an amazing experience. I want for me and my community more sharing of this taste and way of being in the world. I feel an importance in this time of being more connected and with the community of communities, the movement that includes ours and yet is much larger. And I'm going to continue to dream about a version of encountering the broader Respectful Revolution that community is an integral part of.



## Birthdays and Anniversaries

Happy birthday, **Marjorie Marjenta Gray** – November 28

Happy birthday **Lisa Lita Leibfried**—November 29

## Cultural Programs & Events in 2015

*For the Goodenough Community, cultural life is an arena for creative expression.*

*All programs and events are open to the public. We welcome your interest and participation.*

*Over thousands of years human communities have organized not only their work life but also their*

*relational and cultural life. The Goodenough Community organizes its cultural life around*

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

■ Colette Hoff



*encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.*

**Programs & Events:**

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

## Women’s Culture



*Hollis Guill Ryan*

**In September we began a new** year in the women’s culture, a year of exploring our journeys as women on “The Path of Freedom.” As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

This Saturday, **November 21 at 10:00 a.m.**, women are gathering to share what is most important to us these days. It is your chance to be with other women, listening, sharing, and exploring deeply.

I hope you will join us!

**Saturday, November 21, 10:00 a.m. – 2:00 p.m.**  
**3610 SW Barton Street in West Seattle**  
**Lunch will be provided**

We ask for a donation of \$20, and trust that you will give what you can best afford.

The leadership team and I look forward to seeing you this Saturday!

Warmly,  
Hollis

Save the date

## True Holidays Celebration

**Saturday, December 5, 2015**

This event has more than 28 years of history and is held early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will

again be at the **Mercer Island Congregational Church** and begins at **6:00pm**

*Kirsten Rohde will be our host and guide*



## Mark your calendars for Lab 2016!

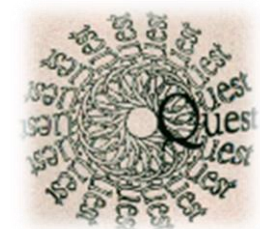
### The Human Relations Laboratory

**August 7 to 13, 2016**

**Sahale Learning Center**

*On the Kitsap Peninsula near Belfair*

[www.goodenough.org](http://www.goodenough.org) (360) 275-3957



### Quest: A Counseling and Healing Center

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

**Call John (206 963-4738), Colette (206-755 8404) or Colette and John**

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

*Whenever you are sincerely pleased you are nourished! ~ Ralph Waldo Emerson*

## Nourish Your Soul and Feed Your Spirit by Savoring the Stories of Others

Continued from page 4

Who doesn't want to cultivate that kind of reading? The best way to do it is to read while being mindful of the effects the books can have on you and to choose carefully the stories upon which you will focus. As writer and poet Oscar Wilde stated, "It is what you read when you don't have to that determines what you will be when you can't help it."

What goes in will, in some form or another, eventually make its way out, so choose to dwell on brave, hopeful, challenging and heroic stories.

Choose to read fantasy, knowing that God is more creative, more powerful and more wonderful than anything we could hope for or imagine. Read biographies, knowing that God became a man so we could understand him more fully. Each person, made in the image of God, reflects something unique about his character. Read history, knowing that countries have “souls” of their own and that God places groups of people in certain periods, in certain cultures, to fill roles in the epic story he is authoring. Read memoirs, knowing God is at work in every life, trying to draw each one of us toward himself, using the hard things and the joyous moments alike to strengthen us for eternity.

If you are interested in compiling a strong and spiritually nourishing summer reading list for you or your family, we offer a few suggestions:

“The Chronicles of Narnia” by C.S. Lewis is an incredible allegory for the way God interacts with the universe. Though you may have read the series as a child, the spiritual meaning in Lewis’ writing expands as your faith grows. These books are worth reading a hundred times over, no matter what age you are.

“One Thousand Gifts” by Ann Voskamp is an astonishing account of how practicing gratitude dramatically altered her perception of life. The vulnerability she displays in her writing, combined with her poetic prose and wise insight, makes her book fiercely powerful, especially for anyone wrestling with discontent or painful memories.

“A Million Miles in a Thousand Years,” which we referenced and quoted earlier, is Donald Miller’s memoir about how the process of turning another one of his books into a movie helped him understand the structure and design of human life. It expounds upon the idea that God is like an author who gave his characters the ability to create even as he created them.

“Unbroken” by Laura Hillenbrand details the hellish personal story of World War II prisoner of war Louis Zamperini. In so doing, it reveals that the human spirit is capable of surviving unimaginable physical and psychological suffering. The book does not stop with Zamperini’s liberation from his captors, but rather peaks and inspires most when Ms. Hillenbrand shares how the love of Christ can liberate one from the nightmares of a painful past and the all-consuming hatred and desire for revenge toward those who have harmed us.

Then there is the book of Job from the Bible, which is rich on so many levels that Hillsdale College (a fine institution with which Rebecca is honored to work) has included a study of the ancient work in the college’s Great Books 101 online course, calling it a “literary and theological masterpiece.” The essence of Job’s story is man’s struggle to walk in faith, believe that God is just and accept our absolute need for humility and divine wisdom. Particularly poignant and powerful are the heart-

stopping and inspiring passages in which God confronts Job’s doubts with thundering questions such as, “Where were you when I laid the foundations of the Earth? Tell me, if you know!”

Whatever intellectually or spiritually nourishing books you decide to read, stay with them long enough to chew, savor and fully digest their words and messages. Then let them drive you into living a better story.

*First appeared in The Washington Times*



*The choice is between attacking and nourishing. You can see your body as an enemy that has to be conquered, or you can consider it a friend that needs to be cared for and supported so that health and well-being will flourish. As sages the world over have affirmed for centuries, love is the greatest healer there is. ~Mirka Knaster*