



March 23, 2016
Colette Hoff, Editor

Calendar of Events:

Women – Friday, Mar 25

Men's Weekend, March 25 to 27

Pathwork – Sunday, April 10

Council – Monday, April 11

Relational Group – Tuesday, April 12

Obstacle

Something that prevents action or slows progress

The obstacle is the path. Chinese Proverb

Pursue the obstacle. It will set you free.

~Mark Nepo

If you find a path with no obstacles, it probably does not lead anywhere.

~ Frank A. Clark

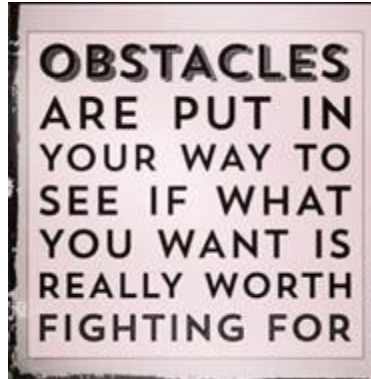
A Fable

A King had a boulder placed on a roadway, hid himself and watched to see if anyone would remove it. Some of the wealthiest merchants and courtiers in the realm came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but did nothing about getting the big stone out of the way. Then a peasant came along carrying a load of vegetables. On approaching the boulder, he laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the

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

boulder had been. It contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway.

From Healing Words for the Body, Mind and Spirit by Caren Goldman



Obstacles

Norm Peck

The grandmother cedar that fell into and over the river at Sahale is an obstacle from at least one perspective; it will alter the flow of the river. Yet it will also shelter salmon, provide a bridge over the river...and possibly collect driftwood to make a larger obstacle. It provides both an impediment to the flow that has been, and opportunities that did not exist before. Obstacles reshape the future. It usually requires viewing an obstacle from a distance to begin to see both immediate and longer term implications; from too close all that's visible is the blockage. From the comfortable flow of my habitual life, an obstacle at first seems daunting (to me), often seeming to be the end of a hoped-for path. A marriage, a relationship, a project, a plan. It requires stepping back from the dismay, the loss of hope, the anger and fear, to breathe again, and revision, review, see the other possibilities not visible or brought out in the attachment to the previous path or pattern. It is there that the opportunity lies, the opening of different possibilities not seen or felt before.

Some of my inner obstacles are subtle (or unconscious). As I set about thinning out the 'stuff' in my life now that I'm retired, I find it takes a considerable commitment and self-discipline to set aside a half-day or two a week to focus on one corner of the living room, my closet, the 'guest' room...and stay with sorting; trash, recycle, Goodwill, give-away, keep (in a more organized and conscious way). For the most part, I think most of my obstacles are those within, not something outside me in any way. Growing my own capacity to recognize my resistance to relationship, receiving, even letting go of some fears, allowing the full flow of my energy are a growth edge. Especially now that I do not have the drive of my career now retired from to propel me forward, I'm working at allowing the freedom to be aware of and respond to the inner callings long set aside in favor of my work life. While there is value to me and others in many of the things I do, finding the path to the human being that resides in me with the human doing seems to be proving a challenge. Seeing the obstacles I have to that is a very interesting process that I think/feel will take a while to sort out.

Perhaps it is not failure at all;
it is simply feedback.

- Virginia Satir

*Spirituality and Opposition and challenge from the outside evidently stimulate us to do battle, exercise and train us, develop our muscles and our patience.... They help rather than hinder. But there is something inside everyone that resists help -- a coward shadow that dogs the heels of our potential hero. This is the real **obstacle**.*

— D.M. Dooling in *The Spirit of Quest* by D.M. Dooling

To Practice This Thought:

Identify one obstacle that you can use in your training, and be alert for signs of the presence of your coward shadow. Dooling

From Spirituality and Practice.com

The moment you accept what troubles
you've been given, the door opens.

— Rumi

Pathwork meets next April 10

Miracles: Some Reflections from a Conversation with John

John Hoff with Kirsten Rohde

We had a good conversation at Pathwork last Sunday about miracles. We are in a process of each one of us selecting something to read, and sharing it for discussion on a Sunday night. Some of our reading comes from issues of the journal, *Parabola*. John Hoff chose the issue on miracles and here are some of his answers to our questions:

One of the articles in the journal is about Native Americans and their views on miracles. How did you experience this in your time with natives in the Yukon?

When I spent time with the Indian tribe as a boy, they liked to talk about the day that had just happened and what when on, describing things that they had seen during the day. They seemed to enjoy the small events during a day, and be grateful for them. It could be described as miracles of daily life. I remember taking walking trips with them that could be several days long. They were not sure there would be enough food but then hunting would

provide or some of them would bring out small food offerings from their pockets and there would be enough. It could be seen as a miracle that this would always happen.

In my theological training, we were taught to use language that tried to talk me out of God and make God a topic for church not a part of common experiences. This is different than the appreciation of daily life, of the usual things of life that we could see as little miracles.

So are you saying that we limit ourselves if we think the only miracles are spectacular experiences, like are described in religious stories?

Yes, the little miracles that come about in our lives are what we can feel grateful for. Surprises that help us wake up or see our day differently. Miracles are more relevant to daily life if we'll let them describe everyday life. For instance, I think miracles are best thought of as natural and not just supernatural. For instance think of how much a smile from somebody who cares about you can change your mood and attitude. Think about somebody's asking for forgiveness or saying they're sorry and how that can impact you and soften your own heart. Let these be natural miracles which I think happen every day in most of our relationships.

Editor's note: Theme Next Week

*Miracles are **obstacles** that have been faced and resolved. The theme for next week's issue of the eView will be **miracles**. Please share your stories and thoughts about miracles and send them to Colette.*



Ray Werner, A Story of Overcoming Obstacles

Colette Hoff

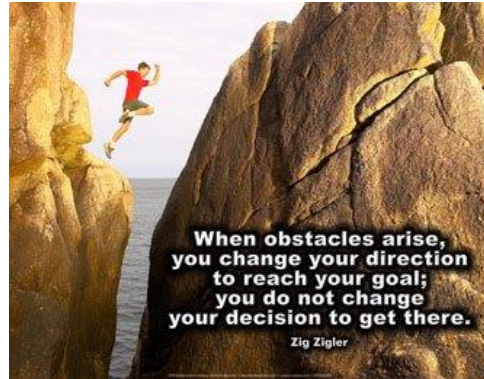
As some of us were having dinner in Potlatch tonight, my dad's story came present. His is the story of having overcome the huge obstacle of a severe World War II injury. A couple of years ago, David Hoff contacted the Smithsonian Museum in Washington DC for their interest in my dad's scrapbook, wheel chair basketball jacket and other memorabilia. It was accepted and David recently received the following:

I wrote a blog about your grandfather so I thought I would share that link with you:

<http://americanhistory.si.edu/blog/ray-werner-wheelchair-basketball-pioneer>

The objects are also going on display this year -- I think we are slated to open in September but will let you know when I have a firm opening date for that exhibit.

jane
Jane Rogers
Associate Curator Culture and The Arts Smithsonian Institution



Hello, Women!

Are you planning to have your say at the caucuses on March 26? Many women are intent on attending the caucuses, and I encourage you to do so, too, if you are interested in being part of our American political process.

Because so many of the women who ordinarily come to our women's gathering plan to attend a caucus, we are rescheduling our gathering. Please erase your calendar notation on March 26, and replace it with this:

Friday, March 25

6:00 – 9:30 p.m.

6:00 – 7:00 p.m. – A light dinner buffet will be served

7:00 – 9:30 p.m. – Program

3610 SW Barton Street, Seattle

To help us with our planning, would you please let us know whether you can come, or not? And, please come even if you will arrive late. We know that Friday evening traffic can be challenging. Don't let a little heavy traffic keep you away from the joy and companionship of our gathering of women!

We have a new basket for collecting contributions – a lovely birch basket from our beloved Kathleen Notley, who passed away recently. As usual, we suggest a contribution of \$20 to the Goodenough Community in support of the women's program. We trust that you will give what you can best afford.

I am looking forward to hearing from you, and to seeing you on Friday, March 25! Warmly, Hollis

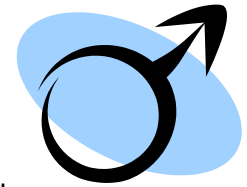


Preparing for a Good Weekend with Men, March 25 to 27

Brother Bruce

Our upcoming weekend is near and I wanted to check in about a few things with you all.

Firstly, if you're intending to be present at the weekend, and haven't already, please RSVP through me - bruce_perler@hotmail.com. A count will help us with food and room arrangements.



Schedule

You'll be welcomed Friday evening to a hot meal when you arrive. Supper will be available after 6:30 and not put away till bedtime for those coming late.

We'll get together Friday evening for an opening conversation and continue Saturday morning, after a good night's sleep, Sahale style, followed by breakfast.

Saturday will be a mix of work together time, hang out / relaxation and conversation in the evening.

We'll again meet Sunday after breakfast then proceed, activities TBD, then close by 3 p.m.

Being there

Our elder and friend, John Hoff, will be joining us as he's able during our weekend retreat. He's looking forward to being with us and interested in good conversation and questions of curiosity about all kinds of things manly. One area John is asking us to be thinking about is the "what it takes" of men's work. When I spoke with him a couple weeks ago about his thoughts for our weekend, he suggested we each be thinking/feeling about how difficult men's work is for us each as individuals. Being open, honest, humble and objective about the human frailties we each have and our strong tendency to be protective, guarded, even evasive about our vulnerabilities. An example for me is related to being small of stature. I've spent a lifetime dealing with outside and inside trouble because I'm smaller than most men and growing up, boys. This has left me with a tendency to deny the fact of it and overcompensate by trying harder and building a strong body that I tend to be rough with and overuse. Only in more recent years have I seen this some objectively and felt for the impact and the ways my body caused me to feel insecure, be compensatory and think of myself as less-than other men. As a men who care deeply for the growth and freedom of

men, John and I are suggesting you reflect on your sensitivities and challenges as a way to prepare for our weekend together.

Work wear

For those who will be working with the outdoor crews, the following will be helpful:

- Work shoes or boots; waterproof will probably be a good idea, as we seem to be having a wet spring.
- Work gloves; at least some of the work will be loading and hauling wood and trimmings.
- Sturdy work clothing.
- Raingear
- Hearing protection (if you have earmuff or earplug type you prefer), in case some chainsaw work is needed. (Disposable plugs will be available)
- Pruning shears/loppers, pruning saws if you have them; we have some at Sahale as well.
- An inclination to be aware of what its like for you to work together with others, and a willingness to share that afterwards.

Manly alter

Work of all kinds is key in a man's life. Bringing something for our man-alter that represents work or some other important part of your life; relationship, recreation, family is a nice way to join in.

I'm looking forward to being together soon.

Postcard from Tahoe

Barbara Brucker

It seems hard to believe I've been here nearly four weeks. I am privileged to be able to indulge my passion for skiing and to have the support of many, especially Jim, Joan, and my step-sister, Paddy, who lets me stay with her each year. It's a treat to be able to ski nearly daily and to be 15 minutes from world-class ski areas. It's a long-held dream come true, and I get to do it more than once!



This has been a different year for many reasons. It's finally a snow year here. Interestingly enough, that means there have been several days that have been "weathered out". Prior to this year, I think I've had one "weathered out" day in 3 years. This year, storms have been coming in warm and windy. The rain changes to snow, but the winds have been brutal (in excess of 50 mph) so that lifts haven't operated several times. The flip side is we've had some fabulous days after the storms. Just had one today (Tuesday) with about 14" of fresh snow. Had to shovel snow before I could go skiing.

I've had the fun of connecting with Seattle people while I've been here for the first time. One day was spent with Lisa Leibfried and her friends who were at South Lake Tahoe.

Unfortunately, Lisa isn't skiing this year but others are. Had fun meeting and skiing with her group and then stayed for dinner before returning to my more northerly digs. Just before that Paul Geracci came down for three days of skiing at Squaw Valley with me and my Tahoe friends. We had fabulous snow and a fun visit. Then my nephew, Ryan, was in the area and able to spend a day skiing with me.

A week from today I'll begin my trek home. I'm having a wonderful time, as usual, being here and have another week to enjoy. Many of Paddy's friends have become friends of mine and we have a lot of fun skiing and socializing together. This trip is one of the high points in my year and in some ways it is hard to leave. At the same time, I will be glad to return to home, to home in the community, and to the shared life in community that I have come to rely on for the past 30+ years.



From upper left, clockwise: Action shot – I'm center skier; me at Alpine Meadows; with nephew, Ryan; Paul Geracci and Tahoe friends at Squaw Valley





The deAnguera Blog: Harmony with Chickens



Bruce and Irene Perler are raising chickens. We have 12 - 8 week old chicks. There are three roosters. How did we get three? Well Irene told me that it is nearly impossible to tell the sex of the chicks when they are just born. Two of the roosters are aggressive.

So you see roosters are just one obstacle in raising chickens. Others are predators. Chickens could get sick and die. There are obstacles to anything one might want to achieve.

As the two above pictures show, Bruce is building a chicken coop with some help from Pharaoh Kuykendall, Douglas Demers, and Josh DeMers. The nice thing about community is that Bruce didn't have to build the coop himself. Unlike the chicken coop we built as a community many years ago, this one has a professional look about it. Irene explained to me in detail how it would work for the chickens.

The chickens of course came from Valley Feed, a store I have been to many times with Jim Tocher for Sam's dog food and propane.

Why didn't I photograph the chickens? They are in a very small room in a building Bruce put up near the yurt. I would have needed to use a flash which would have startled the chickens. They are plenty frightened already. Irene could have held one outside except now we have nearly nonstop rain. Northwest spring. Pretty soon they will have their own enclosure safe from local predators. The coop is going to have a fence around it.

These chickens are going to lay eggs for us. If they were meat chickens, they would have been slaughtered by now.

Irene taught me how to handle a chick. I had to hold it by its body and let the feet dangle. Otherwise the chick would have pushed itself away from me. I imagine she has handled all the chicks and has gotten them used to her presence. Even so they are still plenty scared. I could feel the pounding heart of the one I was holding.

We are raising these chicks because we want to. To me that is the best of all possible reasons. We are certainly not in the chicken business, our costs are too high. How many should we be raising if we were? Pharaoh told me his family raised about 100. I have heard of one farmer raising over 75,000 chickens in one building. Many corporate farms can have over a million chickens in computerized industrial operations. These operations of course have significantly lower cost per chicken because they can buy feed in huge quantities. That's the way it is with industrial culture. Bigger is better and the little guy gets driven out of business as a result.

Our modern lives cut us off from raising our own food. We pat ourselves on the back for our food abundance not realizing how much time we waste in commuting to our jobs which often don't fulfill us at all.



The chickens are presently residing just inside this door.

**Believe in
YOURSELF and all
that you are.
Know that there is
something inside you
that is GREATER than
any obstacle.**

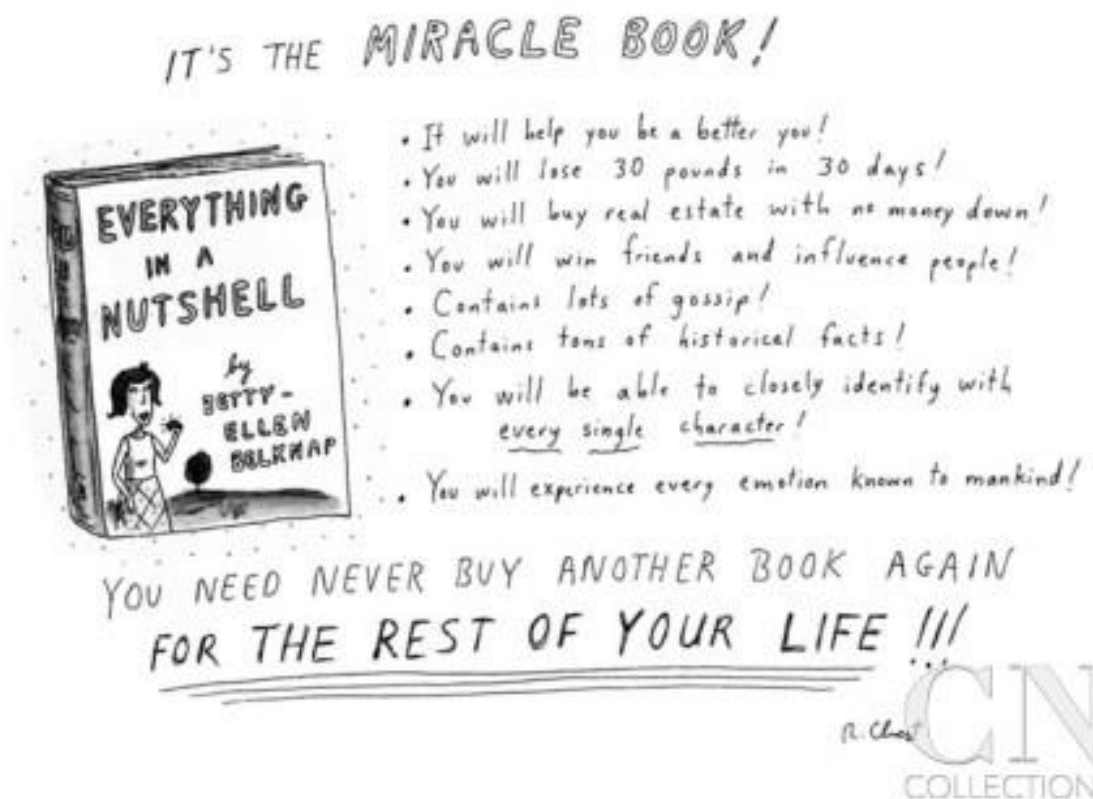
Christian Larson

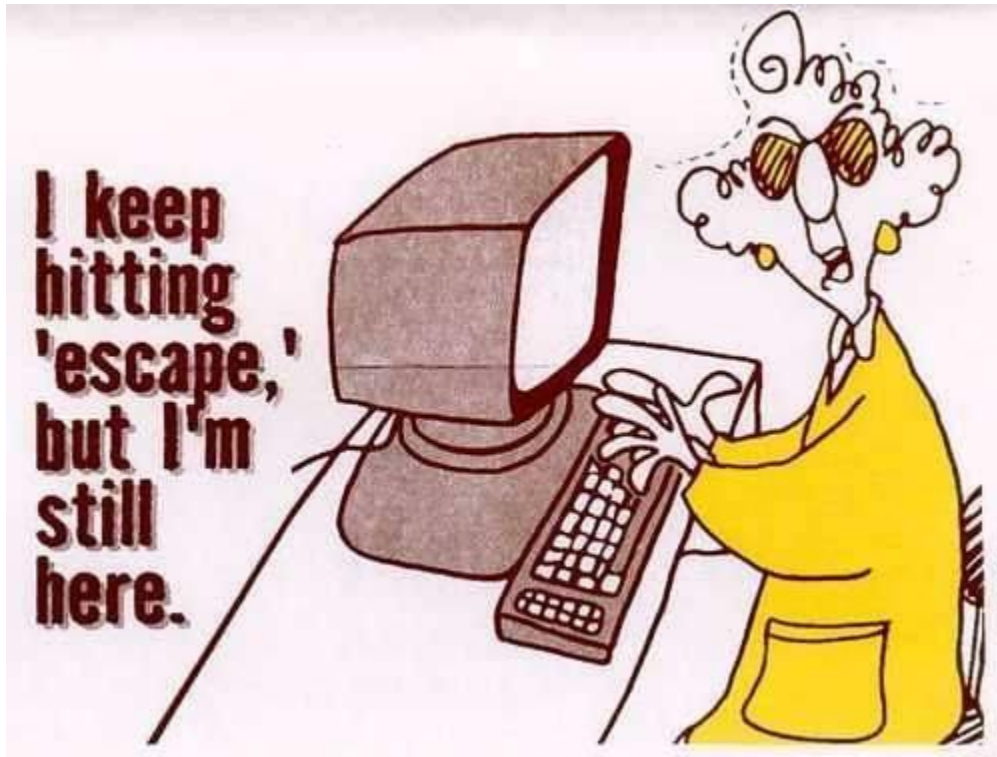
Community News

By Elizabeth Jarrett-Jefferson

Birthdays

- **Happy belated birthday, Tommy O'Connor! March 27**
- **Happy birthday, Janet Walker!! March 28**
- **Happy birthday, Chris Harshman! - March 30**





Cultural Programs & Events in 2016

All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.

The Goodenough Community organizes its cultural life around 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 Men's Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

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

■ Colette Hoff

Goodenough Community Women's Program Further Along the Path to Freedom

Friday, March 25, 2016 – 10:00 a.m. – 2:00 p.m.

Friday, May 13 – Sunday, May 15, 2016

The women's program of the Goodenough Community 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.

As a centering point, each gathering builds upon a theme which, this year, is “Further Along the Path to Freedom.” The theme opens up a way for us to look inside ourselves and to share whatever we want our companions to know.

You are welcome to attend one or all of our events. Each gathering builds upon the ones before, yet each is discrete, and previous experience with the program is not at all necessary.

Most gatherings include a time of introspection, a time of gathering and joining with others, and plenty of time to listen to others and to share your heart. We often sing, chant, and dance. We find that opening ourselves to other women is indescribably satisfying and uplifting. Each woman is free to participate to the extent that is right for her.

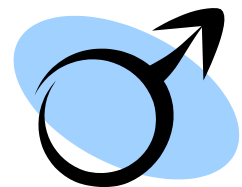
Our Saturday gatherings are held at our Community Center (3610 SW Barton Street) from 10:00 a.m. until 2:00 p.m., and we serve lunch.

Our weekend in May is at Sahale, the community's retreat center near Belfair, Washington, and begins on Friday evening, May 13. Accommodations are comfortable, the food is delicious, and the company of women is refreshing, relaxing, and energizing. We always appreciate an RSVP (hollisr@comcast.net) because that helps us plan, but please do not stay away just because you didn't respond! And, for the Saturday gatherings, we suggest a gift to the community of \$20, and we trust that you will give more, or less, as is right for you. We look forward to welcoming you soon.

Men's Program

Theme: Friendship among Men

Men's Program



We're an open gathering of men friends, some old and some new. Have a look at our (slightly outdated) [men's page](#) on the website to know a little more about our culture.

We will be gathering for a weekend this spring, **March 25 to 27, 2016.**

Let me know of your interest: bruce_perler@hotmail.com or 206.419.8361

Memorial Day Weekend, May 27 to 30 at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Putting Up the White Tent one more time!

On the weekend of Friday June 10 and Saturday June 11 we will put up our Gathering Tent. Mark your calendar!

Sahale Summer Camp for

9 to 12 Year Olds

June 26 to July 2, 2016

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 11th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.

Human Relations Laboratory

August 7 to 13, 2016

Transformation Happens Here

**Seven days of rich experiential learning and
social creativity within a community**



Sahale Learning Center

Kitsap Peninsula

Register now at www.goodenough.org – space is limited

Useful for marriage, a resource for families, and a kick in the pants for personal development.



Sponsored by

The Goodenough Community:



The 48th Annual Human Relations Laboratory

An event designed to encourage human development

- Inspire your desire to be a better person.

- Facilitate your personal mastery and relational development.
- Practice interpersonal skills and experience community formation.

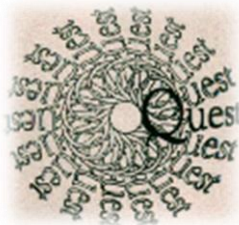
“Transformative and rejuvenating!”

Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

To register: www.goodenough.org

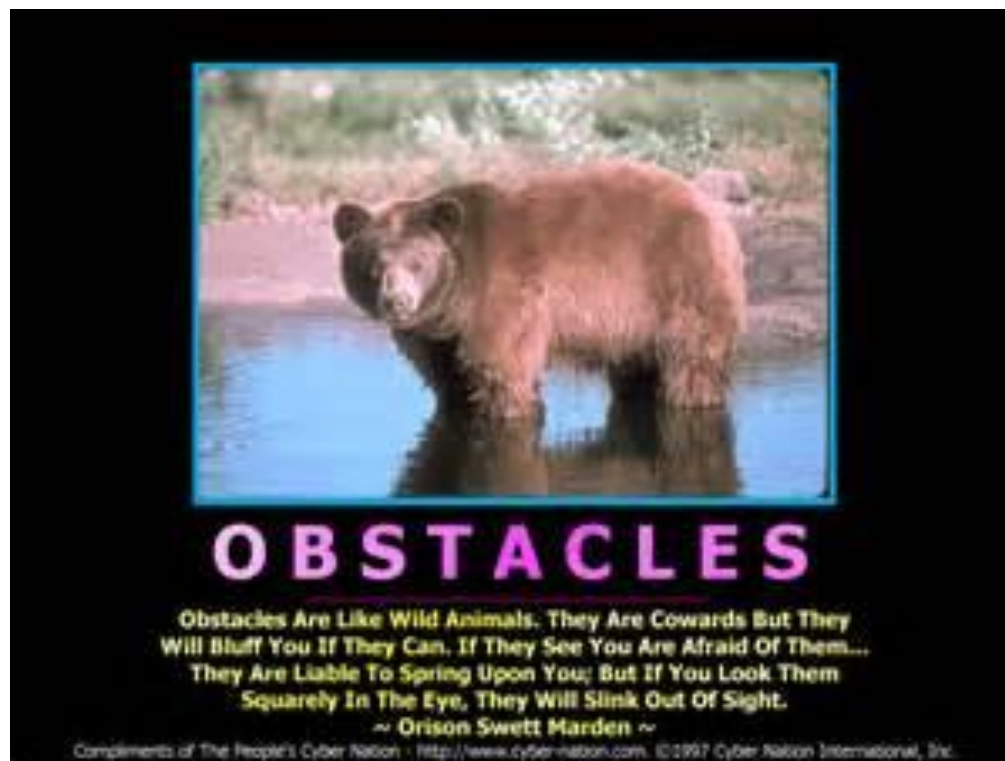
To learn more: (360) 275-3957



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. In Seattle, John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



About AmazonSmile

The Amazon Smile program – a way to donate to the Goodenough Community

Kirsten Rohde

Several people have commented that figuring out the Smile program is slightly complex. The following is an explanation excerpted from the Amazon site. The short version is to login to Amazon, enter Amazon Smile in the search and then follow directions to select The Goodenough Community. Then when you shop at Amazon enter “smile.amazon.com” in your browser instead of “amazon.com”. This takes you to a site on amazon very much the same as usual except your purchase will automatically gain a donation to our community.

Some of us may think, “Hah! This is just a way for Amazon to get us to use their site for our purchases.” Well at least I’ve had that thought. So how I work with this is that I do shop in real local stores first or even on other online sites first. But if after driving to 2-3 stores and not finding what I’m seeking, yes Amazon is an option especially for us rural folks. More gas vs using a BIG company....

I hope this helps. As we’ve always known, small donations over time do make a difference and this is one way to contribute to our community’s overall well-being.



(Go to <https://smile.amazon.com> before placing order)

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked “Eligible for AmazonSmile donation” on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

➔ **For example, select The Goodenough Community**

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select “Change your Charity” in “Your Account.”

What charities can I choose from?

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

