

# Transformation Happens Here

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

**Transformation:** *Change in form, appearance,  
nature, or character*

Transformation involves a complete change. The Human Relations Laboratory has been promoting change and transformation for 47 years! This year the leadership is choosing to highlight:

- Increasing one's maturity
- The conscious intention for dealing with mental health
- Becoming an active force in your own life
- Applying creativity to all areas of life including relationships and work life.

## **Editor's Note:**

Colette Hoff

In this issue of the eView, participants of the Human Relations Laboratory are sharing that indeed **transformation happens here!** Through art and poetry, sharing and pictures, this

*Sanity + Maturity +  
Proactivity + Creativity =  
Transformation*

issue is devoted to the Lab and the multi-layered experiential learning that Lab provides. Quotes used throughout this issue come directly from our daily evaluation process.

The four words—sanity, maturity, proactivity and creativity—continue to provide meaning demonstrating their importance to a growing person.

## **The Village eView**

**August 17, 2016**

Colette Hoff, editor

***On-Line News of the Goodenough  
Community System***

### **Calendar of Events:**

#### **September:**

**Pathwork** – Sunday, September 13

**Council** – Monday, September 12

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

**The American Association for the Furtherance of Community**

**Convocation: A Church and Ministry**

**Mandala Resource, Inc.**

**Sahale Learning Center**

**The EcoVillage at Sahale**



A Firebird by Chris Harshman with oil pastels

For the Firebird Suite finale, Go to:

<https://youtu.be/erOEatu5aH8>

*Editor's Note: Chris shared the beauty of the firebird ballet and the myth it is based on also about transformation.*



**September 2 to 5**

Make your plans to come out to Sahale for the Labor Day Weekend. We will likely process apples and grapes as well as eating well and playing hard.

Email Colette with your plans.

All are welcome!

## Lynette's Poem

Hello son, hello daughter  
I am here at Camp Relations  
There is large group time in the tent  
Where we sing, dance, laugh, and vent  
There is small group time  
In which the minutes seem to fly by  
Most important, in those minutes we hope to satisfy  
Each other spiritual and emotional journey.

Oh and yes we are offered three meals  
For sure the no cooking definitely appeals  
There is quiet time and free time too  
However, napping is generally what I do

For people here are kind, welcoming and warm  
Leaving here makes me feel torn  
But I know I have a community for life  
Therefore my ANXIETY will not cause me strife

Last but not least I need to mention my friend Chris  
Who last night put me up to this  
Even though poetry is not my thing  
I thought I would rather read than sing

So I'll close but I want to say  
I thank these people for making each and every day  
Fill my heart and soul in so many ways  
Thank you my dears for setting me free  
And giving this birthday gift to me.

Ed Note: *Lynette is a new friend and her adult son and daughter actually gave Lab to her as a Birthday gift.*

*Lab is an experience that gives me the tools and support I need to delve into my soul and self. Whatever I have to work on, Lab can provide the safe, loving, compassionate, challenging and community setting. I love Lab!*



The valley of love and delight!

### "Simple Gifts" by Joseph Brackett

Article written by Roger Hall, Stoughton, Massachusetts

One of the most enduring of American religious songs is "Simple Gifts." This Shaker song has been sung almost everywhere. The Copland arrangement of "Simple Gifts" is especially popular. It has been sung at two Presidential Inaugurations: by Jessye Norman for Ronald Reagan's in 1985 and by Marilyn Horne for Bill Clinton's in 1993. In 1996, the Music Educators National Conference named "Simple Gifts" as one of the forty-two songs that every American should know, yet many American specialists still don't know the origin of this famous song. Certainly Aaron Copland didn't when he came across the tune and used it so effectively in two of his major works: the ballet *Appalachian Spring* (1944) and *Old American Songs, First Set* (1950). Who then actually wrote this Shaker song?

Our Lab community appreciated singing **Tis a Gift** both in the tent and out in the valley.

Joseph Brackett, Jr. was born in Cumberland, Maine, in 6 May 1797. His birth name Elisha was changed to his father's first name after the family joined the Shaker community in Gorham, Maine. His father's farm property formed the nucleus of this new Shaker community. In 1819, Joseph Sr. and the other Shakers moved to Poland Hill, Maine, where he remained until his death on 27 July 1838. Joseph Jr. served as first minister of the Maine Shaker societies, as well as Church Elder at New Gloucester, now known as Sabbathday Lake, until his death on 4 July 1882.<sup>1</sup> His portrait has hung for many years in the music room

of the Central Brick Dwelling at Sabbathday Lake, where the remaining few Shakers still operate a farm and museum.

Because he was primarily involved with church leadership, Brackett didn't compose many tunes. Two, however, have become known in our century, thanks to modern arrangements. "The True Vine," composed at New Gloucester, Maine, in 1856, was first arranged by Conrad Held and appeared in his collection, *Fifteen Shaker Songs* (G. Schirmer, 1944). "Simple Gifts" was very popular among the Shaker communities and was copied in over a dozen of their music manuscript volumes. The evidence in these manuscripts indicates that the tune was most likely composed during the early summer (possibly in June) of 1848 at the Shaker community in Alfred, Maine.

The Shakers had three basic categories of choral music: anthem, hymn, and song. "Simple Gifts" has often been incorrectly classified as a hymn. Shaker anthems were similar in structure to those composed by earlier New England composers such as William Billings and Jacob French. Although Shaker hymns and songs have similar tune structures, they may be differentiated by their texts, hymns having two or more stanzas as text. As "Simple Gifts" has only one stanza, it should be classified as a song. In addition, in several Shaker music manuscripts, it is identified as a "Dancing Song" or as a "Quick Dance."<sup>2</sup> The text in the second half of the song even indicates dance movements:

To turn, turn, will be our delight,  
'Till by turning, turning,  
we come round right

Aaron Copland didn't have any of this information when he chose the tune for his ballet score. As he stated in 1980, he chose the Shaker song only because he was "particularly fond of it [the melody]," not for its historical significance or textual content.<sup>3</sup> He found the song in Edward Deming Andrews's *The Gift to be Simple Songs, Dances and Rituals of the American Shakers* in a public library near Tanglewood, the summer home of the Boston Symphony Orchestra. His appealing variations on "Simple Gifts" in *Appalachian Spring* have since helped to spread the Shaker song worldwide. Four years later, he set the song again in his *Old American Songs*, for voice and piano. The five songs in this set were first recorded by tenor Peter Pears, with piano accompaniment by the distinguished composer and friend of Copland, Benjamin Britten.<sup>4</sup> The songs were transcribed for chorus by composer Irving Fine in 1952.

Over the years, other arrangements of this Shaker song have been made. A completely new song based on the Shaker tune, titled "Lord of the Dance," was published in 1963, with five stanzas of text written by English poet and songwriter Sydney Carter. Although Carter had admitted using the Shaker tune as the basis for his arrangement, Michael Flatley, in his recent dance extravaganza of the same name, credits only Roman Hardiman.

It is timely that on the bicentennial of Joseph Brackett's birth, we remember him for his famous song. The opening words convey his message so directly:

'Tis the gift to be simple,  
'Tis the gift to be free,  
'Tis the gift to come down  
where we ought to be,  
And when we find ourselves  
in the place just right  
'Twill be in the valley  
of love and delight.

Such a message seems to speak to those looking for a simpler way of life in our hectic, high-tech world, but this song was really intended to accompany the vigorous dance movement that the Shakers called "laboring," or a religious "exercise." Even though Brackett's song may be quaintly worded, it wasn't meant to be sung as a lethargic lullaby as heard sometimes these days. His "Simple Gifts" was made for some "delight," with Shakers dancing with great gusto, till they turned "round right."



*HRL 2016 – A space outside of ordinary reality where meaningful human-scale change can and does happen. I’m an example and am happier and better functioning man because of it! Thank you Goodenough Community!*

## **Williammmmm’s Wall @ Lab 2016**

Bill Scott

One way of looking at the 3 little pigs story is that they actually built walled structures to keep out the well-meaning feedback and support of their fellow pig friends. This paranoid construction business eventually grew into the belief that some of their little pig friends were actually wolves. My little pig has been a great wall builder and has had stage fright most of his paranoid little pig life. He’s yearned and prayed for release from this affliction. At Lab, just the thought of stepping onto the Swamp’s wooden stage set off kettle drums in his chest that roared out “Run little pig. Run!”

After reading Louis Jenkins’ poem, I wanted to learn how to walk through walls, just like Louis. I’ve secretly longed to unwall my humanity and my love for myself, for all to see. As best as I can tell, the way that Louis carefully presses his hands to the wall’s surface, is part of the secret to slipping in and then through a wall.

I asked my friend Chris, our professional band director for advice. He shared that he starts a performance on stage by first tuning his instrument, whether it’s needed or not, allowing that activity to open up the space with the audience.

So, up on stage, before I launched into the first poem, I did my tuning by first telling the story of my naked encounter with Richard and Richard’s appreciation for Louis Jenkins. It really helped me to feel myself, the stage and the presence of friends in the Swamp.

Unlike Louis, I didn’t entirely get through my wall, but I got a way better feel for it. I also learned how good it can feel being vulnerable with friends. With that, this very grateful, and slightly more mature little piggy, was freed to go “wee, wee, wee” all the way home.



### **Walking Through a Wall by Louis Jenkins.**

Unlike flying or astral projection, walking through walls is a totally earth-related craft, but a lot more interesting than pot making or driftwood lamps. I got started at a picnic up in Bowstring in the northern part of the state. A fellow walked through a brick wall right there in the park. I said, 'Say, I want to try that.' Stone walls are best, then brick and wood. Wooden walls with fiberglass insulation and steel doors aren't so good. They won't hurt you. If your wall walking is done properly, both you and the wall are left intact. It is just that they aren't pleasant somehow. The worst things are wire fences, maybe it's the molecular structure of the alloy or just the amount of give in a fence, I don't know, but I've torn my jacket and lost my hat in a lot of fences. The best approach to

a wall is, first, two hands placed flat against the surface; it's a matter of concentration and just the right pressure. You will feel the dry, cool inner wall with your fingers, then there is a moment of total darkness before you step through on the other side.

## **Type Eight EnneaThought for August 15<sup>th</sup>**

Submitted by Andrew

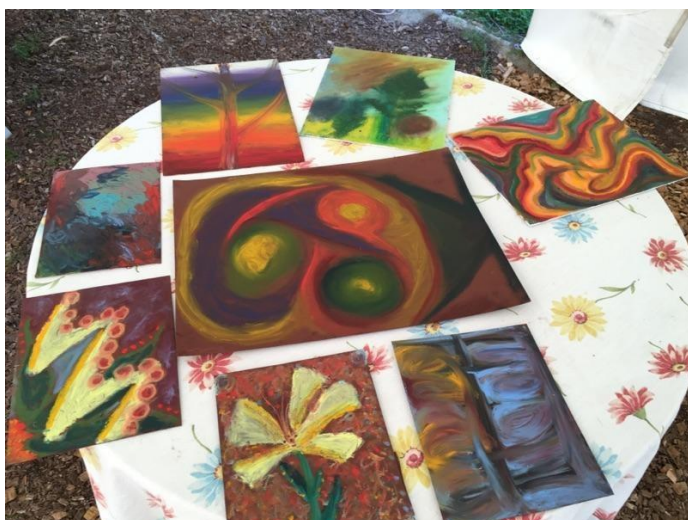
Got this in my email from the wisdom on the enneagram, thought it pretty perfect. Thank you for a wonderful week as family, community, and personally.

Ponder this insight: If you are interested in transformation, no element is more important than developing a love of truth. The truth encompasses both our fearful reactions and the greater resources of our soul. (*The Wisdom of the Enneagram*, 345)

### **Artistic Creativity at Lab**







Feeling lost? --Get found  
Want to feel alive and full?  
Enjoy creative social play and community building?      Try Lab

### **Desiderata - by Max Ehrmann, c.1920**

Submitted by Norm Peck

Go placidly amid the noise and haste, and remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit.

If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly to the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.



Kirsten is receiving a banner for representing *Consensual Reality*

This is my first experience with the Goodenough Community. They are a warm, inviting spiritual group of people. The Lab itself was a life-changing experience for me. The program they offer is a thoughtful creative and meaningful experience. I will definitely be an active participant for years to come. Thank You!

## Musical Creativity in the Swamp



The deAnguera Blog: Lab 2016



Do I want to change the world? I need to start with myself and how I relate to others. This is not something I can do alone. Transformation happens best in a group setting. One easy way to get transformation going is to simply change the setting for a brief time. That's what this year's Lab was all about.

A good place for practicing what we learned at Lab was the Swamp. Just look at how Elizabeth Jarrett Jefferson tends bar. So solemn. Could she actually make a bottle glow?

My camera obviously thinks so even though I never noticed. You should see the talents the Swamp has enabled us to show. Nobody is untalented. And we have one of the most spectacular bands around. I saw jazz bands in Port Townsend but ours is much better because it belongs to us.

I did some improvs of my own and read someone else's poetry. People loved my improvs but said virtually nothing about the poetry. I talked about ribbetting with a bullfrog and punching crab. Folks loved my own stuff a lot better.

We can lament the state of the world and write about what people should do. There certainly has been a lot ink and paper used up. Karl Marx has written volumes of books on what is wrong with society and how to fix it. His ideas have been used to force change upon people without any understanding of what people want. There was no attempt to draw people out in laboratory settings like ours.

Religious folks want to set themselves apart in the ideal setting of their choice. They are not interested in drawing me out either. I am not free to say what I want. How can other people try to improve me without understanding me?

By contrast the Human Relations Laboratory does work to engage and understand me. Much better approach in my opinion.

For one week we all come together to experiment with a different way to relate to each other. We are under the guidance of facilitators. People actually listen to us. Now that's a better way to change the world. No ideology. No dogma. Just people being real with each other.

Of course one Lab won't totally transform me. It took many Labs to accomplish that as well as the support of my friends. Even today my life is still in transition. I tend to drop back a certain distance after Lab. But I am still making progress. My friends can attest to that. Lab is worth it.

Would you like to come to Lab next year? There is a whole group of friends you can trust just waiting to get to know you. Many activities are available throughout the year. These can give you a head start towards next year's Lab. See you there!



Peaches the cat has joined us on the pillow pile. This Lab is for cats too!



## Cancerversary, August 20

Hello, Friends!

Once again, Cancerversary is approaching. I do hope you will be able to join us to celebrate the seventeenth anniversary of Sam's brain tumor surgery. As usual, Sam's email is below my invitation. Read on!

It is a casual mostly-outdoor party. Drop in when you can any time after noon on Saturday, August 20. It's a potluck, so if it is convenient, please bring something to share. Bring your family, if you would like.

If you can let us know you are planning to come (or not), that's great – but please don't stay away just because you did not send an RSVP!

Our address is:  
7801 SE 37<sup>th</sup> Street  
Mercer Island, WA 98040

Our phone number is: 206 232 7027

I am looking forward to seeing you!  
Hollis

Folks,

You read that right. With Cancerversary XVII (that's 17 for those of you who can't read Latin) just a month away, I figured it was time to let y'all know when it's going down. Save the date and time. The pesky details will follow later with the official invitation (since you're getting this from me now, you're already on the list for an official invitation. Lucky you).

As for the date. **Saturday, August 20, 2016.**  
The when? It kicks off at noon.

While the tumor is a rowdy teenager, the host just landed his AARP card and is showing signs of aging (yeah, right – it's the host's parents who are showing signs of aging), and so we're no longer kickin' it until midnight. Just until ten o'clock. Apparently, this rowdy teen just got a curfew. Sure beats being grounded.

Where? Mercer Island, Washington.

As I said above, the rest of the details will follow in the invitation. For now, just block out the date and time. After all, you've got nothing better to do than hang out with someone with half a brain, right?

Cheers, Sam



Hurricane Ridge taken by Kirsten on a trip with her sister Katie!



## Community News

By Elizabeth Jarrett-Jefferson



### Birthdays and Anniversaries

- Happy birthday, Zoe Robinson, August 23
- 

## Lab Haiku & Other Poetry

### MOON

Night  
Bright crescent Moon  
Hangs in tree

### PARTNER

Feels like home  
Seems like a new life  
Consensual reality is

### CAMPING

Mo-squi-toes  
Sleep-ing on hard ground  
Out-door life

### TREES

Trees are here  
They watach over us  
Secrets could they tell

### WHITE TENT

Exploration  
Transformation  
Validation

### REVOLUTION

Taking what you need  
From those who have too much  
Satisfaction

### SCREAMING to the earth

Friends find courage  
To come home  
We hade it out alive

### MATTRESS

Behold the mattress  
It is as laid back as I.  
I like like a rug



## *CHAIRS*

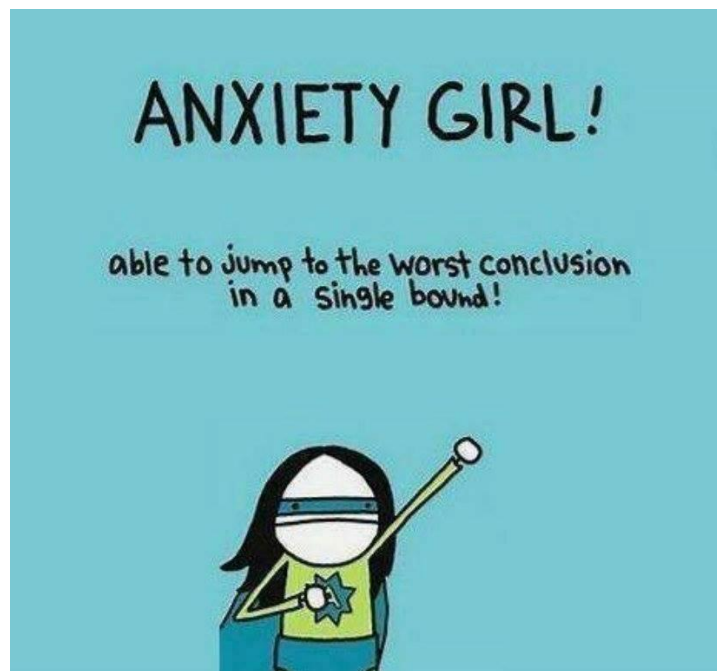
*Lonely chairs  
Ask to be sat on  
It's time now*

*Poach-ed eggs  
Are cooked at 2  
I make toast*

## *Our Swamp rocks*

*Bring on the Hendricks  
And pour over*

*Vague accusations  
Make most paranoid people  
Very uneasy Phil B*



**The 9th Northwest Permaculture Convergence. October 7-9 at Fort Flagler, Marrowstone Island, WA.**

Michael Pilarsky

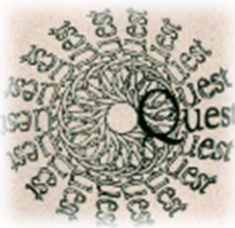
I am the overall coordinator this year and we are whipping up a top-notch, exciting event. There will be an illustrious line-up of speakers, presenters, artisans, organizations and businesses. We will have an outstanding Permaculture Fruit & Nut Show, a Northwest Permaculture Pioneers reunion, an International Development and Permaculture Track, lots of artisans at the Skillshare Village and dozens of booths in the Exposition/Trade Show/Vending

<http://northwestpermaculture.org/>

*This is a unique opportunity to work with like-minded people in a very special place on personal transformation, relationship, skills, and community building. That said the experience has been fun, creative, and I enjoyed sharing all of this with wonderful friends, both old and new.*

## **Cultural Programs & Events in 2016**

*Watch for new dates for the cultural programs coming soon!*



### **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 or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.**