



Village eView

November 14, 2019

Elizabeth Jarrett-Jefferson, Guest Editor

Joy and Tradition

By Elizabeth Jarrett-Jefferson

As we approach the season of giving thanks where time-honored events have become part of our personal or community history, we are featuring the words *tradition* and *joy* this week. Colette Hoff has featured *joy* in previous editions of the eView, and this edition will feature expressions of joy, mostly in the form of personal or community traditions and events. You'll read about our community's tradition of sponsoring workshops and retreats, where such events as our Meditation Retreat, coming up this weekend (November 15-17) is both an expression of our community's core value of personal and social transformation, and a practical tool to *get to joy*---remember how we read last week about concentration and distractions? This week we'll also read about a cluttered space begetting a cluttered mind (and vice versa)---there is little room for joy in a space that has stacked, catalogued, & limbic stuff! Our beloved True Holidays event on December 7---this year is our 32nd year---is both a way to get to joy by having the opportunity to connect with family and friends---and to practically express our joy through dancing, enjoying treats and libations, participating in a raffle of home-crafted goods, participating in a silent auction where fun experiences are offered up to the highest bidder... it's all there for us. There is our traditional program where we are able to intentionally plan for a less stressful and more heartfelt holiday season. Sherri Nevins, our contra-dancing caller, has been with us for over 20 years! But then, our own Goodenough Community, with its culture, lifeways, core values, organizations and leadership--all the while honoring our

COMING UP

Meditation Retreat, Nov 15 to 17

General Circle, November 18

Getting ready for the holidays -
December 1 @ Sahale

True Holidays event, December 7

Pathwork, December 15

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

individual lives and stories--has been alive and active for over 50 years. Now that's tradition! I suggest we re-think the Goodenough Community as a "comprehensive methodology for personal and social transformation **and joy**"! [Drop me a note and let me know what you think.] I hope you enjoy our *eView* this week & thank you for the opportunity.

Warmly,

Elizabeth

Sparking Joy: A Mindfulness Practice for Everyday

Excerpts from William Kuyken, November 6, 2019 / contributed by Colette Hoff

Joy is a capacity we all have that can be trained and developed—It is a primary component of psychological well-being, encompassing moments of appreciation, enduring contentment. **Joy is an intrinsic attitude** of mind that includes gladness of the heart, softheartedness, and tenderness that supports a capacity for appreciation, contentment, and gratitude. Just as our hearts can tremble in the face of suffering, they can also tremble in the face of happiness and beauty. Its affective tone is gladness, aliveness, and vitality. It is associated with a range of emotions, including contentment, wonder, radiant pride, gratitude, and delight.

The Enemies of Joy. The *near enemies* of joy are sentimentality and exuberance. We may be carried away by the idea of joy, rather than being truly alive to it in a given moment. For example, we denote days of the year to celebration, and it is possible to get caught up in a pretense of gaiety rather than being open to joy whenever it arises. Joy helps us befriend difficulties and meet suffering with equanimity and compassion. We have a capacity for joy and a capacity to find joy in others' happiness and success. Indeed, in the foundational teachings, the empathic, altruistic dimensions of joy are emphasized, creating the conditions for connection and harmony.

Finding joy in others' happiness is an antidote to resentment, lessening our own sense of inadequacy and tempering our tendency toward envy.

The *far enemy* of joy is resentment and the wonderful German word *schadenfreude*, where we take pleasure in someone else's failure. Finding joy in others' happiness is an antidote to resentment, lessening our own sense of inadequacy and tempering our tendency toward envy. When we free our minds and hearts from envy, resentment, covetousness, and continual judging, we can really appreciate our own and others' well-being.

Cultivating and Practicing Joy. Joy—like attention, befriending, and compassion—is an intention, cultivation, and a practice. Often neglected, joy is both a capacity we all have

Community Joy

Welcome Benjamin Fremont Pettit, born around dinner time on November 6! *Parents are Vince and Brittany Pettit, and grandparents are Hal Smith & Hollis Ryan.*



Third Age celebrates Jim Tocher!

By Kirsten Rohde



The Third Age group met last Friday and enjoyed celebrating Jim Tocher, who turned 84 on 11/11. [Our community has a tradition of celebrating decade birthdays!] We enjoyed a delicious potluck dinner and spent the evening checking in with each other. One of the topics on our minds was *clutter* and *decluttering* - an intriguing topic for people of all ages and especially relevant as we get older. What do we value and want to keep? And what about all of those things that we really don't want to leave for family and friends to deal with when we are no longer around?

We used *clutter* as a real, physical event in many of our lives; *clutter* is also a metaphor for how our thinking can be cluttered or free. *Spaciousness* also came up as a word representing physical space and space as in our thoughts, which is key to creative thinking.

The "Third Age" group is a program of the Goodenough Community for people age 60 and older. We gather in Tukwila every 1-2 months for dinner and good conversation, sometimes a video or movie. For more information, contact Kirsten Rohde krohde14@outlook.com



On Tradition

When I moved away from my family home, I left behind the few traditions that our family had. Being a young adult of the 60's I pooh-poohed a lot of traditions and celebrations as signs of a consumerist or overly religious culture. Now I feel differently. I

like acknowledging birthdays. I enjoy Thanksgiving every year which we now celebrate at Sahale. I appreciate that we offer an experience we call True Holidays each December, creating a evening that is fun, family oriented and reflective about the season's challenges and choices. I think generally I enjoy having fun – a change from my serious, somewhat down-at-the-mouth version of myself many decades ago. I do by the way love that the state of Maine has officially changed Columbus Day to Indigenous Peoples Day!

- **Kirsten Rohde**



More on Tradition

In the past I found holiday traditions to be both something to look forward to and sometimes something to dread. LOVED going to grandmas for Italian smelts, meatballs, and games with the cousins. Hated my mom having me decorate a 6,000 square foot house with a custom tree for each room - by myself. OMG. Loved the singing. Love the lights. I like the repetition. Loved bringing the healthy bits of tradition to my daughter over the years, which she now melts over my grandson Shane. I like knowing what to expect and also moments of adding NEW traditions from new experiences. Now, as a woman who claims my spirituality in a very different way than my Lutheran upbringing, I feel deeply moved, as an EarthBased being, to have added the traditions of honoring nature. Noticing the trees shimmer with their own 'lit' dew drops. The snow and its brilliance under both a bright sun or a holy moon. The smudging at the fire and the prayers as my Irish ancestors did for eons. I find these traditions sing deeply in my cells, as I carry those ancestral memories in the base of my skull. I *feel* most myself and whole when honoring these traditions over those impressed upon me by church or retail. And even more lately...Goodenough community traditions, the human relation kind, sooth my soul this time of year... AND BRING ME EASY JOY.

- **Drai Schindler**



CONVOCATION: A Church & Ministry invites you to

Quiet Your Mind, Open Your Heart A Meditation Retreat

NOV 15-17, 2019
Sahale Learning Center



**This retreat will help you build or renew your own
personal mindfulness practice.**

*Being fully present to life... opening to and allowing what is, without judgment...
This is mindfulness. And the central practice for achieving mindfulness is
meditation.*

WHAT. Unique to this retreat is the long-established sponsoring interfaith community which is dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. You will be supported and encouraged by the community's open and inviting ambience.

During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be encouraged to try a variety of forms of meditation:

- 🌸 Periods of silence when you can become centered in yourself
- 🌸 Experiences of heart-opening connections with others
- 🌸 Conversations where you can share your experience, ask questions, and learn from others
- 🌸 Skillfully led guided meditations, sensory experiences, chakra toning, and movement, with time in the natural world.

WHO. Your central leader is Colette Hoff, M.Ed., a pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for

mindful living. For 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by the team of Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

WHEN. The retreat will begin with dinner **Friday, November 15, at 6:00 PM** and will conclude at 3:00 PM on Sunday.

COST. Your registration fee of \$220 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, and 2 nights lodging, abundant meals, all learning materials.

Please register online. www.goodenough.org. Select the Convocation link



SAT
DEC
7TH
2019

6-11pm

JOYOUS

OUR 32nd Annual TRUE **HOLIDAYS** CELEBRATION!

TRUE **HOLIDAYS** helps prepare us for the winter holidays, honoring many faith traditions and improving the spirit of this sacred season. We remember our true natures, what we need and value in this time of year and what we wish to share with family and friends. Let the light, laughter and music fill our hearts. May rememberings of who we are simmer warmly inside each of us!

Mercer Island Congregational | 4545 Island Crest Way, Mercer Island
Free Admission. Holiday Goodies. Silent Auction. Special Raffles. Hand-crafted Gifts. Childcare Provided.

6:00 Doors Open, Joy Starts
7:30 Contra Dancing with Sherry Nevins
8:00 Our Evening Program
9:00 More Joyous Dancing

For more information please contact: elizabeth.ann.jarrett@gmail.com [206] 313.9803

Sponsored by the Goodenough Community [goodenough.org]

An Opportunity to Prepare for True Holidays! Sunday, December 1 @ Sahale

We are sad to learn that Jillian Hovey will be unable to visit Sahale on December 1. Her father has recently entered Hospice. We send her our thoughts and best wishes.

So here is an alternate invitation:

Come to Sahale on Sunday afternoon, **December 1**, and help with **True Holidays** preparations, including singing practice, labeling products, bagging granola, and helping decorate the gingerbread house, one of three prizes for the Raffle!



We will plan an early dinner and follow with Pathwork focused on gratitude and is open to all. You are welcome to spend the night.

Please RSVP by emailing Colette (hoff@goodenough.org).

GIVING THANKS
AT *Sahale*

You are invited to join us in the woods for Thanksgiving. Sahale will provide the turkey, mashed potatoes, apple sauce and Sahale apple pie. We ask that you bring a potluck dish to fill out the meal.

Please contact goddessdrai@earthlink.net
to RSVP by NOV 20th.
Tell us who and how many are coming and please share what you will be bringing and/or ask what we need. Your communication helps assure we have a rounded and beautiful meal, with vegetarian and gluten-free options!

You may arrive any time to relax and be festive with our friends.

3:00 Gather
4:00 Feast and share gratitude



Mindful Mike's Blog: Joy

Mike deAnguera



Joy is found in the moment, especially in the good times I share with my community friends. Humans are meant to work and live together in mutually supportive groups. In the pictures below you can see me chopping vegetables for the dinner I will share with Colette Hoff. I love sharing the meal prep with others. I can work off their energy and it brings us closer together.

Games such as train dominoes can bring us together as well. Games cause us all to focus on the intensity of the moment which feels very good. I think I might have won one game but I enjoyed all of it.

Don't Colette, Draï Shcindler, and Elizabeth Jarrett-Jefferson look like they are having fun preparing John Schindler his birthday breakfast? Bacon, eggs, and scones.

We also celebrated birthdays for Jim Tocher and Colette. I never want to take any of us for granted. A birthday is when each of us makes our grand entrance onto the world stage as helpless infants. That brings to mind two of Colette 's lovely grandchildren: Wiley and



Juniper.

John is facing some major life challenges and this is one way we can bring joy into his life.

A lifetime is brief. None of us ever knows when any of us will be gone. I believe that sharing our lives together can make for a longer and happier lifetime.



This lifetime is a unique opportunity to make a difference in my life as well as in the lives of others.

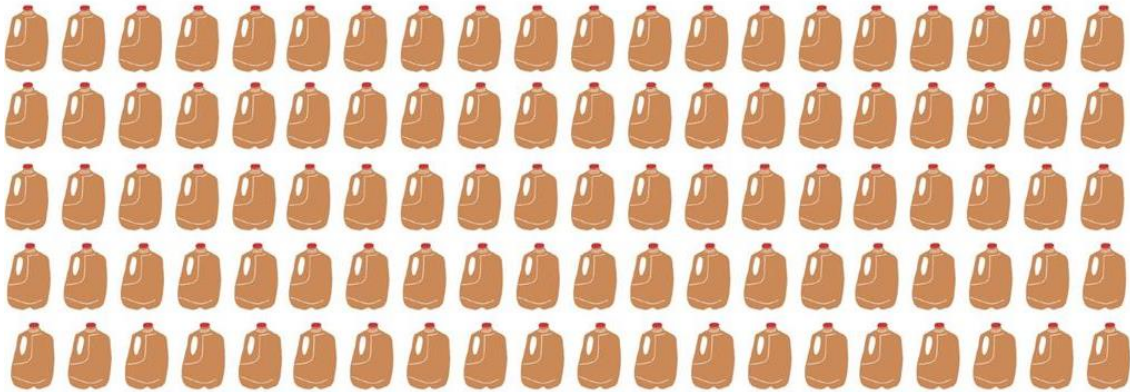
I believe I am in the process of shedding old ways of living and thinking that no longer work for me. This is probably the happiest time of my life although virtually all of it has contained joyful periods. These are what I need to remember, not the periods that were unhappy. Curse not the darkness for it makes the good parts shine that much brighter.

You all mean so much to me. You are the best friends I ever had. I thank our Human Relations Laboratory for building deep relations among all of us. To me, my friendships are my most prized possession. That's why I am now in the process of getting rid of a lot of my stuff. It feels much better to have a nice orderly room.

The life cycle can feel pretty strange but watching how the salmon come up our river to spawn actually can be very relaxing. Once their eggs are fertilized, they just let go of their bodies. Maybe they go into the eggs to make the journey back downstream. Best approach to life is to just let go and not worry.



The Miracle of the Sahale Apple Orchard and the Autumn Harvest Season



100 Gallons of Apple Cider!



100 Pints or Quarts of Apple Sauce!



16 Gallon Bags of Dried Apple Chips



16 Jars of Ginger Apple Chutney



8 Bags of Premade Apple Pie Fillings...PLUS...

Dozens of crisps. Frozen apple slices. Cinnamon-Sugar apple skin treats. And mmm good eatin' apples!

Thank you apple trees, earth, sun, and rain. Thank you Amanda, Drai, John, Marley, Josh, Pedge, Mike, Kirsten, Colette, Julie, Pam, Elizabeth, Bruce, and Irene for the great harvest work!

Winter Bus Trip to Leavenworth Saturday, January 11, 2020

*Dashing through the snow, fun for all ages...
Join friends and family for a day-long journey into the mountains!*



Our Itinerary

- **9:00 AM** - At the Eastgate Park & Ride in Bellevue, we board a toasty bus and travel through snow-laden trees, craggy mountains, and icicled streams over Snoqualmie and Blewett Passes.
- **10:30 AM** - we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
- **12:00 PM** - We will then re-board the bus and go to the Bavarian village of Leavenworth to enjoy the lights, shops, and treats.
- **2:45 PM** - Boarding the bus in Leavenworth, a horse-drawn sleigh ride awaits us at Eagle Creek Ranch [<https://www.eaglecreek.ws/>] followed by a country banquet in the lodge.
- **7:00 PM** - Board bus, drive through Leavenworth to see the lights at night, and return to the Park and Ride lot around 9:30 to 10:00 PM

Colette Hoff will be our guide. Be sure to wear warm clothing (and bring extra), a packed lunch, bottled water, and snacks to enjoy and share on the bus. Feel free to bring sleds, skis, inner tubes, or other equipment for snow play.

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

\$95 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

For more information or to register by phone, please contact Elizabeth Jarrett-Jefferson at 206-313-9803 or elizabeth.ann.jarrett@gmail.com. Family rates are negotiable.



Programs and Events of the Goodenough Community

What makes community meaningful and fun? The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: www.goodenough.org



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

The Women’s Program is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. We meet Saturday mornings from 10:00 to 2:00 with lunch included. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal’s daughter Brittany. In 2020, our first gathering will be January 25 at Hollis’ home. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



True Holidays Celebration, Saturday, December 7, 2019

Be part of this fun-filled family-oriented evening and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact Elizabeth Jarrett-Jefferson for more information.





The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. November 8 will be the next gathering. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men’s Program

Our **Men’s Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men’s work advocates and the founders of this circle. For more information, contact: bruce_perler@hotmail.com

Pathwork, a Program of Convocation: A Church and Ministry - On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle** -- November 17; December 1, 15. Contact Colette Hoff for more information: hoff@goodenough.org



Summer Camp for Youth NEW DATES for 2020!

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

Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, [Irene Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)



Human Relations Laboratory, August 2 to 8, 2020

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

Work and Play Parties throughout the Year. *Traditionally,* the Goodenough Community sponsors work parties over Memorial Day weekend as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

Quest: A Counseling and Healing Center



Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest’s counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404) to make an appointment.



SOUL FOOD

From the hearth of Draí. *Discovered in Ivens 1981*

Beautiful Soup Book. I massaged it slightly. A #1 favorite!

Roasted Red Pepper Soup

1C Butter
 4 Large red peppers
 3 Large cloves garlic
 1 Large yellow onion
 6-9 C Chicken or veggie broth
 2-4C Milk [sub: hemp milk, other subs make it too sweet.]
 chunky kosher salt to taste

- ❶ Preheat oven to 400 degrees.
- ❷ Prepare muffin tins using butter, oil or paper liners.
- ❸ In one bowl combine all dry ingredients.
- ❹ In another bowl beat egg.
- ❺ Add almond OR rice milk and oil and stir until blended.
- ❻ Add liquid ingredients to dry, stirring quickly until just mixed.
- ❼ Add dried currents and or dried cranberries (Optional)
- ❽ Fill tins to almost full.
- ❾ Bake 15 to 20 minutes.

SOUL FOOD is a new addition to eView. It will have favorite Sahale recipes, per your request, our special gluten-free 'test kitchen' successes as well as tried n' true, yummy recipes we enjoy. To submit a recipe, please email goddessdrai@earthlink.net

Taitneamh a bhaint as díbh féin!
 "Enjoy Yourself!" — Draí