



**January 27, 2016**

*Colette Hoff, Editor*

**Calendar of Events:**

**Third Age – February 5**

**Pathwork – Sunday, February 7**

**Conscious Couples---February 9**

**Council – Monday, February 22**

**Relational Group – February 23**

Optimism is an attitude that keeps us centered on what is good about our present situation or about the future. Everything that is lovely or delightful in this world exists alongside pain and loss; optimism is a conscious selective focus on the good.

Optimism gives us energy; it makes our efforts feel worthwhile. In the end it is rewarded because even though some of these efforts will fail, others will succeed, and we can't know ahead of time which are which. When we are optimistic we are happier and better company—we help other people to be happy and hopeful, too.

*Keep on sowing your seed, for you never know which will grow—perhaps it all will.*

~Ecclesiastes 11:6

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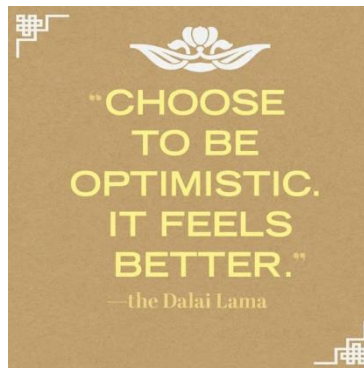
**The Village eView**  
***On-Line News of the Goodenough Community System:***  
**The American Association for the Furtherance of Community**  
**Convocation: A Church and Ministry**  
**Mandala Resources, Inc.**  
**Sahale Learning Center**  
**The EcoVillage at Sahale**

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Here is a link: <https://smile.amazon.com/ch/91-1187421>. A shopper can also type “Amazon Smile” into their browser to get to this site, and then they would need to type the “official” **American Association for the Furtherance of Community** name into the box that pops up.

**From Colette:** What a great illustration of optimism. We will appreciate anyone who plays the Amazon game. Thank you!



## Remembering the Private School for Human Development

*Joan Valles*

For the past few years, I’ve been studying Buddhist meditation practice with the Bodhiheart Sangha on Capitol Hill. The Bodhiheart teachers, their teachings, the relationship they offer are very compatible with the Goodenough Community. The practice has been integrating for me. More and more I’m noticing, all I really needed to know I learned first from John Hoff in the Private School.

Sunday night in Pathwork, on the eve of my 81<sup>st</sup> birthday, Kirsten asked me some good questions. In essence, one of them as I understood it, was do you feel more kindly toward others because you’ve learned how difficult life is for all of us. As a group we were reflecting on loss and grief in the light of the death of our beloved friend Kathleen Notley, who had the gift of unusual positive regard for others. I couldn’t say how much getting old has had to do with my desire to develop loving kindness (metta) and compassion (karuna), but practice surely has. And so much of that began in the Private School, an effort of the Goodenough Community, where I was a pupil for at least five years in the 1990s. Looking back: What a

rich experience! As Kirsten has written about John: “He teaches a path to spiritual enlightenment for those who wish to take it. He teaches all of us methods to create an abundant life.”

In Buddhism, the three poisons at the root of suffering are ignorance (delusion), aversion (hatred, anger), and greed.

An example: Over and over John has not let personal aversion stop him from turning toward others with kindness and positive regard. When we watch passersby, for instance, we often form judgmental stories in our head (aversion), John always has kind stories. He has taught that you can't learn to love yourself until you've been loved unconditionally. John (and Colette) have generously shared all their assets and gone into debt for the benefit of others.

Buddhism teaches that the aim is understanding of reality, dispelling ignorance. In the Private School John taught about excluding reality (the stories we live in) and consensual reality (what we all can agree is real). John taught about dukkha (suffering, dissatisfaction), how it just happens and you can't avoid it and he taught about karma. John's saying, “You have a tummy ache and you think it gives you the right to be in a bad mood. It doesn't,” has stuck with me. Buddhist teaching is to turn toward and bear suffering, observe how it changes, and exercise restraint in speech and actions. (This is my aspiration, anyway.) It's hard work. “Of course it's difficult,” said John, “that's why it's called work!” In Buddhist practice the six paramitas or perfections are generosity, ethics or morality, patience, effort, concentration, and wisdom. John taught about them all in the Private School. John Hoff: “God wants you to be happy.” The Dalai Lama: “I believe the very purpose of our life is to seek happiness.” John and the Dalai Lama, by the way, were born just a day and a half apart.

When reminders of John's teaching in the Private School (much of which I resisted mightily at the time) come up in contemplation these days, they delight my mind. John has planted so many seeds for so many people in his life's work. “Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders,” wrote Henry Thoreau.

On Sunday night in Pathwork we talked about what gives meaning to our lives and one of the things is *awe*. Looking back, the endeavor of the Private School and John's teaching there was awesome. The Private School was not the work of just one person, of course. It was a collective and collaborative experiment in learning in community, in relationship. In Buddhism, the three jewels are the Buddhas (enlightened teachers), the dharma (the teachings), and the sangha (the community learning with each other). The Private School was a gem. Thank you!



## The Art of Site Planning

Ed Note: The following material comes to us originally from **Robert Scully** who offered a site planning workshop to the Goodenough Community a number of years ago.

At the Friends of Sahale weekend, **Irene Perler** brought this information forward. She also led a process of engaging the site plan. Going over the map of Sahale and understanding the land was especially well-received by the group. We are now reviewing the givens on our site—existing structures, water flow, etc.—with new ideas for building into the future.

We hope to have some new projects well-defined by the Annual Membership Weekend, March 11 to 13, 2016. Hope you will consider lending your support.

Site planning is the art of arranging structures on the land and shaping the spaces between, an art linked to architecture, engineering, landscape architecture, and city planning. Site plans locate objects and activities in space and time. These plans may concern a small cluster of houses, a single building and its grounds, or something as extensive as a small community built in a single operation.

Site planning is more than a practical art, however complex its technical apparatus. Its aim is moral and esthetic to make places which enhance everyday life-- which liberate their inhabitants and give them a sense of the world they live in. Professional skill—that easy familiarity with behavior settings, grading, planting, drainage, circulation, microclimates, or survey—is only a path to that result.

Roads and buildings, even gardens, do not grow by themselves. They are shaped by someone’s decision, however limited or careless. The economic and technical advantages of large scale development incline us to organize sites in a more comprehensive and convulsive way than when there was time for gradual adjustment of use and structure. But regardless of scale or the degree of deliberation, any human site is somehow planned, whether piecemeal or at one sweep, whether by convention or by conscious choice.  
Excerpt from: Site Planning, Kevin Lynch and Gary Hack



We can only build thriving neighborhoods by first building the human community that will create them with inspiration, heart and passion. When people know that they will live in the

physical environment they are making together, and it is being made to support their way of living, they invest themselves in a remarkable way, and the place they create becomes one of belonging. There is no shortcut to achieving this outcome. The process cannot be faked.

## **THE BENEFIT OF TAKING TIME**

The capacity to generate life in a neighborhood, comes in part, from slowness. People need a chance to adapt to one another's actions. This does not mean that it takes 100 years to build a neighborhood. We have done it effectively in two or three years, and in our experience that can allow enough time for some mutual adaptation to occur step by step.

But it does mean that it is important not to be obsessed by speed. The desire to build at once comes from issues of banking, interest rates, and the desire for profit. Surely these matters can be brought under control, so that they no longer interfere with the birth of community -- a more significant issue.

Our emotions are deeply rooted in our surroundings. Our social and personal connections to one another are connected to the shape and character of our environment and our individual relationships with the environment. When we create the physical substance of our environment, as a personal matter, we then become rooted in that world that we create, and in doing so we then become joined together with the fellows, friends, family and colleagues with whom we do it.

## **PLANNING AND BUILDING TOGETHER AS A SOURCE OF FRIENDSHIP AND LIFE-ENHANCING COOPERATION**

Thus, the environment cannot be regarded merely as an object. It is the manifestation of our love for the earth, of our desires, of our affection for one another, and of our understanding of the universe. Of course an abstract, developer-built neighborhood cannot do this for us. And indeed, we are now surrounded by buildings which cannot do it - and so, small wonder - the bond to the universe and to our fellows has been weakened. To allow this inner essence of the world, to be reborn, we must both create the world, and do it together with our fellows.

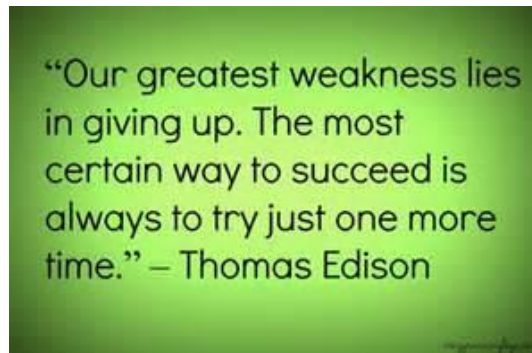


When partners in a community engage in making a generative code, planning, and building together, they embrace a living process that brings with it the deepest kind of community building. They create both a social structure and a physical structure that holds the community together because, along with the contributions of all the people in various roles, the deeply held values and culture of the neighborhood are built into the physical form. The outcome – the physical form – serves to reinforce on a daily basis an appreciation for what can be built out of shared vision and commitment, an appreciation for one another, and the restoration of mental and emotional health in the inhabitants as well as the physical surroundings.

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CENTER FOR ENVIRONMENTAL STRUCTURE established 1967



## Pathwork, An Aspect of Stewardship

Colette and John Hoff

**Sunday February 7**, we are **inviting all interested** to participate in a "**Pathwork Process**," a process of sharing our own faith journeys and issues with development. Pathwork is an illustration of a philosophy that the participants want to pass on to those interested. There is a felt-sense of stewardship to ideas of the Perennial Philosophy as taught by John L. Hoff.

The focus of what is happening in our lives now enables group members to experience caring for their life by others adding to the connection among members. It is a process in which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. Email [hoff@goodenough.org](mailto:hoff@goodenough.org) to RSVP. Pathwork meets at the Community Center at 3610 SW Barton St. Last time Pathwork met we worked with a reading about the elements of a good life, which is at the end of the eView.

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We are so sad to announce our dear friend, Kathleen Notley, passed away Friday, January 22. We'll have more about her life next week.



## The deAnguera Blog: Kathleen's Passing



We

Where do I begin? My best friend, Kathleen Notley passed away last Friday. She was at Swedish Hospital. I was the last person to talk to her while she was still conscious. Her bed was by the window in room 1215. She had lung cancer which had spread to every part of her body. I barely recognized her shrunken swollen body. But we shared a few words. I stroked her arm. I stroked her hair telling her of the time when she ran her fingers through my hair. I was in pain with tennis elbow in both arms from my work. We were at Beaver Chief's memorial gathering. Kathleen took my mind away from the pain. So now I tried to do the same for her.

It all seemed to happen so fast. Kathleen had posted her last entry on Facebook about her cancer on January 1<sup>st</sup>. I actually talked with her briefly on the phone while she was on the bus on January 7<sup>th</sup>. I am told she was taken into emergency last Tuesday. She was able to walk around even Friday morning before I got there.

Later Dianne, one of her sisters arrived from California. Then Beth, another sister arrived with her husband. Kathleen had told me a lot about her family but this was the first time I had seen any of her siblings. Beth shared with me black and white pictures from their early youth. Their father was in one of them as a young fellow.

This was the third time somebody passed in my life. But it was the first time I experienced a passing in my presence. I feel blessed to have had at least a few words with her. No tears ever came. Guess I am a stoic one but I am sure that I am grieving in my own way. Typing out this article is part of my grieving process. I talked about it last Sunday at Pathwork but here I am making a written record so readers can go over my words slowly missing nothing.

Kathleen was a rock star in her early years. Most people can only fantasize befriending one of these folks but for me it happened for real. She taught me how to be a loving

person. We could be real with each other. Neither one of us had to put on a mask. We both got a chance to put into practice what had been taught to us over the years by John and Colette.

Friday afternoon I had fish and chips at my favorite fish and chips place: West Seattle Fish House. It is run by Muzet and her husband Stan. I told them both about my loss and we connected right away. Stan told me about the ordeal with his heart 4 years ago. It got so bad that he needed a heart pump and was on the list for a heart transplant. Stan carefully memorized all the miracles listed in the New Testament. He credits that and the support of his loving wife with making it through. He no longer has a heart pump and still has his old heart which works just fine. Since I was their last customer, we shared together just before closing time at 8:00PM. Miracle? There's much more to life than most of us realize.

Where is Kathleen? I don't believe she went anywhere. She just woke up from the dream of this life into her true awake state. How long was this life for her? Maybe as long as REM sleep: just a few minutes. Time has a different meaning in the other state. The best way for her to demonstrate her loving nature was to be confronted by the challenges of an unloving world. That's why she came here. She was also my angel. She was the same to Edmund Nickson and many other people in her life. Thank you Kathleen for being my best friend.



Kathleen in her apartment. Biggest smile I have ever seen on anybody. An expert on hugging.





Here is Kathleen with some of her siblings: Dianne, Beth, and Bill

## Community News

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Happy Birthday to:

Robert Scully 28-Jan

Kathleen Buchmeier 2-Feb

Aric Jarrett 4-Feb



## Available for Rent: Private Suite in West Seattle Home

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Nice neighborhood in West Seattle, near a main arterial, on the RapidRide bus line, close to shopping, and 10 minutes from the Fauntleroy ferry. Beautiful, modern home shared with friendly people.

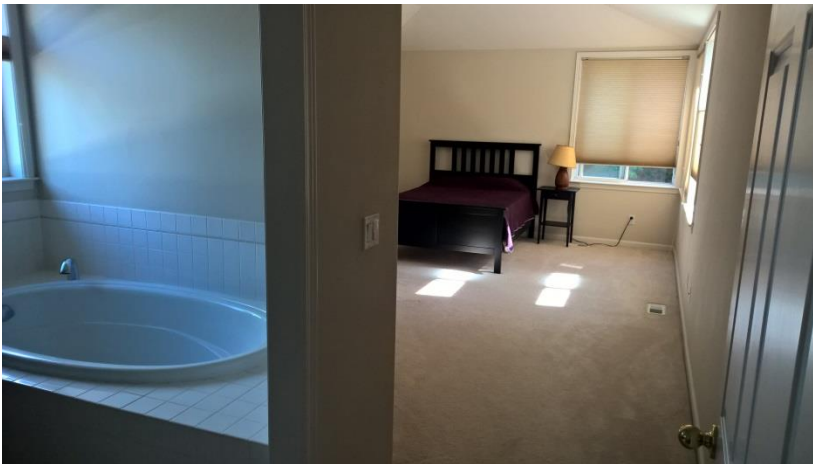


### *Master suite:*

- Large bedroom with lovely west view of Puget Sound
- Huge walk-in closet
- Beautiful bathroom with large soaking tub

Rent of \$1050 per month includes utilities, Wi-Fi, and a spacious, shared kitchen.

**Call Kirsten 206 719-5364**





### **Themes for upcoming eViews:**

February 3, Future

February 10, Hope (Elizabeth Jarrett-Jefferson will be our editor

Consider contributing an article or reading.

### **An Offer**

Ladies and Gents,

I will be making a trip to AZ this coming April, and am short in the fund department. Colette has given me permission to post on the e-View some tasks I am capable of and am willing to perform for pay.

In part, but not wholly, they consist of:

Car detailing, which you would be better off bringing here so I have all my accouterments,

Wood splitting and stacking, it would be better for both of us if it were cut already,

Moving, or cleaning out a storage locker,

House detailing, to include vacuuming or anything along house cleaning,

I am sure there are more, I am not able to think of them all right now.

It would work best if I had a 3 days heads up so as to be able to plan rides etc. And the detail of either contract or per hour we can work out before-hand.

In AZ, I will be visiting a friend of mine and assisting her and her husband on their farm for at least a year. The funds are for 'emergencies' you could say.

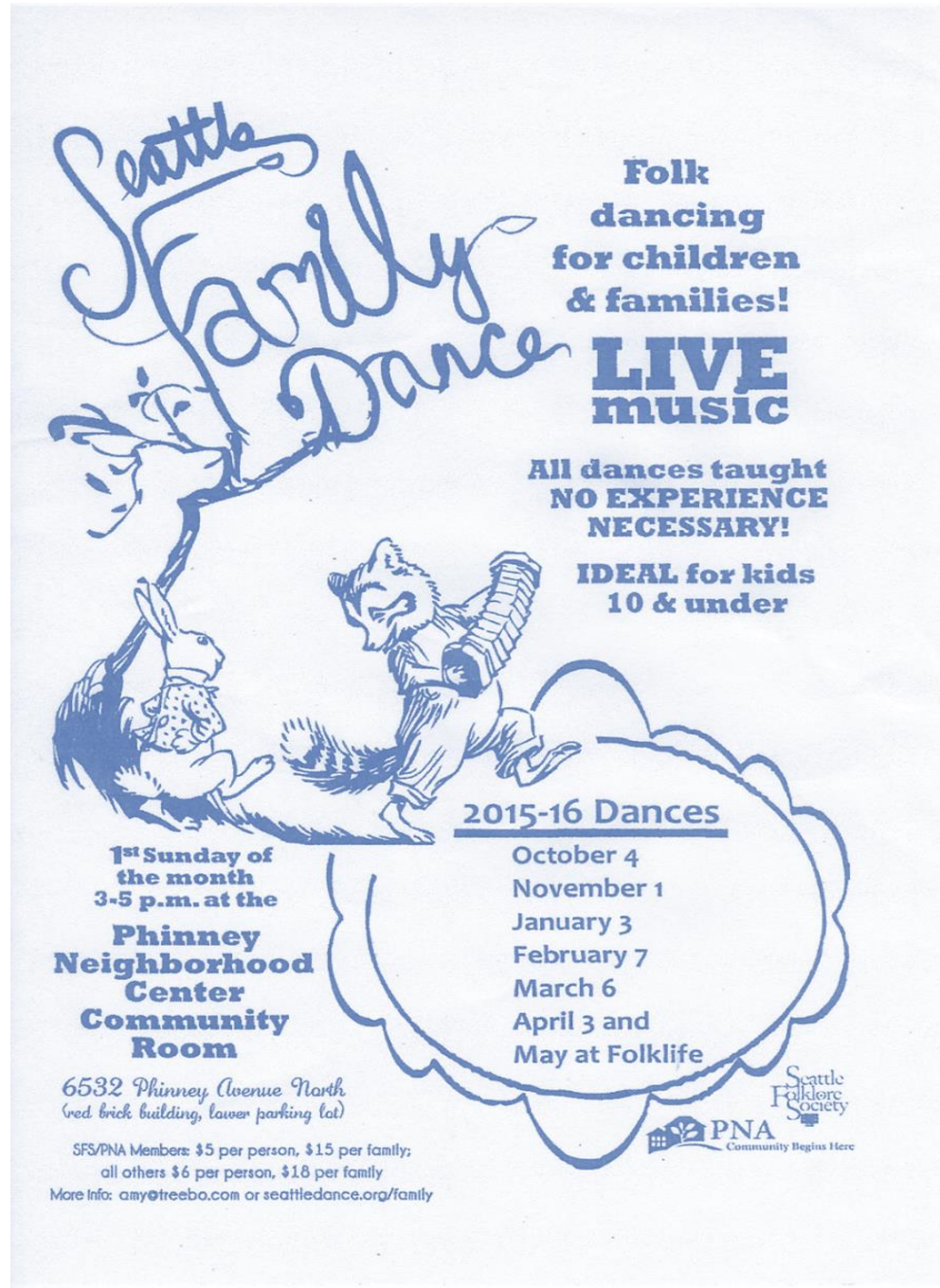
Thank you, and the number I am most likely reachable at is the landline, 360-275-3957.

Pharaoh



## Contra Dancing around Town,

At this year's True Holidays event last December, Sherri Nevins and her musician friends provided us with a wonderful time of contra dancing. Sherri passed on these times for more contra dancing this year.



**Seattle Family Dance**

**Folk dancing for children & families!**

**LIVE music**

**All dances taught NO EXPERIENCE NECESSARY!**

**IDEAL for kids 10 & under**

**2015-16 Dances**

- October 4
- November 1
- January 3
- February 7
- March 6
- April 3 and
- May at Folklife

**1<sup>st</sup> Sunday of the month 3-5 p.m. at the Phinney Neighborhood Center Community Room**

6532 Phinney Avenue North  
(red brick building, lower parking lot)

SFS/PNA Members: \$5 per person, \$15 per family;  
all others \$6 per person, \$18 per family

More Info: [amy@treebo.com](mailto:amy@treebo.com) or [seattledance.org/family](http://seattledance.org/family)

Seattle Folklore Society  
PNA Community Begins Here



- Dec 10-"Contra Sutra" (Ryan McKasson, Marni Rachmiel, Dave Bartley, & Rich Scher) fiddle & viola, flute & sax, guitar, mandolin, cittern, percussion; Michael Karcher caller
- Dec 17-Eileen Nicholson (Syracuse, NY), Eric Anderson, & Terry Wergeland (fiddle, accordion, piano); Bob Nicholson caller
- Dec 24-"KlezChaos" - Klezmer contra! 17 musicians + David Kaynor (Montague, MA) caller
- Dec 31- NO DANCE - Happy New Year!!!
- Jan 7, 2016-"Gallimaufry" (Brian Lindsay, Alex Sturbaum, Arthur Davis, Ness Smith Savedoff, & Donal Sheets - fiddle, guitar, button accordion, piano, banjo, trumpet, cello, guitar, drums, percussion, & vocals) [www.gallimaufrymusic.com](http://www.gallimaufrymusic.com) ; LauraMe' Smith caller
- Jan 14-Kristian Bugge, Sonnich Lydom, Morten Alfred Høirup (Denmark - fiddle, accordion/harmonica, guitar) [www.trad.dk](http://www.trad.dk) ; Amy Wimmer caller
- Jan 21-Ruthie Dornfeld fiddle, Anita Anderson piano, Dave Bartley guitar, mandolin, cittern, cajon; Andrea Nettleton (Atlanta, GA) caller
- Jan 28-"Hot Cider" (Evan & Elise Snoey, Kelly Morgan, RuthMabel Boyntz - fiddles, guitar, mandolin, piano, bass) [www.facebook.com/hotciderstringband](http://www.facebook.com/hotciderstringband) ; Gwen Rousseau & Sherry Nevins callers
- Feb 4-"Riptide" (Alden Robinson, Glen Loper, Owen Marshall, Mark "Pokey" Hellenberg - Maine & Ohio - fiddle, mandolin, guitar, percussion) <http://riptidedanceband.com> ; Cis Hinkle (Atlanta, GA) caller
- Feb 11-"Crow Valley String Band" (Tashi, Kaj, Rachel Bishop & Jim Litch - Orcas Island - fiddle, mandolin, guitar, bouzouki, bass, tenor banjo, & button accordion) <http://crowvalleystringband.com/bio-2/> ; David Millstone (NH) caller
- Feb 18-"Buddy System" (Julie Vallimont - piano, synths, accordion, jawharp & Noah VanNorstrand - fiddle, foot percussion, didgeridoo, vocals - Boston & NY) <http://www.buddysystemband.com>; Lindsey Dono caller
- Feb 25-Anita Anderson & Dave Bartley (piano, guitar, mandolin, cittern, cajon); Alan Winston (SF, CA) caller

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**ATTENTION NEW DANCERS: YOUR FIRST TIME IS FREE !!!**  
**FREE introductory workshop at 7:30 pm!**

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**get more info online at <http://www.seattledance.org>**

## New dates for 2016 are highlighted 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

## Women's Culture, Upcoming Next Gathering: Saturday January 23



The women's culture meets on Saturdays: January 23, and March 26 from 10am to 2pm. There will be a weekend May 13 to 15. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It's a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us **Saturday, January 23, from 10:00 a.m. to 2:00 p.m. at the Community Center at 3610 SW Barton St in West Seattle** where we will gather to share our lives and to learn from each other.

As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn't respond!!



We appreciate a contribution of \$20 toward the women's program, and trust that you will give what you feel is right for you. Contact [hollisr@comcast.net](mailto:hollisr@comcast.net) for more information.

***A New Event!***

***Cupid sighting! -- Let his arrows open your heart just in time for Valentine's Day!***

Join the **Conscious Couples Network** on **Tuesday February 9<sup>th</sup> from 6:30 to 9:30** for a special Valentine event where you and your partner can expect to open your hearts and renew the peace and love of your relationship.



Cupid and friends will be there to guide you in a fun and meaningful experience that invites you to make the most of your friendship with your committed partners. Enjoy the safety and wisdom that a group of couples creates for one another. Plan to laugh and cry and smile and feel good!

Hosted by Bruce and Irene Perler in collaboration with honored teachers of marriage and family dynamics, John and Colette Hoff, with over 40 years of professional counseling experience. Suggested donation for the evening is \$60 per couple.

Join at the West Seattle Community Center at 6:30 for Potluck. Bring a sweet or savory treat to share. Wine and beer will be provided.

Please RSVP or get more information by contacting Irene at [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com).

**Third Age Gathering: Next Meeting Friday, February 5, 2016**

We are starting up Third Age gatherings again on Friday, Feb. 5, at the Community Center in West Seattle (3510 SW Barton St.). It's been a long while since we last met. The first evening will allow time for personal updates and conversation about what we'd like for the Third Age culture.



As has become customary, our gathering will start with potluck dinner at 6 p.m. A main dish will be provided; please bring a side dish or dessert and beverages of your choice to share. An RSVP to me at this email address or at 206 819 1089 would be helpful.

Kirsten Rohde will be the focal for the Third Age group, with a team of Colette, Barbara, John, and me.

We're looking forward to getting together again! With warm regards, Joan

P.S. I'll handle messages and correspondence, and with that in mind, please let me know if there's anyone that you'd like us to invite to join this gathering of folks age 60 (or so) and up. Or, if you prefer not to be on this list, please let me know as well.

Joan Valles

206 819 1089

[joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com)

## Annual Membership Weekend, March 11 to 13, 2016

Where are we now as the Goodenough Community, The American Association for the Furtherance of Community, Convocation: A Church and Ministry, Sahale Learning Center and the EcoVillage at Sahale? The weekend will begin at 8:00 Sahale and conclude at 3:00 p.m.

## Men's Program

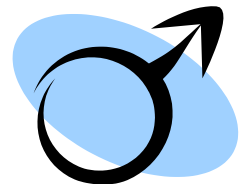
### *Theme: Friendship among Men*

The men of the Goodenough Community will be meeting for a weekend this spring, **March 25 to 27, 2016**. Please let Bruce know of your interest.

Men's reading I'm using and recommending:

- The Way of the Superior Man\_ by David Deida>
- Iron John\_ by Robert Bly
- Integral Life Practice\_ by Ken Wilber, Terry Patten, Adam Leonard & Marco Morelli

[bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



## 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.

## 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 10th**

**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](mailto:irene_perler@hotmail.com).

## Human Relations Laboratory

August 7 to 13, 2016

### *Freedom as a Mature Adult*

***The best event to experience the Goodenough Community***

Seven Fun-filled Days of Social Creativity & Experiential Learning about Friendship and Effective Relationship

**Sahale Learning Center**

A 68-acre retreat on the Kitsap Peninsula

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

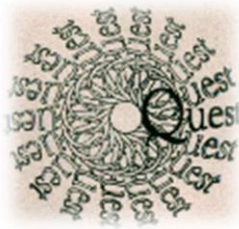


### **An event designed to encourage human development**

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

*We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.*

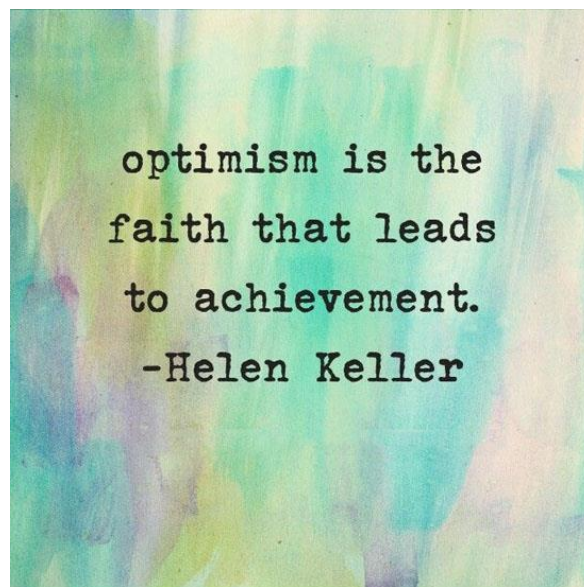
**To register:** [www.goodenough.org](http://www.goodenough.org) or call (360) 275-3957 to find out more



## 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.



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