



The Village

eView

August 23, 2017
Colette Hoff, Editor

--the emotion of great delight or happiness caused by something exceptionally good or satisfying; keen

Coming Up:

Pathwork, August 28, 7:00 PM

Third Age, September 8, 6:00 PM

And, joy takes us by surprise often when we least expect it. Joy also has its roots in mindfulness and results when life is lived in the present moment. Joy is an extension of happiness which was a significant aspect of our

curriculum at the 2017 HRL. The Summer 2017 issue of the Parabola, titled Happiness, has been a wonderful resource in pursuing happiness as a cornerstone of what makes life meaningful. You will find an article *attached* to the eView notice that was included in the Lab Workbook, titled Finding Joy: The Secret of Happiness, by Patty deLlosa. It's beautifully written and quotes two of the other resources used for Lab this year.

After the theme of contentment (Aug 16 issue), I read one of the last articles in the same issue of the Parabola, titled Joy by Christina Feldman. One of her ideas is that contentment is one of the the key cornerstones of joy. The first three pages of the article follow.

This week at Sahale in addition to 4 new "workaways," we have the joy of serving a group of 24 adults on retreat. There is a good feeling in the air and the 4 young people are working joyfully in tasks from weeding to wood stacking to cooking and washing lots of dishes. I'm enjoying their enjoyment and appreciate their desire to learn and offers of help. The joy of service enables the folks at Sahale to provide leadership, good communication and a desire to do our best and with the added benefit and joy of being well-received. Our guests thoroughly enjoy Sahale.

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

Also in this issue, you will read about the recent trip Kirsten took with sister Katie; a reflective poem Irene wrote about her Lab experience; the joy of the ride by Bruce; Mike's blog; and all about our zucchinis by Drai. Thank you to our contributors!

Joy



Christina Feldman

Parabola SUMMER 2017 | 84

If we keep a green bough alive in our hearts, the singing bird will come. —Chinese proverb

Joy, IT SEEMS, MOSTLY COMES UNBIDDEN. We cannot plan or contrive joy, yet it touches our lives. Joy gladdens our hearts; it eases the mind; it has the taste of delight and happiness.

We may associate joy with the dramatically happy and intense moments in our lives: falling in love, the birth of a child, a reunion with a treasured friend, the glorious sunset. Yet joy can take us by surprise, born of the simplest of life experiences. Our attention is caught by the sparkle of the dewdrop on the grass, the infectious laughter of a child in the playground, the smile offered by a stranger, the image of a penguin waddling along the beach. We are suddenly awake, present in our life, and our hearts are gladdened. Joy, we might say, is the song of the awakened heart.

Joy has its roots in mindfulness, which sensitizes us to our world of the moment. Mindfulness brings intimacy with all things. With mindfulness we simply learn to make room for joy, learning to see, listen, and attend to all things with a spacious heart. Mindfulness and boundless friendliness foster intimacy—for us to be deeply touched by anything in this life requires intimacy. The longing for joy is a universal longing, at the root of many of the life quests we commit ourselves to. We look for joy in relationship, in meditation, in nature, and in play. Joy not only gladdens our hearts, it brings meaning and intimacy to the fabric of our lives. It is in moments of joy that we feel ourselves to be fully alive, vibrant, and appreciative human beings. As Joseph Campbell once put it, "What we are truly seeking for is the experience of feeling fully alive."

find
JOY
in the
ORDINARY

In the presence of joy, our depressions and sorrows fade and are held just a little more lightly. Our preoccupations and obsessions no longer take center stage; our anxieties and compulsions are, for even just a few brief moments, banished. There is a sense of inner freedom in joy, a genuine taste of wakefulness. We long to recapture those moments; they can feel like accidents, fortunate encounters that fade too quickly, only to become a memory we want to recapture. We can be relentless in the project of trying to regain the

affective memory of joy—something wonderful is easily turned into an object of craving. In the path of awakening, joy, like kindness and compassion, is not left to chance. The seed of joy lives in each of our hearts; it is a capacity and a potential of the human mind. We learn to cultivate joy, to understand the roots of joy, to sense what it is within us that obstructs the arising of joy, and, with practice, to abide in joy in all circumstances of our lives.

Joy is not denial of sorrow or an artificial contrivance but inclination of our hearts that softens and eases the difficult.

In the teaching of the immeasurable and noble qualities of the heart that liberate us, joy is not referred to as a transient, episodic state but as a way of seeing, a way of being, and an embodiment of understanding available to all. In our emotional world, we polarize states—the welcome and the unwelcome, the desirable and undesirable, the worthy and the unworthy. The tendency to welcome and pursue the pleasant and to disdain and avoid the unpleasant and unwelcome is an understandable pursuit, but it is a recipe for a frustrated and agitated life. We believe that if sorrow and depression are present, joy must necessarily be absent. If joy is present, all unhappiness

and anxiety will be forgotten. Cultivating joy as a way of being in the midst of all the conditions and events of our life is an invitation to radically transform our understanding of joy, experiencing it not as a state but as the place where our heart rests. We learn to cultivate the gladdened heart in the midst of life with all its difficulties and challenges.

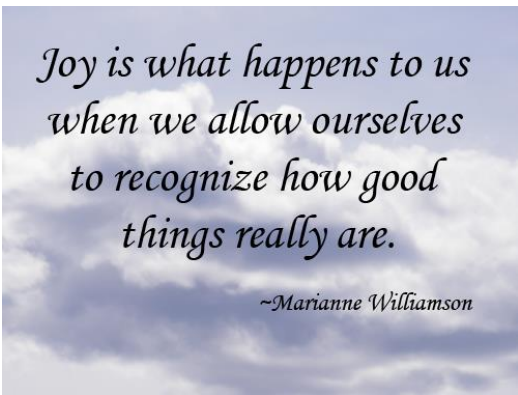


A veteran grievously wounded in combat spoke of his life as a triple amputee, saying, "I cannot be grateful for what happened, but in truth I have never felt more alive than I do now. Despite the pain and the daily grind of making my life work I no longer take anything for granted. I have never treasured my children more. I learned to pause more and feel the life around me. I have become a better listener. Every day I am grateful for something.

Living for a time in a community of Tibetan refugees in India, I felt puzzled by their infectious joy, their laughter and apparent lightheartedness, their beaming smiles and generosity. Each of them had endured so much adversity and loss, witnessed cruelty and violence, and lived with an abiding awareness of the hardship being suffered by those left behind. Their lives as refugees were deprived and dire, yet somehow their hearts were intact and their joy embodied and shared with all who came into their world. Their profound generosity and kindness permeated their speech and actions and touched friends and strangers equally.

It is easy to romanticize the war veteran, to imagine the Tibetan refugee to be a saint, yet they would be the first to disclaim this. We meet people who live with a gentle joy in the midst of

adversity, who are generous in the midst of personal hardship, who embody vitality and aliveness in the most challenging circumstances. Rather than idealizing these people, perhaps we can begin to ask ourselves where the roots of joy lie in ourselves. In the midst of our sorrows and losses, our challenges and pain, we ask ourselves whether we are truly dispossessed from joy or have simply forgotten the possibility of a gentle gladness in the midst of all things. We can perhaps remind ourselves of the capacity we have to make our home in a gladdened and contented heart. We do not have to wait for the difficult and challenging to end for joy to begin. Joy is not a denial of sorrow or an artificial contrivance but an inclination of our hearts that softens and eases the difficult. An early Chinese teaching of meditation invites us in the practice "to enter the gates of ease and joy."



*Joy is what happens to us
when we allow ourselves
to recognize how good
things really are.*

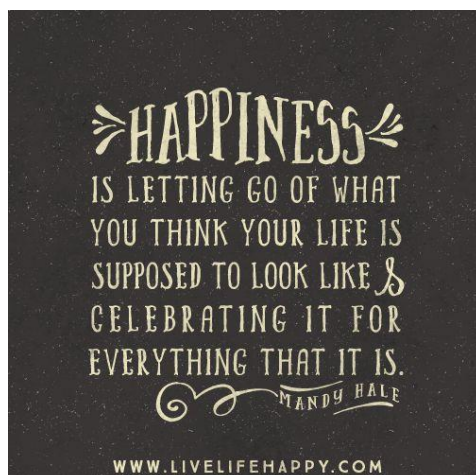
~Marianne Williamson

In the teaching of the immeasurable and ennobling qualities of boundless friendliness, compassion, **joy**, and equanimity, joy is spoken of much less than the other liberating qualities of the heart, but it does not occupy a more lowly place. Joy brings serenity and kindness to equanimity, protecting it from coldness or remoteness. Joy is a necessary companion to compassion, softening the intensity and rawness of the inevitable pain we are asked to embrace. Joy motivates and inspires us to persevere in the face of seemingly immeasurable ignorance and suffering. Joy brings the inner spaciousness that protects the heart from being overwhelmed and is a refuge of contentment and ease we can learn to abide and rest within. Life brings affliction and adversity; we have no choice but to meet it. Our capacity to know a deep inner ease and gladness allows us to meet the difficult without rejection and fear. There are many, guided by compassion, who serve and care for others struggling with great difficulty and pain. The ongoing exposure to the pain in our world can deplete and exhaust the heart. Joy is the quality that restores and renews our intentions and capacity to serve. The phrase "compassion fatigue" indicates not the exhaustion of compassion but points to the depletion of inner resources, particularly spaciousness and gladness. Facing the world with so much affliction, it is crucial to remember to care for our own well-being and resource ourselves inwardly with joy and kindness. Gladness allows us to find rest even in the midst of action. Joy helps us to remember and to treasure our capacity for ease and peace.

In the traditional teachings of the boundless abodes, joy is primarily referred to as empathic, altruistic, or appreciative joy. It speaks of our capacity to celebrate, honor, and rejoice in the happiness and well-being of another. This is a significant aspect of the fabric of joy, tempering our tendencies to envy others, to compare ourselves to others in ways that we feel ourselves to be deprived or inadequate, and to come to know a selfless joy in the face of another's happiness. Yet for us to know this specific dimension of joy, it is essential for us to know the vastness of the landscape of joy.

THE PRACTICE

Intentionally bring mindfulness to a simple journey you make regularly: the walk to work, the trip to do errands, the time spent on a train. Commit yourself to stillness and to being wholeheartedly present. Bring your attention to simply seeing wholeheartedly—whatever sights are present, noticing their colors and shapes, mindful of the sun on the ground or the rain washing over the leaves. Sense how your mindfulness illuminates the world of the moment. See with sensitivity; breathe with sensitivity.



Moments of joy

Kirsten Rohde

The word “joy” first implied to me big events – with a whoop of happiness and leaping in the air. If I broaden my view of joy, I have had many moments of pure joy in the last week or so and they were more like this combination of joy and contentment.

First, the Human Relations Lab had moments in it for me when I felt joyful. Hearing others’ stories of self-discovery and finding my own. Realizing how fortunate we are to be able to create and participate in such an event each year on our own land. Then, on top of it, my sister, Katie, was here too!

After Lab the two of us set out in my car and went up north, staying the night in Mt. Vernon and visiting Claudia Fitch up there for the evening, hearing about her art projects and how she’s doing living in her new home – a fun evening. We headed out the next day for the North Cascades Highway. Moments of joy: the pure green color of Lake Diablo seen from a windy and warm high outlook; the mountain peaks – it’s been decades since I’ve been up there; and, I enjoyed that Katie was getting to see such amazing sights of mountains too. More mountains at Manning Provincial Park and then finishing off with Mt. Baker and Mt. Shuksan. And lovely little alpine flowers. Wow!

Our trip had lots of happy moments – some serendipitous. The weather was as perfect as could be. We found ourselves in the most idyllic orchard valley in south British Columbia with very fun Airbnb hosts to stay with for two nights. And....all the fresh picked super juicy peaches we could eat!

And now I miss Katie who has returned to Maine but I'm happy to remember how much fun we had together.



Poem found at the edge of Lab

Irene Perler

Was it a dream...the Lab dream?

What happens when we all go home?

My story revealed...

Contentment met dragon's tail –suffering again ☹️
Fiery breath of pain of awareness penetrates deeply
Deep patterns of reactions return
New truths revealed in the open space- painful truths

But wait, remember the coaching
Stop, be still, breath deeply
“Low and slow”, Focus and be quiet
Acceptance, acceptance, acceptance
Patience is Queen now

“In Progress” approach with loving kindness
That is her message!
She is kind and steady and trustworthy
She is not in a hurry, her clock is timeless

An old story is being more fully revealed
Still listening to it and suffering
Motivation to write new story is now emerging
Must be still and listen for new author of SELF
She calls me from the earth, sea and beyond

My healers are the steady tree people,
The rock people and their enduring wisdom,
The water beings also bring comfort and ease,
And those amazing concho seed beings and bells

Oh, but don't forget the amazing circles cast by



Loving open hearts on LAB fire
My small group the best and so was yours
Colette's passion believing in change
My heart feels safer to take chances

Singing choir of angel dogs longing to be fed by siren Dyanne
Drumming and dancing healers invited through Bearwomyn
Jazzy dreamers empowered and unleashed by Chris
Evening flying sessions soaring in the starry sky with Laraji and Arji
Nurturing holding in swampland hosted by Pam and EJ
Art designed to free me to color outside the lines coaxed by Deborah and Kirsten
Margenta encouraging all these expressions, laughing her joy for all

Whoa, so many gifts and stories
One memory brings another
Grateful to you ALL for being there
In the healing zone each year and each day

These precious Lab memories are worth savoring,
This happy ghost is learning to be filled.



Joy of The Ride
Bruce Perler

I left home in a light drizzle, geared up for a range of weather conditions. Regardless, I'd chosen to have a day of complete joy. In less than two hours I was meeting up with Chris Harshman in

Port Townsend for breakfast and leisurely conversation, our warmup for a spirited moto ride to Hurricane Ridge.

Chris and I are both busy professionals so making this kind of time together requires planning and commitment. I've my own commitment to carving out time for trips into the Sacred Wilderness of the Olympic National Park and for Chris to join me for the ride and the hike to Hurricane Hill multiplies the satisfaction.

"How much good stuff can I stand?", may not be a good question but, I sure do want to savor today's experience. Finding joy in everyday things is good practice. Setting out to encounter joy directly with a friend on the high ridges of the Olympic Mountains - now that's a practice worth keeping and a wonderful add on to what is already sublime; The Joy of the Ride.



The deAnguera Blog: The Plan of Life



On the left are Hollis Ryan and Hal Smith at their home during Cancerversary. On the right are a group of us witnessing the solar eclipse as it happens. Kay Sullivan, Kirsten's sister is viewing the eclipse through a home-made viewer. The picture looks so ordinary.

Events like Cancerversary make me ask the BIG questions of life. Why did Sam Staatz have a brain tumor? We celebrated his 19th year of life having beaten the cancer.

As I hear other people tell their stories it seems the Grim Reaper walks beside all of us from birth until death. Every one of us has to deal with death in our life, either our own impending mortality or the death of loved ones. As the Reaper walks with us, every now and then he makes himself known as things like cancer. I have certainly had my share of reminders.

So far I have had a pretty healthy life but things are starting to change as I now enter my 60s.

I also experienced a solar eclipse, the only one I will experience in my lifetime. For us here at Sahale it was a partial one: 95%. Other folks like Jim Tocher have gone to central Oregon to witness the whole thing. A friend sent us a picture of the total eclipse. It was a very

strange experience. The sun lost its heat and our shadows appeared weird, almost double images.

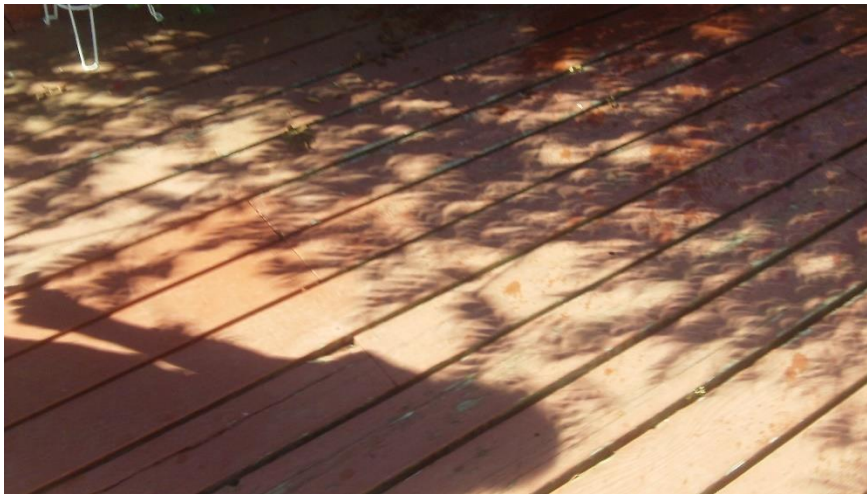
The whole experience seemed to last just a little over an hour with everything returning back to normal along with the increasing heat of day.

In order for the sun to be completely covered by the moon, both the earth and the moon have to be a precise distance from the sun. Not only that but the moon has to be just far enough from the earth in order for it to totally cover the sun during an eclipse. It is hard to see how that could be by chance. Is this a possible reminder that intelligence put the Universe together according to a plan? I wonder if the position of the earth and the moon are necessary for there to be life on earth.

Is it possible that every other fact of life is figured out with the same exacting attention to detail as an eclipse? I believe so. I have long felt nothing is random but only appears that way. A mortal lifetime is contrived. Nothing happens by chance.

Could there be an Author writing out the story of each of our lives giving thought to every detail? That's what I do when I write stories. Of course each of us has free choice but the Author makes choices for each of us.

Who is the Author? I believe each of us is the Author. Sounds strange? It seems easier to accept the Biblical idea of God as somebody who makes rule for us and punishes those who disobey or fall short. Does that appeal to you? I would rather be aware of the Divine as an entity working out a story through me.



Hundreds of reflections of the solar eclipse. I had no idea that part of the sunlight I was seeing on the deck was made of many leaves reflecting the sun.

Birthdays

- **Happy birthday, Zoe Robinson, August 23**

1 zucchini, 2 zucchini, 3 zucchini 4...
5 zucchini, 12 zucchini, 70 zucchini MORE!!!

Drai Schindler —



We are all having a good chuckle over Mother Nature's antics at Sahale. Irene had planted zucchini in our garden and told us she was somewhat disappointed in the yield...but Mother Nature had something else in mind...

Gloriously sprouting and exploding from our nutrient abundant compost pile is "The Kingdom of Zucchini – unplanned, unplanted, unexpected and abundant! Ha.

So, the harvest begins. It has been my mission this week to find ways to use and store zucchini over winter. I would say thus far, we have had success and great fun.

First of course we started with Spiced Zucchini Bread, both Gluten-free and Gluten-full. Those freeze beautifully and are a wonderful breakfast treat warmed with butter.

Then onto more creative endeavors, we now have bulk, zucchini hummus, zucchini pesto, zucchini Calavasas (pre-cooked zucchini, onion and garlic) frozen and ready to use in vegan burritos, soups, stir fries and all by its beautiful self.

After that, we still had perhaps a million pounds of zucchini to process... I wanted to cube it and freeze 6 cup portions in bags. I did a bit of research and learned that in order to succeed I needed to cut and blanch (for one minute only) the cubes. Apparently blanching removes the enzyme that causes zucchini to get mushy and discolored in the freezer.

76 cups of frozen zucchini freezing, resting and waiting for us! WOW.

All that DONE! I felt so proud...and then they told me THERE ARE MORE... well, I will look into THAT tomorrow. But for today, wahooo! Call me Mrs. Z goddess of the ZUCH!

Here I am sharing with you the recipes that we used considering you may have a plethora o' zucchini to manage in YOUR garden. Bon Appetit!

ZUCCHINI HUMMUS – EASY SUPER YUM

1 medium zucchini, peeled and chopped
1/4 cup fresh squeeze lemon juice
1/4 cup tahini (or nut butter if you do not eat seeds)
1 Tbsp. extra virgin olive oil (
1 tsp. cumin
1/2 tsp. sea salt
1/4 tsp. fresh ground black pepper
4 cloves garlic, chopped
Dash paprika (for garnish)

1. Place the lemon juice and tahini in a food processor and blend for about 30 seconds or until well combined and creamy. Scrape the sides once or twice to get the ingredients to fully combine.
2. Add the zucchini, olive oil, cumin, sea salt, black pepper and garlic and blend until smooth. Scrape.
3. Transfer the hummus to a medium sized bowl and place in the refrigerator for at least 30 minutes. Serve with a drizzle of olive oil and a couple dashes of paprika for garnish.

ZUCCHINI PESTO

1 clove garlic
2 t **pine nuts** (I used 3 t roasted cashews, I think any nut will do)
1/2 cup grated parmesan cheese (optional) I did not use, unnecessary
1/4 cup fresh basil leaves
1 leaf of kale or equal parts spinach (I used kale)
salt & pepper to taste
2-4 tablespoons extra virgin olive oil (depends how liquidy you want your pesto)

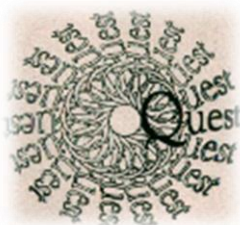
Blend in food processors. I particularly loved that it is amazing sans cheese, so we have a lovely vegan option that everyone enjoys. Got an A+ response from all here!

MOIST, SPICED ZUCCHINI BREAD

3 cups all-purpose flour (or GF flour and a tad of xanthan gum)
1 teaspoon salt
1 teaspoon baking soda

1 teaspoon baking powder
1 tablespoon ground cinnamon
3 eggs
1 cup vegetable oil
2 1/4 cups white sugar
3 teaspoons vanilla extract
2 cups grated zucchini
1 cup chopped walnuts

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C). Sift flour, salt, baking powder, soda, and cinnamon together in a bowl. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



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) or at Sahale - 360 275-3957. In

Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

Calendar of Programs and Events, 2017 - 2018

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 Third Age: Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. The first gathering this fall will be Friday, **September 8th** in West Seattle, from 7-9 pm with potluck dinner at 6 pm. Newcomers are welcome. Contact Kirsten Rohde for more information: krohde14@outlook.com . September 8th only, we will be meeting at Joan Valles’ home in Tukwila. For directions and to confirm your plans to come on September 8th, email Joan Valles: joanvalles70@yahoo.com

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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: hollis@comcast.net
Fall dates: Saturday 10 – 2 in West Seattle: October 7th and November 4th.



The men’s program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the weekend as a men’s gathering. **October 6-8 at Sahale.** Contact Bruce Perler for more information: 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 9:00 p.m. 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.



In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith. **Fall gatherings on Sunday evenings in West Seattle are: August 27, September 10, 24, October 8, 22 and November 5.**
Contact Colette Hoff for more information: hoff@goodenough.org

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), 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.



Labor Day weekend: September 1-4 at Sahale. Sahale is an open weekend on the Labor Day weekend so we will be enjoying the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe.

To confirm your plans to come out to Sahale contact: Colette

Hoff, hoff@goodenough.org

Summer Camp for Youth, June 24 – 30, 2018

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



NEW DATES Human Relations Laboratory, August 5 to 11, 2018

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



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: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff hoff@goodenough.org





New Year's Eve at Sahale, 2017 – 2018. Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives.



Annual Organizational Weekend at Sahale: March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde krohde14@outlook.com for more information.

The **Goodenough Community Council** meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested:

hoff@goodenough.org

Council meetings are August 28, September 11, 25; October 9, 23; November 6.

