

August 5, 2015

Colette Hoff, Editor

Upcoming Events

[Human Relations Laboratory,](#)
[August 9-15](#)

See the last two pages of this eView for announcements about our fall program.

An act of yielding one's person; to give back

Love conquers all, let us surrender to love.

~Virgil

Always say "yes" to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say "yes" to life — and see how life suddenly starts working for you rather than against you.

— Eckhart Tolle

To some the word surrender conjures up negative images of capitulation. For others, such as someone letting go of an unhealthy behavior, the word feels more positive. In either case, when we surrender to something or someone, it

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

implies that we admit to being or feeling powerless to change anything but ourselves.

I believe all of us know something about that feeling. As children there were always times we had to surrender pieces of our person. Sometimes we did so willingly to parents and others in whom we placed our trust. Other times, we surrendered to overpowering forces—perhaps schoolyard bullies, institutions, or illnesses. Indeed, as I look back on what I have surrendered during my lifetime, it strikes me that when we admit to ourselves that we are powerless under certain circumstances, our confession is not just a function of the ego but of the heart.

~Caren Goldman, *Healing Words*



SURRENDER YOUR MIND TO YOUR LOVING HEART

By Gail Brenner PhD

“Surrender is faith that the power of Love can accomplish anything even when you cannot foresee the outcome.”

~Deepak Chopra

I love the act of surrender. When we're holding on tight to something with so much effort, it means we can thankfully let go.



When we feel like we're carrying the world on our shoulders, we can give it back, drop the weight, and trust that things will be okay.

The Ease of Surrender

I surrender a lot. When life presents me with a situation that I just can't figure out, I stop trying. Instead of endlessly rolling it around in my mind, I wait, listening intently, fully receptive to the answers that might appear. When there are too many things to do, I stop trying to do them and let myself be guided. And when things just don't feel right, I know I've taken a turn off my true path. And that's the perfect time to stop, let go, and surrender.

From where I sit, surrendering makes life so much easier. You don't need to stay stuck in the fog of confusion. You don't need to know all the answers. The pressure's off, so you can truly relax. "Going with the flow" takes on a whole new meaning.

How Surrender Works

I recently found myself urgently trying to make a decision, and the way forward just wasn't clear. I tested out a couple of different options, but each time I felt an inner "No." I had no enthusiasm and felt forced to do something I didn't really want to do.

There were red flags everywhere that I was looking in the wrong direction. So I decided to surrender. Instead of choosing with my mind about what I thought should happen, I went to my heart. I asked:

- What would I enjoy?
- What am I enthusiastic about?
- Where does my creativity want to express itself?
- What would be fun to do?

And as soon as I started asking these questions, the answers flooded in. To my surprise, I realized I wasn't confused or stuck. I just hadn't created the space for these answers to emerge. Here's the lesson that came as clear as day. *The mind creates struggle, and the heart knows.* I can spin around in my mind with its desires, expectations, and judgments, or I can let all of that mental activity merrily float off into the ethers. I can suffer and contract into an agitated little ball, or I am here, happy, clear, and free, with a smile on my face.

Your Turn to Surrender

Are you interested in surrendering? Here's what to do.

- Get to know that cranky, needy personal voice with its endless desires, requirements, and opinions. Recognize it, then let it go. Don't give it your attention.
- If it feels right, ask questions appropriate to your situation. How is *your* heart wanting to speak?
- Now here's the juicy part. Simply listen. Find that place of supreme openness beyond the thinking mind where you don't need to know, and be available to what that openness has to tell you. Let yourself be visited

by the grand intelligence that lies behind everything. And trust it no matter what your fears tell you.

Surrender your mind to your loving heart. It's simple and courageous and the only sane thing to do.

*Editor's note: **AND great preparation for the Lab coming soon!***



Surrendering is not something I was ever taught how to do as a child; In fact, I was expected to do the opposite; to win. Ironically, it can take a *lot* of work to surrender. But who cares? What good does it do to surrender in the world we live in? It just sounds like being weak. A quick google search brings up surrendering as failing or losing to an opponent. Surrendering to the self is a whole different can of beans, and it can come in a lot of different ways. Surrendering is something like allowing or letting go of whatever it is that's being held onto- a story or expectation about

a person, an image of self, etc. I can physically feel when I choose to surrender- it's a comfortable sitting back into myself, similar to the feeling I get when settling into meditation. It can also be terrifying at the beginning, though that often passes. Well, let's get down to it. What can you (and I) surrender this week? (I think a week is a good place to *start*)

Can you surrender your negative image about yourself?

Your fear?

Your self-importance?

Your expectations?

Your indulgent behavior (television, food, drink, ego?)

Can you surrender *TO* love?

What is it that is not serving you that you can surrender?

For one week I will give up refined sugar, which is easy to track: I will also experiment with increasing my awareness of the ever present internal dialogue- and hopefully awareness can lead to surrendering. That's my theory for the moment.

What does your gut say that you can surrender, that will be difficult but not impossible?

Take Care! Evelyn



And Regarding Preparation for the Lab:

Colette Hoff

The following is an excerpt of an email thread between some staff members for the Lab. We are pleased and very appreciative with their ideas and the resources they generated. Thank you each!

Stuckness

Josh deMers

I've been doing some research on stuckness, and since we're only a week away (yipes) from lab, I hope it's okay to just send it all to y'all...

So, first off is a quote from Zen and the Art of Motorcycle Maintenance (one of my favorite books) on [stuckness](#). (I will link rather than quote to keep this email relatively short, but let me know if you have problems).

The first thing about this quote is that stuckness is opposed to freedom in the quality of motion or flow. The protagonist encounters a problem in his motorcycle maintenance (a stuck screw) which paralyzes him, and induces a strong emotional reaction of frustration and anger. I like to think of this as something like the flow of psychological energy is blocked, and builds up. And that since the nature of reality is to flow, to change, thus the build up of energy increases with the blockage.

But the second part of the quote emphasizes that stuckness may be seen as a positive, because in essence that build-up is like a creative tension, the release of which is (a) inevitable, and (b) awesome for its creativity. And that is what the bulk of the literature (that I've found) has led me to. The attachment "Incubation" deals with the period of stuckness (called here "fixation") in the creative process. The first article I found, by the way, [The Tao of Stuckness](#) deals with this a lot. Also there's a sweet article [here](#) about "Navigating Stuckness" in which the author asserts that "each time I'd been majorly stuck, it meant that a life chapter was ending, and that a new one needed to start — like the stuckness was always a signal indicating imminent change."

However, there still remains the issue of how does one (besides waiting patiently) move from stuckness to freedom? What are the obstacles, such as fear, ignorance, or the "[ostrich effect](#)" that *can* be changed, or helped along? I am reminded of Chogyam Trungpa talking about the "warm, safe cocoon" of things like television that help us avoid... I am sooo quite familiar with that place.

Anyways, is it surrender? Is it acceptance? Is it [Aikido](#)?

I do like the approach from Kahn "The Revelation of Organizational Trauma", which ironically is a document belonging to the National Training Laboratory c 2003. He talks about the following 3 steps (pp. 376ff.) (1) Move toward anxiety [= *face the fear*] (2) Recognize and Reclaim Projections and (3) Leaders facilitate explorations...

Anyways, there's also this other paper "Stuck in a Moment..." It's cool, too. Same deal, stuckness as prime opportunity for growth...

Hope you enjoyed your trip through online-research-town. Oh, and there's plenty more where that came from.

Peace : Josh

Hi Friends,

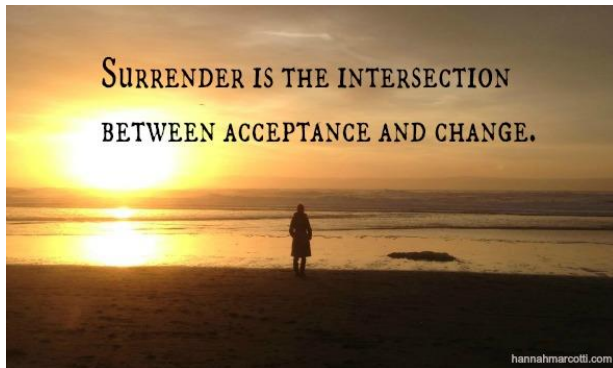
I want speak up on behalf of our team, Lab Leaders and Friends of Lab. We've a week before we're all heading to Sahale for Lab and our Saturday training and I want to share a little of the reading, thinking and feeling that's been going on for me in preparation.

In reading Jacob Needleman's, **Why can't we be good?**, I'm struck by his work of pulling points of view from ancient Greece (Socrates & Plato), Buddhist, Jewish and Christian traditions to make some strong and clear statements about human development and the space between our intentions and our capacity to act in accord. Needleman points to a gross misunderstanding, propagated mostly by Christian tradition, about our mistaken response to our inevitable human behaviors, our dividedness. We generally process regret, "should have", and live with feelings of guilt. He says this is incorrect and that the subtle teaching is to process our shortcomings, "wish I had behaved differently", as remorse. And further that through remorse, we ought to cultivate feeling for our impact without promising to ourselves or others that we will be any different in the future. Guilty feelings and responses out of this being state create ego tension, blocking the actual sense of relaxed ego we need to receive help, support, grace - the white dove of the Holy Spirit. Through choosing to experience remorse for my actions rather than guilt, I can become open and accepting of the actual state of my being rather than trying to hide and explain (defend). It is this change of being state that allows a different kind of experience and a new relationship with grace - which is the actual support I need to behave according to my intentions, values, morals.

Needleman states (p.93-94), "It is imperative that we study this difference in ourselves, for it is such emotions as guilt and fear, with their reflexes of self-pity and anger, that arise in us with such force outside 'the theatre of the mind', in the *streets* of our everyday life; it is such emotions that we need to understand if there is to be any hope of manifesting in our actions the good that we discover in ourselves - even if it be only in 'the theatre of the mind' - when we try to touch or sustain in ourselves the power of love, which is the ultimate basis of all ethical action and

principles."

I read this passage at bedtime a week or so ago and was so struck by a resonance of truth and a profound desire to shift my response through a new understanding. My sleep was full of these ideas and a *sinking in of the truth of this*. When I woke the feeling of a change happening was so intense that it persisted for several days as a kind of relaxed acceptance of me, and a knowing that only in a relaxed state can I hope to allow something different. I've felt a kind of loosening in me around these inner attitudes, especially fear and self-pity. When I'm honest with myself, I experienced both of these much more than is healthy for my head, heart and soul and though I wouldn't express them directly, you hear these from me - leaking out through my expression. And, I'm not promising change to you or me. I'm working to take Needleman at his word, to feel



remorse for my actions, my being state, and allow opening.

I've felt a kind of lightness over this past week, a sense of more options than I've customarily ruminated on. Something is happening that I want to continue and share. I do want to develop capacities to behave ethically, to come closer to my intentions and through maintaining a relaxed ego state, allow much more influence of Self (the white dove of the Holy Spirit).

For me this feels like finding a key that I didn't know existed. And although sharing this with you all feels a bit awkward - intimate, I can't think why I wouldn't want to be intimate with you, in this time of preparing for Lab.

Love, Bruce

And from Evelyn Ciley

Hello all! Great to read through peoples thoughts- it's helping me to transition from one thing to another! Attached are some articles about non-attachment that I really enjoyed.

"The difference however between love and attachment is in the core element of freedom. Love never restricts the free will of another, nor clings to any person. Being attached holds the mistaken belief that the beloved in some way enhances the sense of self. Fear and lack are the driving forces behind attachment."

"Being non-attached does not mean that you do not relate deeply to other people or that you do not enjoy life. Being non-attached means that you have faced the ultimate illusion that anything in physical form will save you or give you constant happiness. "

Check out the rest of this short article here:
<http://www.trans4mind.com/counterpoint/index-spiritual/costigan.shtml#sthash.af57Qt0C.dpuf>

I like that non-attachment brings it all back to myself- that me and my connection to source and earth are what i can believe in and trust- not the story that i have told myself about someone, the existence of a routine or relationship, or the expectation of a certain outcome. even, and especially the daily things- so what if a hose is missing or all the yogurt is gone? there's a point when I have an emotion about something when I can either latch onto it and get attached to it- which turns an 'annoyance' into a 'grudge' and a 'happiness' into a reliance on another. getting all hot and bothered or attached to someone's effect on me is only hurting myself and potentially others.

It's easy to begin to rely on others for happiness- why do we do that? why do we rely on others for happiness when we know very well that it's not their job to keep us happy? I think we have been conditioned to rely on others- maybe it's how it worked at home, maybe movies and books taught us (me) that. For me, it's sort of the lazy way to do it. it takes a lot more effort for me to keep myself happy than it is for me to be brought up by someone else. And there have been times when it's what i've needed- There was a time that i was plain old sad for months. I knew that when i saw my brother, garth, that he would lift me out of that without even knowing it. I relied on that, and it brought me back to 'normalish'. I absolutely relied on his existence to 'make me happy again' - and it would have been a lot harder to do it without him. so i got lucky in having a Garth in my life. was that bad, though, to rely on him to bring me up? I don't think so. it certainly could have gone in that direction over time, but it's like i was a car that needed a jumpstart. my battery had been drained and i needed to be reminded of how to be happy again. It's definitely not a permanent thing, a jumpstart- but I was able to keep things running long enough to 'get back into it' and remember how to be happy. Now, I'm learning how to do that for myself, and I think that practicing nonattachment is extremely helpful in moving towards freedom for myself and those around me.

Here's another short article about non-attachment:

<http://spiritualityhealth.com/blog/jc-peters/what-non-attachment-can-teach-us-about-intimacy#sthash.af57Qt0C.dpuf>

See yall soon! yippee! Evelyn

Hey Bill,

Funny you should bring up the Zen koan. D.T. Suzuki was one of the books I trampled through this past week. On the koan, he writes (fitting the theme of stuckness to freedom perfectly), "A

psychological *impasse* is the necessary antecedent of satori...The worst enemy of Zen experience, at least in the beginning, is the intellect, which consists and insists in discriminating subject from object. The discriminating intellect, therefore, must be cut short if Zen consciousness is to unfold itself, and the koan is constructed eminently to serve this end."

That is to say, the psychological *impasse* is the state of stuckness, which the koan attempts to engender because it really has no solution. For example the koan of "does a dog have buddha-nature? Mu" Mu meaning something like non- or "not-have/without". But the process of answering the koan between master and disciple goes something like, no answer is sufficient until the master sees that the disciple has achieved satori. And what is satori?

"The essence of Zen Buddhism consists in acquiring a new viewpoint on life and things generally...This acquiring of a new point of view in our dealings with life and the world is popularly called by the Japanese Zen students 'satori'."

"Satori may be defined as an intuitive looking into the nature of things in contradistinction to the analytical or logical understanding of it. Practically, it means the unfolding of a new world hitherto unperceived in the confusion of a dualistically-trained mind. Or we may say that with satori our entire surroundings are viewed from quite an unexpected angle of perception. Whatever this is, the world for those who have gained a satori is no more the old world as it used to be; even with all its flowing streams and burning fires, it is never the same again."

"Satori comes upon one abruptly and is a momentary experience. In fact, if it is not abrupt and momentary, it is not satori."

"Just as we cannot make a horse drink against his will, the taking hold of ultimate reality is to be done by oneself. Just as the flower blooms out of its inner necessity, the looking into one's own nature must be the outcome of one's own inner overflowing. This is where Zen is so personal and subjective, in the sense of being inner and creative."

There is a theme within Suzuki's writings which emphasizes that the Zen experience attempts to create this state of stuckness, deliberately, and to exhaust the intellect, in order to break through to nonduality, to a state of consciousness beyond rationality.

Similarly, in the creative process, as the creative individual is attempting to produce something new and therefore which doesn't follow from logical reasoning, or reasoning whatsoever, really, this state of creative tension, of stuckness, or "incubation" seems to be a necessary precursor to the "Eureka" moment of discovery.

On this topic, I've also got a bunch of stuff from Jung's book *Memories, Dreams, and Reflections*, if anyone's interested. (talks about the unconscious, the individuation process, the creative process, etc.)

- JD

.....Hey Evelyn, I'm with Bruce. Thanks for bringing Garth present. He sounds like a major supporter of your growth and freedom.....and a real good friend. Since I've heard a couple references to Zen, I'd like to comment about Zen in my life and stuckness. After about 5 some years of breath-watching under the guidance my teacher, Joan Reich, a Maryknoll nun and the first female to receive full transmission from Japanese Zen master Yamada Roshi, I attended a zen sesshin with Zen Master Father Pat Hawk and he generously gave me my first koan: question: Does a dog have Buddha nature? answer: Mu! the koan question: What is mu? I remember my friend Larry cracked this koan at his first seven-day sesshin in Hawaii with Roshi Bob Aitken. It took me seven years of about 15 seven-day sesshins plus a few dozen three-day weekend zen retreats to squeak through this koan with the generous hints and support from Father Pat. Larry completed his koan study in about ten years and was granted permission to teach Zen, but he has never taught formally. I remember hanging out with Larry in the early days and occasionally he would crack himself up when he came upon a pathetic looking poodle on Capitol Hill and comment..."That dog?" Now I can really appreciate Larry's teaching. At the moment it only confused me all the more, but I enjoyed his free-ranging humor. The blessing of 7 years of stuckness is something I access regularly in my life. I remember at times Larry would reflect that breaking through so early may have short-changed him somehow. Probably not, but it selfishly felt good to think it may have short-changed him. Now I see this as another of Larry's teachings about the willingness to be short-changed. For thirty years Larry and his wife Kay ran the Family Kitchen, a place for poor and homeless families to enjoy a nutritious meal in safety. Feeding others is part of Larry's MO. I like Larry and occasionally run into him biking around the city. In Buddhism there are those who practice to achieve their own enlightenment and those who postpone their enlightenment until they have helped everyone else across to enlightenment first. Larry seems like the later kind of Buddhist. I believe Larry is still a Dorothy Day inspired Catholic Worker as well. with love, Bill

Lab 2015 is developing well and should be a wonder-filled experience for all!



This summer, 2015 marked the tenth anniversary of the Women's Way Long dance at Sahale!

Colette Hoff

This group of women have brought many wonderful things to Sahale over these years and we are fortunate to share Sahale with them.

The following, with permission from the author, Draï Turner, was offered as an anniversary acknowledgement and a poem, prayer and song. And, I was deeply honored

Huzzah, we are celebrating our 10th anniversary with Sahale.

To honor our experience of this sacred place, I ask you to close your eyes, and listen as I tell you a story by the fire – a story about how many of us experience this sacred land...

The resplendent, silvery, celestial orb hangs witness, peeking and rising over the black silhouette of the mountain valley. The heavens radiate mystical light, aglitter with stars. The meadow is roused even in the darkest hours of eventide. Breezes whisper and tickle the grasses to dance. The fever of sunlight infused into mother, simmers upward to greet the crisp night air. This copulation hails the fog-beings from the outer reaches. They enfold and blanket the valley floor with poise and determination. A doe and her fawn cross the mist, into the cedar grove to bed. This is Sacred Sahale.

On her own private journey, the river bubbles, gurgles and laughs, always forward, ever flowing. She feeds the land, she waters the beasts. She carries in her belly fingerling salmon and welcomes to her skin the leaping flight of water bugs. It is the late hours of summer. The river has become gentle and tame, meandering, after roaring, stretching and flooding the lands all winter. She croons peacefulness. This is the Tahuya at Sacred Sahale.

Encompassed by a circle of ancient cedars, a fire glows and crackles. Orange and yellow sparks whirl and flee skyward, carrying prayers upon their backs...prayers of women. Women fill the hallowed circle, dancing, singing, drumming, dreaming. They are adorned in their beauty ways; a luminous fury of color, furs, feathers, jewels, medicine, energy and spirit – they are soulful, down to their toes. With passionate focused ferocity they place their feet on the ground with intention under lazy clouds

and thrumming dragons. Elemental to all that is consummating here, the heartbeat of Great Mother resounds, percolating up, up, from deep center earth - up and out through the rubanesque body of the joyous drum. Thrum pum. Thrum pum. Thrum pum. This is Long Night at Sacred Sahale.

It is right. It is perfect. It is holy. It is home. We are grateful. Amain. Amen. Ai Yea. Aho. Blessed be.

I wish now to sing to you a song about Sahale that was gifted to me by the Tahuya river...

With quiet mind I listen, with quiet heart I wait, with quiet soul she answers,
for she lives in this place.

Her beauty flows abundantly, her laughter fills the streams,
Her love and light she pours on me, blessing all my dreams.

YES indeed, SHE lives here. And we are blessed to receive her rich offerings. Hearts open and hands raised, we offer our thanks to the lands and spirits of Sahale.

AND “SHE” lives in this place too. When we remember and celebrate our time on this land, it goes hand in hand remembering and honoring our sister, **Colette**.

From the beginning, Colette received us with open arms and a loving smile. As a multi tasker she gracefully managed the multitude of our needs. She shares of herself, her community, her wisdom, her humor and her resources with a generous and open-heart.

We see her as a deep well of patience. There are certain repetitive aspects to our returning to the land year after year – a bit of rhythm we have established with Sahale...however each year she deals with an entirely new team of leadership, from the facilitators, to the hearth, to the lodges and more. Each year she smiles and answers the same questions she has for a decade to the next group of people and she does with aplomb, patience and kindness.

From the get go, we were blessed also to have her join our group as a long dance sister and side by. She has made many life long friends and bonds which fill her as much as she fills us. Each year she arrives at long night adorned in her white buffalo calf woman garb and dances prayerfully next to us. We share the web and we are grateful.

When asked, these are a few things women say of Colette:

- Colette is a Strong woman who bends over backwards to do things for you but also knows when to put her foot down.

- She is an open door, not a doormat.
- She has a mastery of community that both fascinates and teaches when we hear her unfold and weave stories.
- She is an elegant crone.
- If she is your friend, she will be your friend forever.
- She is Terrifically accommodating and problem solving.
- If you are on her land, she is always available.
- She is a yes person.
- She remembers me when I come, even though I am only here a couple of times a year...
- These are only a smattering of words and feelings that we have from our 11 years of experiences with you Colette. Feel Our gratitude for you. For all you are, what you do and HOW you do it. You are an immense treasure and a cherished sister. Thank you and thank you.

We hope you feel wrapped in our love

We recognize you as like-minded side by and a steward of the earth.

We recognize you as a wise crone and sexy grandma

We recognize you as a friend and a sister.

AHO

And a blanket was wrapped around me lovingly. Colette





The deAnguera Blog: BC Trip



What did I do during my vacation? I joined my brother Paul and his wife Patricia on a trip to Vancouver BC. This is the first time in nearly 45 years that I have been to Canada. It was quite an adventure.

We took an Amtrak train from Seattle to Vancouver. I love trains and have not ridden a real train since I rode the commuter trains in Chicago while visiting my grandparents. The train was really slow taking over 4 hours to finally reach Vancouver. Most of the time it loafed along at about 25 miles per hour. I suppose the tracks along the Sound probably could not support a faster speed. It stopped at most of the towns along the way to Vancouver.

Once across the border, we had to stop several times because crossing signals were inoperative. Somebody had stolen the copper wire out of the signals.

When Paul and I got off the train we were faced with getting to the motel in Burnaby, a suburb of Vancouver. My feet hurt and my backpack was feeling heavier and heavier. Several people helped us find our way around the Skytrain system. We finally arrived at our motel.

We explored Vancouver from the Dr. Sun Yatsen Garden in Chinatown to Stanley Park. From the park we could see the spectacular Vancouver skyline with gigantic apartment towers right next to each other. It reminded me of the packed city skyline of Hong Kong where I briefly lived as a kid.

Vancouver has almost the same population as Seattle but it is crammed into just 44 square miles. Both the Skytrains and buses were packed and we usually stood hanging onto whatever was available.

Pat finally joined us three days later and we traveled up the British Columbia coast to Squamish where Paul and Pat had rented the lower floor of a home.

We rode the gondola and toured a mine in nearby Britannia. You could see Howe Sound way down below. Each gondola could hold 4 people on two facing benches. All around were jagged mountain ridges. The steep coastlines just plunged into the ocean without any beaches.

We also visited Whistler which was not very far away. A top class resort like Aspen, Colorado or Lake Tahoe it featured a Hilton and a Westin. Pat and I rode another gondola halfway up Whistler Mountain and a four person chairlift the rest of the way. We were way above the treeline and the bare rock ridge where the chairlift went looked brutal. Why did I not bring a jacket? But I screwed up my courage and rode the chairlift, the first ever in my life. Passing over jagged ice covered ridges gave me an adrenaline rush.

The whole experience taught us a lot about patience. We had to just go along with it whether it was trying to figure out the Skytrain or waiting over 40 minutes to buy a ticket for a gondola ride in Whistler. I discovered that one could very easily get frustrated if one didn't learn to surrender to whatever a vacation experience would bring. After all if everything worked the way we wanted it to, there would have been no adventure!



Here's Pat, my brother's wife on Whistler Mountain rocking a big rock!

News from Members and Friends

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries & Special Announcements

Happy birthday,

- Happy birthday, Wesley Boone – August 8
- Happy Birthday, Brynn Zebold, August 6
- Happy Birthday Liz Zebold, August 7
- A Beated birthday to Josh DeMers on July 25

Y'all've been warned:

Now y'all're invited to Cancerversary XVI.

By Sam Staatz

Where: Mom's House. It's a couple of blocks south of the Mercer Island Post Office. For you detail oriented folks, the address and directions are towards the end of the invitation.

When: Saturday August 22, 2015 from noon until midnight. No, you don't have to be here the whole time (but it would rock if you were), but the party is that long because it gives everyone a chance to drop in at their leisure (that's what we tell you just to be polite – the real reason is that if you'd survived brain cancer for XVI years, wouldn't you want to party for XII hours, too? – so stop by).

What: If you hadn't surmised by now that we're celebrating surviving a brain cancer, you're a fellow brain cancer patient.

How: Arrive between noon and midnight at Mom's house with something to share and a BEvERage. It is a potluck, after all. We will provide some burgers, chicken, hot dogs, and some soft drinks; but please bring something to share. And please bring only enough for your party. We love leftovers, but two gallons of six-week-old macaroni salad gets a little tiresome (and probably a little dangerous – I know, I pick on mac-salad every year, but I really do like the stuff). To help us out, please RSVP so that we have a handle on how many burgers, hot dogs, and Coke products we need to stock up on.

Who: You, silly.

Why: Because I can. It's because I'm not pushing daisies. And for you detail oriented folks, the address and directions:

7801 SE 37th St.
Mercer Island, Washington



**BYOWhole Enchilada to
Sam's Party**

Cultural Programs & Events in 2015

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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.

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

■ Colette Hoff

Programs & Events:

Third Age Gatherings

The Conscious Couples Network

Family Enrichment Network

The Men’s Culture

Women’s Culture

Human Relations laboratory

Sahale Summer Camp

Relational Weekend, page

Third Age Gathering

Joan Valles

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this “third stage” of life.

Sept 18, October 23, and November 20 are the remaining 2015 dates.



Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women’s Culture



Hollis Guill Ryan

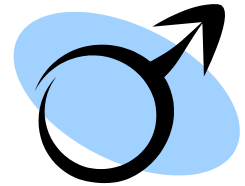
In September we began a new year in the women’s culture, a year of exploring our journeys as women on “the path from Stuckness to freedom.”

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: September 19; October 24; and November 24.

Men's Program

Theme: Friendship among Men



The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as “are there characteristics of sound maleness that should be lifted up and taught to other generations of men?” The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men's group and here is an announcement from him about a planned weekend this fall. -JLH

The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall October 9 to 11. Please let [Bruce Perler](#) know of your interest.

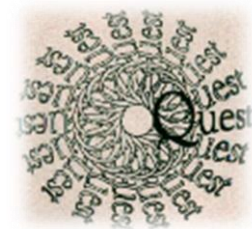
Announcing . . .

October 2 to 4, 2015

A Quiet Retreat with a focus on meditation and spiritual development, offered by John and Colette Hoff at Sahale Learning Center.

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.

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.