



Village eView

December 5, 2018

Colette Hoff Editor

COMING UP

Pathwork, December 9

General Circle, December 10, 6;30

Christmas Day Open House

New Year's Eve

Friends of Sahale Weekend January 18 to 20

A True Holidays Celebration

Throughout this issue, you will see pictures from our True Holidays Celebration this past Saturday night. In the picture above, we are introducing the community's mother drum, built at Sahale summer camp by the counselors and coordinated by Lori Boess. It sounded great as we sang in the "Hymn to the Russian Earth" to open our program. The children and grandchildren helped us with drumming.

In researching additional approaches to the "Hallmark" Christmas, I found a beautiful article about five languages of love.

CONSCIOUS HOLIDAY TRADITIONS – LOVE LANGUAGES

From Here to There By Pati Hope

The first duty to every human being is to himself. Every person owes himself the duty of finding how to live a full and happy life. ~Napoleon Hill

Knowing ourselves on a deeper level only comes when we are willing to be still and listen as the desires of our heart reveal themselves to us. Everyone wants to be seen and feel loved but sometimes we don't even know what we can do for ourselves or what others can do for us that make us feel that way. As part of our quest to live mindfully during the holidays, let's investigate what our own personal language of love is; in other words, what makes us feel loved and cherished. Once we've discovered that, we can take it one step further and explore with others the language of love that speaks to them. Probably, you can already see how this information can be an invaluable tool in saving time and drama in our lives.

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

According to Dr. Gary Chapman, the author of *5 Love Languages*, there are five different love languages and he identified them as these: **Words of Affirmation, Quality Time, Receiving Gifts, Act of Service, and Physical Touch.** I was surprised to learn that everyone in my family spoke a different language when it came to how we each as individuals feel and perceive love.

Can you identify which of these love languages you relate to? You may find that you have more than one like I do. Just rank them in order of most to least important of how you feel today and don't forget to recheck in periodically and reevaluate as you may find they shift and evolve through time just as we do.

I'll show you by using me as an example. If a person wants to show their love for me, they would do something with me or for me. So my main language of love is Quality Time and Act of Service, however, I always enjoy Physical Touch as well. But Words of Affirmation and Receiving Gifts rank in the bottom two of how I feel loved. Good to know, right?

For a moment, let's talk about Gift Giving. Although just one of the five love languages, it has become a tradition as well as a trap at holiday time. Why is there so much emphasis and pressure on giving of gifts? Sometimes we continue to do things just because *it's the way we've always done it*, or because *we don't want to talk about it with others, we don't want to appear cheap* or, the best yet is that *we give gifts because it feeds our own addiction of shopping.*

However, simply by taking some time to decipher our love language and by speaking the love language of the other person, we can save ourselves a lot of time and drama. It's pointless to buy gifts for someone whose love language doesn't comprehend gifts. We can consciously and fully participate in this holiday season, knowing that what we do for others from love is a choice that we've made and not something we continue to do from routine or obligation.

Pati Hope – Author, Founder & Executive Director of Evolve to Live

<http://meditationtalks.com/conscious-holiday-traditions-love-languages/>

Editor's note: What a good way to consciously gift the people you love!



*Do not be dismayed by the brokenness of the world.
All things break.
And all things can be mended.
Not with time, as they say, but with intention.
So go. Love intentionally, extravagantly, unconditionally.
The broken world waits in darkness
for the light that is you.*



~L.R. Knost (feminist, social activist, child developmental researcher, mother of six)

A True Holidays Experience

Pedge Hopkins

The idea of our True Holiday event, held now for 31 years, was shared beautifully by Colette during the program. I love hearing how it began and the reason for its becoming. This was my first year at True Holiday and I did come with some inkling of what happens. And yet...stepping into the room with familiar faces smiling in greeting, Little Wiley and Lilly all dressed up and dancing, the Abundance table of Sahale's homemade goodies so beautifully presented, and the 'get-your-feet-tapping' music warmed me up in unexpected ways. Maybe that's it, the goodwill and warmth of people flowed easily and reminded me of times long past of my family's holiday gatherings when I was a girl. It was lovely to sit and observe and take in the generous spirit of the evening. And then get up and DANCE! That was fun!

Thanks to the many people who plan, coordinate, prepare, deliver, set up, serve, MC, put away, and clean up! It does take a village. It will be the best gift this season.



True Holidays 2018

By Elizabeth Jarrett-Jefferson

I experienced the True Holidays Event this year---December 1 on Mercer Island---as an event that embodied (if an entity can do that---I believe it can)---our theme of **Remember What Is Important**. Many of you know that our annual True Holidays Event (this year was our 31st) has, as one of its purposes, to help provide an alternative to the commercialism of the season and a chance to return to our roots and values as individuals and as a community. One of my personal values [and one shared by our community] is the importance of relationship, of friends, family and community. And what a better place and time to gather than in this holiday season, having those important to us in one place! This year we saw many friends from other communities important to us (Star and Songaia were two) who attended and graced us with their own words, during our program, about their communities and their work. I loved every moment of that!



I was touched by each and every piece of our event and the preparations leading up to it. Our General Circle endorsed the event this year with a thoughtful discussion and evaluation. The core team---Colette Hoff (program including Children's activities); Kirsten Rohde, Rachel Hoff, and Carla Geraci (silent auction



team); Barbara (Food); Andrew Hovenden & Jim Tocher (facilities, set up and take down---what a breeze!); Debora Cornett, greeting; Tom George (such a competent MC & helper at the bar); Pam Jarrett-Jefferson and Brandy Bradford (cashier, and Pam, assisting with the bar); Drai Schindler (PR and Sahale Products for Sale; what an incredible display of incredibly delicious products; Drai also helped us sing during the program).

Ably jumping in readily to help were Larry Hoff (bar); Zac and Avi Caswell (facilities, children's area, not to mention all of the

Sahale preparations); Sheila Hosner and Darlene Finney, competent and organized greeters under the

direction of Deborah; Charlie, Rory, and Leo, sons of Carolyn and Andrew Hovenden, being masterful facilities assistants with their dad; Carolyn Hovenden, helping with food preparation, and well as Sharon Russell; Mari Scott, helping with the children's program, bringing her skill as a summer camp counselor and all-around great person; Tod Ransdell and Amanda were very helpful in the kitchen; Pedge Hopkins, who helped organize Sahale manpower efforts; and Irene Perler, who directed the assembly the display of the beloved crèche, a Hoff family (and community holiday tradition with a rich story behind it from John Hoff's life). Draï and Colette crafted beautiful program documents, logos, and reflection cards.... Thanks to each and everyone of you and thank you, beloved Goodenough Community, for bringing this to us again this year particularly when the mandate to remember what is important seems particularly significant. (Colette well helped us reflect and remember.) Thank you to all of you who brought cookies & treats & who helped at the individual activity stations (food, food for sale, silent auction, set up and clean up); and a huge thank you to Sherry Nevins and her contra dancing compatriots...what a blessing to have her join us for our 18th year of featuring contra dancing!



There were many, many hands making light the work that needed to be done in service to the True Holidays event, and that was an intended goal. It's always been true, though. As coordinator of the event, I am very appreciative and grateful to all who helped, to those who came to join us, helping support life in community with their donations, purchases, and good will. Some proceeds from the event will be donated to the Northwest Intentional Communities Association (NICA) and to the Sahale Summer Camp. Thank you for the honor of serving as focal this year. Mark your calendars for 2019: December 7, 2019. Warmly

Elizabeth



You are invited . . .

Pathwork, December 9, 2018 7:00 pm.

Join the Pathwork Circle at the **Shambala Center** for some Holiday fellowship. We will sing some carols, share our inner experience of the season, and value the connection between us. The evening will be led by Colette Hoff. This program will meet at the **Shambala Center (3107 E Harrison Street Seattle, WA 98112)** in the Madison Valley area of Seattle.



Christmas Day Open House at Sahale

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. **Happy hour is at 5pm** with dinner to follow. We will provide the main dishes and invite anyone coming to bring a beverage, dessert or a side dish. **Please RSVP at hoff@goodenough.org**. You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!



New Year's Eve at Sahale, 2018 – 2019. **Monday** will be New Year's Eve and **Tuesday** 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. Consider coming as early as your schedule allows. Please email **Kirsten** (Kirsten Rohde (krohde14@outlook.com)) to RSVP with your plans. A suggested donation of \$35.00 will cover expenses.



**The Second Annual Friends of Sahale Weekend,
January 13 to 15, 2017**

Dear Friends,

This second annual weekend is a time for appreciation as well as sharing information and continuing to envision the future at Sahale. We want to gather all who are connected to Sahale for

a good weekend together.

We will have time to share about Sahale: past, present and future. We will have the opportunity to be informed about the various aspects of Sahale: the EcoVillage, the finances of running Sahale, residents and

future residents, the retreat business, land use and restoration, food production, educational programs, and more. We will review what we have learned this year and the status of various projects we agreed to at last year's gathering, including fundraising.

Together we will engage in shared visioning for the future and put some directions, priorities, and plans in place.

The General Circle of the Goodenough Community and the Sahale residents hope you will join us this weekend. Let Elizabeth know if you are interested. elizabeth.ann.jarrett@gmail.com



Watchcare

JANET WALKER

So sad to hear this news. Janet had the best laugh and she will be missed.



Janet Walker of Germantown, MD passed away on November 9, 2018 at the age of 62. She is survived by three loving siblings, James (Jackie), Marilyn (Jon), Dotty (Jim) and numerous loving family members including nieces, nephews and their families. She also leaves behind an extended family of wonderful friends and co-workers that were there for her over the years. She had a life as a student, a **firefighter**, a bridge builder, a masseuse, and in recent years a bookkeeper. Per her request, the family will be having private memorial services to honor her. Donations can be made in her memory to Montgomery Hospice, 1355 Piccard Drive, Rockville, MD 20850

Our dear friend, Willow Mckean, who attended our True Holidays Celebration last year, is having extensive by-pass surgery at St. Joseph Hospital in Tacoma. Please send her your love and prayers. The surgery went well and Willow has the challenge of recovery ahead.



Sahale products table



The deAnguera Blog: Christmas Pumpkins!



What is one of the steps we took to get ready for Christmas? Chop pumpkins! Here you can see Marley and Avi practicing their pumpkin chopping talents. Never in my life have I seen pumpkins chopped like this. These pumpkins were given to us by Susie Allen, a good neighbor friend.

My cancer radiation treatment finished up last Monday. The staff rewarded me with a nice colorful certificate of completion, a stone with the word 'courage' on it, and a hand quilted blanket from Bremerton's Crossroads Neighborhood Church. They have a group that quilts blankets for cancer patients. No more daily driving into Bremerton. This was my best Christmas present.

My brother Paul decided we should celebrate by taking me out to lunch at Anthony's Restaurant near the Bremerton ferry dock. I tried their pan fried oysters and they were delicious. We both had cranberry lemonade. We could see the marina along the waterfront and ferries coming and going. There was everything from an old retired tugboat to a posh yacht. Lots of smaller boats I often refer to as tub toys because they reminded me of tub toy boats I played with as a kid.

Later we toured the USS Turner Joy, a 1960s era destroyer moored along the waterfront as a museum. The interior of the ship, especially the mess decks and bunking areas brought back memories of my years in the Navy. Steep ladders and hatches going from deck to deck. Paul and I found some of them to be a challenge. We had a chance to examine a torpedo up close. It was the first time I realized torpedoes were driven by propellers once they are launched into the water.

I could not see living aboard ship again although you can spend nights aboard the destroyer if you wished. You could even eat real Navy chow in the galley as well. You just need to book in advance. Guess Navy life is for the young.

By the time we were done the sun was already setting at 4:00PM. My I did not know we could spend that many hours touring this ship. The days are really getting short. By the time I arrived home it was dark.

Weather wise our days are clear and cold and the nights are getting especially cold. I am dribbling water in various places once again. So far no snow. The Olympics are full of snow.

We are planning to start decorating our tree this Friday in the Kloshe living room. I think we have had the most people living here now than at any Christmas before. I am happy we can have so many new comers. Even the Air BnB folks often join in. If you are looking for real Christmas spirit there's no better place to be than Sahale.



This is what Marley, Avi, and Amanda do with chopped pumpkins.



Letter to the editor:

Nostalgia, November 28, 2018

What a wonderful eView. I love your stories. How fitting to remember John and 2007 at Christmas. The other day I was recollecting the beautiful silver ornaments marking the years and how the tree wound up along the stairs. And Kirsten, I'm visualizing what it would be like to be with four generations of family in Maine--a place I love visiting. I'll be bidding on Katie's quilt. Nostalgia hit just the right note for the True Holidays celebration.



Events of Interest

One of our young friends and camper, Reidar Geraci is in this cast as a professional. At twelve, he's quite an actor. Many of you have asked for the schedule of performances.

Roald Dahl's beloved magical misfit comes to Village Theatre's stage in the hit musical that swept up five Tony Awards, seven Olivier Awards, and was named *TIME's* #1 Show of the year in 2013. *Matilda* is the story of an extraordinary girl genius armed with a sharp mind and a vivid imagination who dares to take a stand and change her destiny. With the help of her kindly teacher (and a little magic), this miraculous girl proves that everyone has the power to change their story. This West-Coast Premiere production features an incredible cast of 15 local youth who have been training together since June, and they'll be joined by some of the Puget Sound's best performers. Together, they'll create a magical experience for grown-ups and mischief-makers alike.

ISSAQUAH	EVERETT
Saturday Dec 1 2pm & 8pm	Friday Jan 4 8pm
Sunday Dec 2 2pm	Saturday Jan 5 8pm
Wednesday Dec 5 7:30	Sunday Jan 6 7pm
Thursday Dec 6 7:30	Wednesday Jan 9 7:30
Friday Dec 7 8pm	Friday Jan 11 8pm
Saturday Dec 8 8pm	Saturday Jan 12 8pm
Sunday Dec 9 2pm	Sunday Jan 13 2pm & 7pm
Wednesday Dec 12 7:30	Tuesday Jan 15 10am
Thursday Dec 13 7:30	Wednesday Jan 16 7:30
Friday Dec 14 8pm	Thursday Jan 17 7:30
Saturday Dec 15 8pm	Friday Jan 18 8pm
Sunday Dec 16 2m	Saturday Jan 19 8pm
Thursday Dec 20 2pm	Sunday Jan 20 7pm
Friday Dec 21 8pm	Thursday Jan 24 2pm
Saturday Dec 22 2pm & 8pm	Friday Jan 25 8pm
Sunday Dec 23 2pm	Saturday Jan 26 2pm & 8pm
Thursday Dec 27 2pm & 7:30	Sunday Jan 27 2pm
Friday Dec 28 8pm	Tuesday Jan 29 7:30
Saturday Dec 29 8pm	Thursday Jan 31 7:30
Sunday Dec 30 2pm	Friday Feb 1 8pm
	Saturday Feb 2 2pm & 8pm



Happy Birthdays!

- Kaitlin Benner Kenagy – Happy birthday! December 2.
- Brittany Pettit – December 3. Happy birthday!
- Madeline Harper Jarrett “Maddie” – 1 on December 12.



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.



Programs and Events of the Goodenough Community

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

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

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



The **General Circle** (Community Council in Sociocracy vernacular) meets Mondays at 6:30 for light dinners & business at hand. The next meeting will be December 10 at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026).

The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** December 14 and January 11. Contact Kirsten Rohde for more information: krohde14@outlook.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. The next gathering will be **January 26, from 10:00 to 2:00** at the home of Elizabeth and Pam Jarrett-Jefferson on Mercer Island. We are announcing the annual women's weekend, **May 3 to 5 at Sahale Learning Center**. Contact Elizabeth for more information and directions to our meeting place.

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. 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 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle**. Contact Colette Hoff for more information: hoff@goodenough.org



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Friends of Sahale weekend, January 18 to 20, 2019

Join with others for a weekend focusing on all aspects of Sahale. Proposals and decisions will be

encouraged. All are welcome. Please email Elizabeth with your plans, elizabeth.ann.jarrett@gmail.com



Annual Goodenough Community Meeting March 15 to 17, 2019 This gathering is foundational to all programs and events within the community. We A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten Rohde for more information. krohde14@outlook.com

Summer Camp for Youth, June 23 – 29, 2019

A wonderful opportunity for children 9 to 12 to have a full camp a beautiful setting with loving leadership.
Contact: Irene Perler, Irene_Perler@hotmail.com



experience in



Human Relations Laboratory, August 4 to 10, 2018

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

True Holidays Celebration, Saturday, December 1, 2018

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



Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend (May 24 to 27)** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!



Quest: A Counseling and Healing Center

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