

November 20, 2019

Colette Hoff, Editor



According to Susan Salzberg, in the book, *Loving-Kindness*, unlike a state of mere excitement or giddiness, the quality of sympathetic joy challenges our deep assumptions about aloneness, loss, and happiness, and shows us another possibility. So much of our unhappy condition as living beings comes from the constriction effect of our negativity toward each other. We limit ourselves, and we limit others. We judge, compare, discriminate, demean, and envy each other. . . . Sympathetic joy is considered most difficult to develop.

Sympathetic joy is non-judgmental; it slices through the human tendency to force the world in accord to our view. Can we allow the lives of others to be different from our and feel happy for them?

In last week's eView, Elizabeth wrote about JOY and included an article titled Sparking Joy. The article suggests that we can be open to joy when it arises. Learning to find joy in the happiness of others is actually *sympathetic joy*.

Sympathetic joy is non-judgmental; it slices through the human tendency to force the world in accord to our view.

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

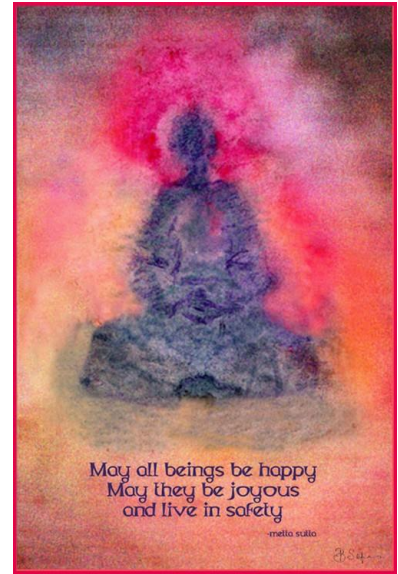
The EcoVillage at Sahale

Can we allow the lives of others to be different from our and feel happy for them?

Joan Halifax Roshi writes the third boundless abode is sympathetic joy in an article titled *Sympathetic Joy: The Third Abode*.

Sympathetic joy is joy in the basic goodness of all beings, and joy in the fundamental well-being of ourselves and others. Sympathetic joy is essentially unconditional. However, there are important supports to joy that allow us to realize basic goodness, such as having a good home life and livelihood, encountering good friends and teachers, and living in the outer world according to strong inner virtues. These supports help us learn to realize and rest in basic goodness without being swayed by external conditions.

Regarding conditional joy, it is usually easier for us to experience joy for ourselves than it is to experience it for others. One of the hardest things for many of us to do is to feel happy when something good happens to another person. Judgment and envy, the tendency to compare and demean, and greed and prejudice narrow our world and make sympathetic joy nearly impossible to experience. But learning to feel joy for others can help transform our own suffering and self-centeredness into joy.



How can we nourish sympathetic joy in our lives? One of the ways that Buddhists share sympathetic joy is to dedicate the merit of whatever good has arisen in their lives to the well-being of others. At the end of a session of meditation, we say “May the merit of this practice penetrate into each thing in all realms and benefit all beings.” This same sentiment is reflected in the Native American prayer, “All my relations.”

Sending sympathetic joy to someone who is sick or to yourself when your life seems bereft of peace is a treasure of a practice. In sitting with a dying person, rejoicing over the simplest things of her life may help bring great peace. Look for a little light anywhere in the field of darkness and ask that it may increase. It is important to let go of guilt and regret. Let the mind dwell on the positive and nourishing aspects of the past and pray that this happiness may be realized even more deeply in the present and future.

We can also rejoice in what is present now. For example, as I sat with Keith in his little room watching the curtain light up from the afternoon sun, I listened as he repeated the phrase, “May I come home to this light. May all beings come home to this light. May all beings know the joy of this light.”

<https://gratefulness.org/resource/sympathetic-joy/>

Here is an exercise from Rick Heller:

- Take a walk down a busy street.
- Look at people's faces—briefly, without staring.
- If you see someone who is smiling, be happy for them.
- Notice how it makes you feel about yourself.

When I started to do this exercise attentively, I noticed that most people walk with a fairly neutral mask. The people who were really smiling were people talking to other people.

The other people weren't necessarily close friends. Observing people in a business district, it seemed clear to me that the same thing happens with coworkers. **Being with other people makes people smile.**

This observation reminded me of something that the University of North Carolina psychologist Barbara Fredrickson told me in an interview." We know from the psychological literature **that just interacting with people is by and large pleasant.** Even if you are not telling jokes, it's a mood lifter. Interacting boosts mood, more so for some people than others, but pretty much for every body unless it's a fight or something."

In fact, when I see someone walking alone with a big smile, they're almost always wearing ear buds. I presume that listening to music is making them smile.

I hope I'm smiling more as I make these observations.

From *Secular Meditation: 32 Practices for Cultivating Inner Peace, Compassion, and Joy*, Rick Heller. New World Library, 2015. Reprinted with permission from the publisher.



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IT'S A WONDERFUL LIFE | Dec 06-21, 2019

Whidbey Island Center for the Arts
<https://www.wicaonline.org/events-calendar-view/2019/10/11/its-a-wonderful-life>

Our friend, Gabe Harshman is the lead for this classic!

A Successful Meditation Retreat

Barbara Brucker, Joan Valles, Hollis Ryan and Rose Buchmeier

At last weekend's meditation retreat sponsored by Convocation and coordinated by Pastor Colette Hoff, the event concluded with an enthusiastic request for another meditation weekend.

Colette invited Josh to share leadership in the event. Particularly for people who have known Joshua DeMers over many years, it was a pleasure to witness his effective teaching. His interest in meditation began in high school and he has recently completed an extensive time studying in India and Thailand.



Unique to this retreat, was the inclusion of community processes such as the use of conversation in assigned triadic groups to deepen the experience within the context of silence. Participants valued the experience of Slowness, stillness and silence.

Participants appreciated this opportunity to deepen their meditation experiences. They also appreciated the flow and rhythm which included the opportunity to spend time in the natural environment of Sahale as well as the introduction to several forms of meditation.

The retreat was further enhanced an experienced yoga teacher Carly Long who skillfully modified postures to enable all who chose to participate. The group valued Rose Buchmeier leading chakra toning and Colette's further explanation and meditation on the chakra system. In reflecting on the weekend, we found ourselves appreciating the richness of the Dharma that has been developed over many years of teaching and practice within Convocation.

Participants noted:

It was great to experience Joshua as a teacher!

Silence is wonderful!

I appreciated the rhythm of the weekend and felt there was ample time in the outdoors.

This event more than met my expectations.



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

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

[So here is an alternate invitation:](#)

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



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

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



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Announcing the next Third Age Gathering

Friday evening, December 13, this group for those over 60 will again have a pot luck at the home of Barbara, Joan and Jim.



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 4pm** 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.

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, 2019 – 2020. Tuesday will be New Year's Eve and Wednesday 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 Monday, Dec 30 and stay through Dec 2. **Make your plans now especially if you would like specific sleeping**

accommodations. Email **Kirsten** (Kirsten Rohde (krohde14@outlook.com)) to **RSVP**. A suggested donation of \$35.00 per night will cover expenses.



Our beloved True Holidays event on December 7—this year is our 32nd year—is both a way to get to joy by having the opportunity to connect with family and friends—and to practically express our joy through dancing, enjoying treats and libations, participating in a raffle of home-crafted goods, participating in a silent auction where fun experiences are offered up to the highest bidder... it's all there for us. There is our traditional program where we are able to intentionally plan for a less stressful and more heartfelt holiday season. Sherri Nevins, our contra-dancing caller, has been with us for over 20 years!

The poster has a dark blue background. At the top, there is a festive illustration of a red poinsettia, a gingerbread star, a candy cane, and various berries and leaves. In the top right corner, a gold-bordered box contains the text "SAT DEC 7TH 2019" and "6-11pm" below it. The word "JOYOUS" is written in large, bold, gold letters across the middle. Below it, the text "OUR 32nd Annual TRUE HOLIDAYS CELEBRATION!" is written in white. A paragraph of text describes the event's purpose. Below that, the location "Mercer Island Congregational | 4545 Island Crest Way, Mercer Island" is listed, followed by a list of activities and times: "6:00 Doors Open, Joy Starts", "7:30 Contra Dancing with Sherry Nevins", "8:00 Our Evening Program", and "9:00 More Joyous Dancing". At the bottom, contact information and a sponsor note are provided.

**SAT
DEC
7TH
2019**
6-11pm

JOYOUS

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

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

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

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

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

Sponsored by the Goodenough Community [goodenough.org]

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Issaquah KIDSTAGE Presents: A Christmas Story with our friend, Reidar Geraci
First Stage Theatre, 120 Front St N, Issaquah, WA 98027

For schedule, go to <https://villagetheatre.org/issaquah/calendar.php#/?i=1>

"You'll shoot your eye out!" It's all 9-year-old Ralphie Parker hears anytime he mentions the holiday gift of his dreams – an official Red Ryder Carbine-Action 200-Shot Range Model Air Rifle. Tired of hearing the same thing over and over, Ralphie devises a plot to win the coveted holy grail of Christmas gifts. With music from Pasek and Paul, the masterminds behind hit shows like Dear Evan Hansen and The Greatest Showman, *A Christmas Story: The Musical* brings an exciting new dimension to this beloved classic tale. Bring your friends and family and celebrate the season with KIDSTAGE's delightful holiday hit.



GIVING THANKS
AT *Sahale*

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



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

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

3:00 Gather
4:00 Feast and share gratitude

Winter Bus Trip to Leavenworth Saturday, January 11, 2019

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



Our Itinerary

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

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

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

\$95 – Adults (18 and older)

\$75 - Children (13 to 18)

\$55 - Children (3 to 12)

Children under 2 free

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



SOUL FOOD

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

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



Roasted Red Pepper Soup

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

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

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

To submit a recipe, please email goddessdrai@earthlink.net

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



Mindful Mike's Blog: Meditation

Mike deAnguera

As I learned this last weekend meditation is about mastering what goes on inside my mind.

Our teachers were Carly Long, Josh DeMers, and Colette Hoff. Yoga was included as well. Yoga made me concentrate my mind on what my body was doing. It reminded me of a similar session I participated in with my brother Paul and his wife Pat. Carly knew her stuff and could cross her legs, something I can't do yet. As Pat warned me that can take quite a lot of practice.

Both Yoga and meditation can lead to a healthier mind and body. Anxiety is lowered.

Part of our meditation was walking outside focusing on the natural world. As you can see from the pictures below trees can form relaxing patterns with their tops. Notice in the right hand photo how small one of us can appear when enveloped by the natural world. Here I can focus outward and feel it all around me.



Phil Buchmeier was contemplating the salmon coming up the Tahuya River. To me seeing the fish spawn and lose their bodies is relaxing. No pain. Just let go.

Meditation and yoga are about letting go. Clinging is part of one's ego. For me it is where worry originates.

Amanda Lovett reminded me that anxiety usually focuses on either the future or the past. I can't do anything about either. But I can do something about the present. Being in the present is something I still have to master. Meditation and yoga are tools to get there.

Today I helped Pedge Hopkins and Pam Jarrett Jefferson stack wood by the boiler area. The rain came down hard but it felt good to get out and do something. Considering that I was working with my soul and mind during meditation, it felt good to share a chore working with my body.

When I meditate as part of a group, it seems that I go into a larger space than my ego usually inhabits. This is particularly true when I shared my experiences with Irene Perler and Julie Wolf as part of our small group work. Each of us came across as thoughtful and mature. This helped me do the same and I certainly felt better.



Life is definitely a journey and it is wonderful to be sharing it with so many other folks who signed up for this retreat. I think it brought all of us closer together. When we come closer together, we enjoy working together more on most anything. Just watch Amanda, Julie, and Drai Schindler packaging granola for our True Holidays event to be held on Mercer Island on December 7th as part of our Christmas celebrations.



We're almost on top!

The roof on our Sahale-based gathering tent has been patched and help together beyond its life expectancy. It is essential that it be replaced for next summer's season. The gathering tent serves many functions including weddings; other organization's retreats and conferences; and The Goodenough Community's programs, which include Children's Summer Camp and the Human Relations Laboratory.

A generous donor has pledged \$1000 in addition to an original donation when we reach \$5000. We are close to that mark. You can help compete this fund drive and ensure a new roof for the tent.

Here are some details about the tent and new roof:



- Tent manufacturer: Rainier Industries
- \$14,000 was the cost of the tent when it was originally purchased in June 2002, and had a life expectancy of 10 years.
- The tent dimensions are 40 X 60' with a wood dance floor within, 30' X 30'.
- The aluminum structures are in good condition!



Donate now at www.goodenough.org
 Scroll down to the donate button for Goodenough Community. In comment section, please note tent roof.



Programs and Events of the Goodenough Community

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

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

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



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

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



True Holidays Celebration, Saturday, December 7, 2019

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



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. December 13 will be the next gathering. Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men’s Program

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

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



Summer Camp for Youth NEW DATES for 2020!

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

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

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

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

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

Quest: A Counseling and Healing Center



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



Relearning Loveliness

The bud
Stands for all things,
Even for those things that don't flower,
For everything flowers, from within, of self-blessing;
Though sometimes it is necessary
To reteach a thing its loveliness,
To put a hand on the brow
of the flower,
and retell it in words and in touch,
it is lovely
until it flowers again from within, of self-blessing.

~Galway Kinnell